



Penn State University  
BERKEY CREAMERY

## YOGURT

Vegetarian Strawberry  
8 oz

**INGREDIENTS:** cultured nonfat milk, strawberry fruit base [strawberries, corn sweeteners, modified food starch, red 40, blue 1], cream, nonfat dry milk, sugar, carrageenan, pectin. Contains milk.

### Nutrition Facts

Serving Size (227g)  
Servings Per Container 1

Amount Per Serving

**Calories 190**    **Calories from Fat 40**

% Daily Value\*

**Total Fat 4.5g**    **7%**

Saturated Fat 2.5g    **13%**

Trans Fat 0g

**Cholesterol 20mg**    **7%**

**Sodium 180mg**    **8%**

**Total Carbohydrate 26g**    **9%**

Dietary Fiber 3g    **12%**

Sugars 22g

**Protein 11g**

Vitamin A 10%    •    Vitamin C 4%

Calcium 35%    •    Iron 0%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories: 2,000    2,500

Total Fat    Less than 65g    80g

Saturated Fat    Less than 20g    25g

Cholesterol    Less than 300mg    300 mg

Sodium    Less than 2,400mg    2,400mg

Total Carbohydrate    300g    375g

Dietary Fiber    25g    30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4