



All nutritional information is based on a 1/2 cup (83g)(4oz) serving.
Percent Daily Values are based on a 2,000 calorie diet.

	Serving Size (g)	Calories	Calories from Fat		Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Sugar (g)	Sugar Alcohols (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)	Allergens
NONFAT FROZEN YOGURT																			
<i>5g of fat or less per 4oz serving</i>																			
Alpine Vanilla	83	100	0	0	0	0	0	5	75	22	0	18		3	0	0	10	0	M
Apple Pie	83	100	0	0	0	0	0	0	70	21	0	17		3	0	0	10	0	M
Barista Blend Coffee	83	90	0	0	0	0	0	0	70	20	0	16		3	0	0	10	0	M
Blueberry Burst	83	100	0	0	0	0	0	0	70	22	0	17		3	0	0	10	0	M
Cable Car Chocolate	83	110	5	0	0	0	0	0	75	23	1	17		3	0	0	10	2	M
Cappuccino	83	100	0	0	0	0	0	5	85	21	0	16		4	0	2	15	2	M
Chocolate Classic	83	110	5	0	0	0	0	5	80	24	0	20		3	0	0	10	2	M
Cookies n' Cream	83	110	5	0	0	0	0	0	90	25	0	18		3	0	0	10	2	M,E,S,W
Country Vanilla	83	100	0	0	0	0	0	5	70	20	0	17		3	0	0	10	0	M
Eggnog	83	110	5	0	0	0	0	5	75	23	0	18		2	0	0	10	0	M,E
Georgia Peach	83	100	0	0	0	0	0	0	65	23	0	18		2	0	8	10	0	M
Hawaiian Pineapple	83	100	0	0	0	0	0	0	65	22	0	18		3	0	4	10	0	M
Irish Mint	83	100	0	0	0	0	0	5	70	22	0	18		3	0	0	10	0	M,E
Island Banana	83	100	0	0	0	0	0	5	80	21	0	17		3	0	2	10	0	M
Mountain Blackberry	83	110	0	0	0	0	0	0	65	23	0	19		3	0	2	10	0	M
NY Cheesecake	83	110	5	0	0	0	0	10	80	22	0	18		3	0	2	10	0	M,E
Outrageous Orange	83	100	0	0	0	0	0	5	80	22	0	18		3	0	2	10	0	M
Peppermint Stick	83	100	0	0	0	0	0	5	70	20	0	17		3	0	0	10	0	M
Pecan Praline	83	110	0	0	0	0	0	5	85	23	0	18		3	0	2	10	0	M, TN
Pistachio	83	100	0	0	0	0	0	5	75	22	0	18		3	0	0	10	0	M
Pumpkin	83	110	0	0	0	0	0	5	80	23	0	18		3	2	2	10	0	M
Snickerdoodle	83	100	0	0	0	0	0	5	70	20	0	17		3	0	0	10	0	M
Frozen Creamy Mint	83	110	0	0	0	0	0	5	90	24	0	17		3	0	0	10	2	M,E,S,W
Toasted Marshmallow	83	100	0	0	0	0	0	0	60	22	0	19		3	0	0	10	0	M, E
Very Raspberry	83	100	0	0	0	0	0	0	70	23	0	17		2	0	0	10	0	M
Very Strawberry	83	100	0	0	0	0	0	0	65	21	0	17		3	0	4	10	0	M
White Chocolate Mousse	83	100	5	0	0	0	0	10	70	22	0	17		3	0	0	10	0	M, E
ORIGINAL TART™ NONFAT FROZEN YOGURT																			
<i>5g of fat or less per 4oz serving</i>																			
Original Tart™	83	90	0	0	0	0	0	0	65	20	0	15		3	0	2	10	0	M
Pom Raspberry Original Tart™	83	100	0	0	0	0	0	0	60	22	0	17		3	0	2	10	0	M
Wild Berry Original Tart™	83	100	0	0	0	0	0	0	50	21	0	16		3	0	6	10	0	M
EUROTART™ NONFAT FROZEN YOGURT																			
<i>5g of fat or less per 4oz serving</i>																			
EuroTart™	83	90	0	0	0	0	0	0	25	19	0	13		2	0	0	6	0	M
LOWFAT FROZEN YOGURT																			
<i>3g of fat or less per 4oz serving</i>																			
Birthday Cake	83	100	5	0.5	0	0	0	10	75	20	0	16		4	0	0	15	0	M, E
Cake Batter	83	130	25	3	2	0	0	35	75	22	0	17		3	2	0	10	0	M, E, W
Chocolate Caramel Turtle	83	120	15	2	1	0	0	10	75	20	1	15		3	0	0	10	0	M
Chocolate Chip Cookie	83	120	15	2	1	0	0	5	75	23	0	17		3	0	0	10	0	M, E, S, W
Dulce De Leche(Caramel)	83	120	20	2	1	0	0	25	70	22	0	18		3	0	0	10	0	M, E
Dutch Chocolate	83	120	35	2.5	1.5	0	0	10	105	25	0	19		3	2	0	10	6	M
French Vanilla	83	110	25	3	1.5	0	0	30	80	18	0	14		3	2	2	10	0	M, E
Fudge Brownie Batter	83	120	5	0.5	0	0	0	10	70	24	0	19		3	0	0	8	4	M, E
Milk Chocolate	83	140	25	3	2	0	0	10	90	25	1	18		3	2	2	10	2	M
Red Velvet Cake	83	140	25	3	2	0	0	20	90	25	0	19		3	2	0	10	2	M, E, W
Salted Caramel Corn	83	120	20	2	1.5	0	0	20	85	18	0	18		3	0	0	10	0	M, E
Sweet Coconut	83	110	10	1	1	0	0	0	65	22	0	18		3	2	0	10	2	M
Toffee	83	110	10	1	0.5	0	0	5	100	23	0	17		2	0	0	10	0	M, S, TN
White Vanilla	83	110	25	3	1.5	0	0	25	75	18	0	14		3	0	0	10	0	M, E
PREMIUM FROZEN YOGURT																			
<i>greater than 3g of fat or less per 4oz serving</i>																			
Dulce De Leche (Caramel)	83	140	30	3.5	2	0	0	30	70	23	0	18		3	2	0	10	0	M, E
Peanut Butter	83	140	45	5	2	0	0	10	105	19	1	15		4	2	2	10	0	M, P
NONFAT NO-SUGAR-ADDED FROZEN YOGURT																			
<i>5g of fat or less per 4oz serving</i>																			
Blueberry	83	80	0	0	0	0	0	0	80	18	3	6	3	4	0	2	15	0	M
Cheesecake	83	80	0	0	0	0	0	5	85	19	3	6	3	4	0	2	15	0	M
Chocolate	83	90	5	0	0	0	0	5	100	20	3	6	2	4	0	2	15	0	M
Coffee	83	80	0	0	0	0	0	5	85	19	3	6	2	4	0	2	15	0	M
Mint	83	80	0	0	0	0	0	5	85	19	3	6	2	4	0	2	15	0	M, E
Raspberry	83	70	0	0	0	0	0	0	80	17	3	6	3	4	0	2	15	0	M
Strawberry	83	80	0	0	0	0	0	0	80	18	3	6	3	4	0	2	15	0	M
Strawberry Banana	83	80	0	0	0	0	0	5	80	18	3	6	3	4	0	2	15	0	M
Vanilla	83	80	0	0	0	0	0	5	85	19	3	6	2	4	0	2	15	0	M
NONFAT SORBET																			
<i>5g of fat or less per 4oz serving</i>																			
Mango Tango Sorbet	83	80	0	0	0	0	0	0	0	21	0	15		0	2	2	0	0	
Orange Burst	83	90	0	0	0	0	0	0	0	23	0	17		0	0	20	0	0	
Strawberry Lemonade Sorbet	83	90	0	0	0	0	0	0	0	23	0	17		0	0	20	0	0	
Very Berry Sorbet	83	90	0	0	0	0	0	0	0	22	1	16		0	0	4	0	0	
Watermelon	83	90	0	0	0	0	0	0	0	22	0	16		0	0	2	0	0	

PRODUCT ALLERGEN INFORMATION: Milk(M), Egg(E), Peanut(P), Soy(S), Tree Nut(TN), Wheat Gluten(W)

Manufactured in a facility that processes peanuts, tree nuts, eggs, soy, milk & wheat.