

## ORIGINAL FROZEN YOGURT

base for all Tart flavored yogurts  
Serving Size: (1/2 cup) (83g)

Amount Per Serving	
<b>Calories</b> 70	Calories from Fat 0
% Daily Value*	
<b>Total Fat 0g</b>	<b>0%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 25mg</b>	<b>1%</b>
<b>Total Carbohydrate 15g</b>	<b>5%</b>
Dietary Fiber 0g	0%
Sugars 9g	
<b>Protein 2g</b>	
Vitamin A 2%	Vitamin C 0%
Calcium 10%	Iron 0%
Thiamin 6%	Riboflavin 6%
Vitamin B12 6%	Iodine 4%
Selenium 4%	

\*Percent Daily Values are based on a 2,000 calorie diet

INGREDIENTS: Pasteurized and Cultured Skim Milk, Water, Sucrose, Corn Sweetener, Corn Syrup Solids, Nonfat Dry Milk, Skimmed Yogurt Powder, Citric Acid, Natural Flavors, Modified Food Starch, Carrageenan, Pectin. Contains the following active cultures: S. Thermophilus, L. Bulgaricus, L. Lactis and L. Acidophilus.  
Contains: Milk, Soy

## CHOCOLATE

Serving Size: (1/2 cup) (83g)

Amount Per Serving	
<b>Calories</b> 110	Calories from Fat 5
% Daily Value*	
<b>Total Fat 0g</b>	<b>0%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 80mg</b>	<b>3%</b>
<b>Total Carbohydrate 23g</b>	<b>8%</b>
Dietary Fiber 1g	4%
Sugars 14g	
<b>Protein 3g</b>	
Vitamin A 0%	Vitamin C 0%
Calcium 10%	Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet

INGREDIENTS: Pasteurized and Cultured Skim Milk, Sucrose, Corn Sweetener, Whey, Ghirardelli Cocoa (Processed with Alkali), Maltodextrin, Nonfat Dry Milk, Natural and Artificial Vanilla Flavor (Caramel Color Added), Milk Protein Isolate, Cellulose Gum, Guar Gum, Carrageenan, Mono & Diglycerides.  
Contains the following active cultures: S. Thermophilus, L. Bulgaricus, L. Lactis and L. Acidophilus.  
Contains: Milk

## GREEN TEA TART

Serving Size: (1/2 cup) (83g)

Amount Per Serving	
<b>Calories</b> 90	Calories from Fat 0
% Daily Value*	
<b>Total Fat 0g</b>	<b>0%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 65mg</b>	<b>3%</b>
<b>Total Carbohydrate 20g</b>	<b>7%</b>
Dietary Fiber 0g	0%
Sugars 13g	
<b>Protein 3g</b>	
Vitamin A 2%	Vitamin C 0%
Calcium 10%	Iron 0%

\*Percent Daily Values are based on a 2,000 calorie diet

INGREDIENTS: Pasteurized and Cultured Skim Milk, Sucrose, Corn Sweetener, Whey, Nonfat Dry Milk, Corn Syrup Solids, Modified Food Starch, Carrageenan, Pectin, Macha (Green Tea Powder), Water, Citric Acid, Natural Flavor. Contains the following active cultures: S. Thermophilus, L. Bulgaricus, L. Lactis and L. Acidophilus.  
Contains: Milk

## VANILLA

Serving Size: (1/2 cup) (83g)

Amount Per Serving	
<b>Calories</b> 100	Calories from Fat 0
% Daily Value*	
<b>Total Fat 0g</b>	<b>0%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 5mg</b>	<b>2%</b>
<b>Sodium 75mg</b>	<b>3%</b>
<b>Total Carbohydrate 20g</b>	<b>7%</b>
Dietary Fiber 0g	0%
Sugars 14g	
<b>Protein 3g</b>	
Vitamin A 0%	Vitamin C 0%
Calcium 10%	Iron 0%

\*Percent Daily Values are based on a 2,000 calorie diet

INGREDIENTS: Pasteurized and Cultured Skim Milk, Sucrose, Corn Sweetener, Whey, Nonfat Dry Milk, Natural & Artificial Vanilla Flavor (Caramel Color Added), Milk Protein Isolate, Cellulose Gum, Guar Gum, Carrageenan, Mono & Diglycerides, Annatto (color).  
Contains the following active cultures: S. Thermophilus, L. Bulgaricus, L. Lactis and L. Acidophilus.  
Contains: Milk

## PEANUT BUTTER (LOW FAT)

Serving Size: (1/2 cup) (83g)

Amount Per Serving	
<b>Calories</b> 140	Calories from Fat 50
% Daily Value*	
<b>Total Fat 5g</b>	<b>8%</b>
Saturated Fat 2.5g	13%
Trans Fat 0g	
<b>Cholesterol 10mg</b>	<b>3%</b>
<b>Sodium 110mg</b>	<b>5%</b>
<b>Total Carbohydrate 19g</b>	<b>6%</b>
Dietary Fiber 1g	4%
Sugars 13g	
<b>Protein 4g</b>	
Vitamin A 2%	Vitamin C 2%
Calcium 10%	Iron 0%

\*Percent Daily Values are based on a 2,000 calorie diet

INGREDIENTS: Pasteurized and Cultured Skim Milk, Sucrose, Cream, Peanut Butter (Peanuts, Dextrose, Hydrogenated Vegetable Oil (Rapeseed, Cotton Seed), Salt), Corn Sweetener, Whey, Nonfat Dry Milk, Natural & Artificial Flavor (Caramel Color Added), Mono- & Diglycerides, Cellulose Gum, Guar Gum.  
Contains the following active cultures: S. Thermophilus, L. Bulgaricus, L. Lactis and L. Acidophilus.  
Contains: Milk and Peanuts

## CHOCOLATE MALT

Serving Size: 3.0 fl oz (100g)

Amount Per Serving	
<b>Calories</b> 122	Calories from Fat 5
% Daily Value*	
<b>Total Fat 1g</b>	<b>1%</b>
Saturated Fat 0g	1%
Trans Fat 0g	
<b>Cholesterol 3mg</b>	<b>0%</b>
<b>Sodium 89mg</b>	<b>2%</b>
<b>Total Carbohydrate 24g</b>	<b>8%</b>
Dietary Fiber 1g	3%
Sugars 22g	
<b>Protein 6g</b>	
Vitamin A 0%	Vitamin C 2%
Calcium 19%	Iron 0%

\*Percent Daily Values are based on a 2,000 calorie diet

INGREDIENTS: Cultured Skim Milk, High Fructose Corn Syrup, Sugar, Milk, Malt powder (Wheat flour, Malt Barley, Whole Milk Solids, Sugar, Salt, Sodium Bicarbonate), Cocoa, Mono & DiGlycerides, Guar Gum, Lucust Bean Gum, Polysorbate 80, Carrageenan, Natural and Artificial Flavor  
Contains Active Live Cultures: S. thermophilus, L. bulgaricus, L. acidophilus

## WHITE CHOCOLATE MACADAMIA

Serving Size: (1/2 cup) (83g)

Amount Per Serving	
<b>Calories</b> 100	Calories from Fat 0
% Daily Value*	
<b>Total Fat 0g</b>	<b>0%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 5mg</b>	<b>2%</b>
<b>Sodium 80mg</b>	<b>3%</b>
<b>Total Carbohydrate 21g</b>	<b>7%</b>
Dietary Fiber 0g	0%
Sugars 15g	
<b>Protein 3g</b>	
Vitamin A 0%	Vitamin C 0%
Calcium 10%	Iron 0%

\*Percent Daily Values are based on a 2,000 calorie diet

INGREDIENTS: Pasteurized and Cultured Skim Milk, Sucrose, Corn Sweetener, Whey, Natural & Artificial Flavor (Color Added), Nonfat Dry Milk, Milk Protein Isolate, Cellulose Gum, Guar Gum, Carrageenan, Mono & Diglycerides.  
Contains the following live cultures: S. Thermophilus, L. Bulgaricus, L. Lactis and L. Acidophilus.  
Contains: Milk

## IRISH MINT

Serving Size: (1/2 cup) (83g)

Amount Per Serving	
<b>Calories</b> 100	Calories from Fat 0
% Daily Value*	
<b>Total Fat 0g</b>	<b>0%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 5mg</b>	<b>2%</b>
<b>Sodium 70mg</b>	<b>3%</b>
<b>Total Carbohydrate 22g</b>	<b>7%</b>
Dietary Fiber 0g	0%
Sugars 16g	
<b>Protein 3g</b>	
Vitamin A 0%	Vitamin C 0%
Calcium 10%	Iron 0%

\*Percent Daily Values are based on a 2,000 calorie diet

INGREDIENTS: Pasteurized and Cultured Skim Milk, Sucrose, French Vanilla Base (Water, Corn Syrup, Sugar, Egg Yolk, Food Starch- Modified, Citric Acid, Natural & Artificial Flavors, Caramel Color, Yellow #6), Corn Sweetener, Whey, Nonfat Dry Milk, Natural & Artificial Flavors, Milk Protein Isolate, Cellulose Gum, Guar Gum, Carrageenan, Mono & Diglycerides, FD&C Blue #1 and Turmeric (colors).  
Contains the following active cultures: S. Thermophilus, L. Bulgaricus, L. Lactis and L. Acidophilus.  
Contains: Milk and Eggs

# Nutrition Information

## CAPPUCCINO

Serving Size: (1/2 cup) (83g)

### Amount Per Serving

<b>Calories</b> 100	Calories from Fat 0
% Daily Value*	
<b>Total Fat 0g</b>	<b>0%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 5mg</b>	<b>2%</b>
<b>Sodium 85mg</b>	<b>4%</b>
<b>Total Carbohydrate 21g</b>	<b>7%</b>
Dietary Fiber 0g	0%
Sugars 14g	
<b>Protein 4g</b>	
Vitamin A 0%	• Vitamin C 2%
Calcium 14%	• Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet

INGREDIENTS: Pasteurized and Cultured Skim Milk, Sucrose, Corn Sweetener, Whey, Nonfat Dry Milk, Instant Coffee, Cocoa Powder (Dutched), Milk Protein Isolate, Cellulose Gum, Guar Gum, Carrageenan, Mono & Diglycerides, Natural & Artificial Vanilla Flavor (caramel color added), Cinnamon. Contains the following active cultures: S. Thermophilus, L. Bulgaricus, L. Lactis and L. Acidophilus.  
Contains: Milk

## KAHLUA

Serving Size: (1/2 cup) (83g)

### Amount Per Serving

<b>Calories</b> 100	Calories from Fat 0
% Daily Value*	
<b>Total Fat 0g</b>	<b>0%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 75mg</b>	<b>3%</b>
<b>Total Carbohydrate 22g</b>	<b>7%</b>
Dietary Fiber 0g	0%
Sugars 15g	
<b>Protein 2g</b>	
Vitamin A 0%	• Vitamin C 0%
Calcium 10%	• Iron 0%

\*Percent Daily Values are based on a 2,000 calorie diet

INGREDIENTS: Pasteurized and Cultured Skim Milk, Sucrose, Corn Sweetener, Whey, Nonfat Dry Milk, Natural Flavor, Milk Protein Isolate, Cellulose Gum, Guar Gum, Carrageenan, Mono & Diglycerides. Contains the following active cultures: S. Thermophilus, L. Bulgaricus, L. Lactis and L. Acidophilus.  
Contains: Milk and Treenuts (Walnuts)

## COOKIES AND CREAM

Serving Size: (1/2 cup) (83g)

### Amount Per Serving

<b>Calories</b> 110	Calories from Fat 5
% Daily Value*	
<b>Total Fat 0g</b>	<b>0%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 85mg</b>	<b>4%</b>
<b>Total Carbohydrate 24g</b>	<b>8%</b>
Dietary Fiber 0g	0%
Sugars 17g	
<b>Protein 2g</b>	
Vitamin A 0%	• Vitamin C 0%
Calcium 8%	• Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet

INGREDIENTS: Pasteurized and Cultured Skim Milk, Sucrose, Water, Corn Sweetener, Whey, Maltodextrin, Oreo Basecake (Flour, Sugar, High Oleic Canola Oil and/or Canola Oil, Cocoa (Processed with Alkali), High Fructose Corn Syrup, Baking Soda and/or Calcium Phosphate (leavening agent), Salt, Soy Lecithin, Chocolate, Vanillin), Marshmallow Creme (Corn Syrup, Sugar, Water, Egg Whites, Artificial Flavor, Cream of Tartar, Xanthan Gum, FD&C Blue #1), Nonfat Dry Milk, Mono- & Diglycerides, Cellulose Gum, Guar Gum, Natural and Artificial Flavor, Corn Syrup Solids. Contains the following active cultures: S. Thermophilus, L. Bulgaricus, L. Lactis and L. Acidophilus.  
Contains: Egg, Milk, Soy, and Wheat

## STRAWBERRY

Serving Size: (1/2 cup) (83g)

### Amount Per Serving

<b>Calories</b> 90	Calories from Fat 0
% Daily Value*	
<b>Total Fat 0g</b>	<b>0%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 70mg</b>	<b>3%</b>
<b>Total Carbohydrate 20g</b>	<b>7%</b>
Dietary Fiber 0g	0%
Sugars 14g	
<b>Protein 3g</b>	
Vitamin A 0%	• Vitamin C 4%
Calcium 10%	• Iron 0%

\*Percent Daily Values are based on a 2,000 calorie diet

INGREDIENTS: Pasteurized and Cultured Skim Milk, Sucrose, Corn Sweetener, Strawberry Puree (Strawberries, Sugar, High Fructose Corn Syrup, Apple Juice Concentrate, Natural Flavors, Citric Acid, Locust Bean Gum), Whey, Nonfat Dry Milk, Milk Protein Isolate, Cellulose Gum, Guar Gum, Carrageenan, Mono & Diglycerides, FD&C Red #40, Red 3 and Blue #1. Contains the following active cultures: S. Thermophilus, L. Bulgaricus, L. Lactic and L. Acidophilus.  
Contains: Milk

## TARO

Serving Size: (1/2 cup) (83g)

### Amount Per Serving

<b>Calories</b> 100	Calories from Fat 0
% Daily Value*	
<b>Total Fat 0g</b>	<b>0%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 5mg</b>	<b>2%</b>
<b>Sodium 85mg</b>	<b>4%</b>
<b>Total Carbohydrate 22g</b>	<b>7%</b>
Dietary Fiber 0g	0%
Sugars 15g	
<b>Protein 3g</b>	
Vitamin A 0%	• Vitamin C 0%
Calcium 10%	• Iron 0%

\*Percent Daily Values are based on a 2,000 calorie diet

INGREDIENTS: Pasteurized and Cultured Skim Milk, Sucrose, Whey, Corn Sweetener, Nonfat Dry Milk, Milk Protein Isolate, Cellulose Gum, Guar Gum, Carrageenan, Mono & Diglycerides.  
Contains the following active cultures: S. Thermophilus, L. Bulgaricus, L. Lactis and L. Acidophilus.  
Contains: Milk

## NON DAIRY PINEAPPLE FROZEN DESSERT

Serving Size: 1/2 cup prepared (86g)

### Amount Per Serving

Calories 80      Calories from Fat 5

	% Daily Value*
<b>Total Fat .5g</b>	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 30mg</b>	<b>1%</b>
<b>Total Carbohydrate 18g</b>	<b>6%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 17g	

### Protein 0g

Vitamin A 0%	• Vitamin C 2%
Calcium 0%	• Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet

INGREDIENTS: Sugar, Dextrose, Pineapple Juice Concentrate, Stabilizers (Cellulose, Locust Bean, Xanthan, Carrageenan and Karaya Gums, Pectin), Partially Hydrogenated Soybean Oil, Silicon Dioxide (anticaking), Corn Syrup Solids, Citric Acid, Sodium Caseinate (a milk derivative), Mono & Diglycerides, Artificial Flavor, Sodium Citrate, Salt, Potassium Phosphate, Yellow 5 & 6.

## NON DAIRY STRAWBERRY FROZEN DESSERT

Serving Size: 1/2 cup prepared (86g)

### Amount Per Serving

Calories 80      Calories from Fat 5

	% Daily Value*
<b>Total Fat .5g</b>	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 25mg</b>	<b>1%</b>
<b>Total Carbohydrate 18g</b>	<b>6%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 17g	

### Protein 0g

Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet

INGREDIENTS: Sugar, Dextrose, Strawberry Juice Concentrate, Stabilizers (Cellulose, Locust Bean, Xanthan, Carrageenan and Karaya Gums, Pectin), Partially Hydrogenated Soybean Oil, Silicon Dioxide (anticaking), Maltodextrin, Corn Syrup Solids, Citric Acid, Natural & Artificial Flavors, Sodium Caseinate (a milk derivative), Mono & Diglycerides, Sodium Citrate, Salt, Potassium Phosphate, Red 40.

## NON DAIRY VANILLA

Serving Size: 1/2 cup prepared (86g)

### Amount Per Serving

Calories 100      Calories from Fat 25

	% Daily Value*
<b>Total Fat 3g</b>	<b>5%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 80mg</b>	<b>3%</b>
<b>Total Carbohydrate 19g</b>	<b>6%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 14g	

### Protein 0g

Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 0%

\*Percent Daily Values are based on a 2,000 calorie diet

INGREDIENTS: Sugar, Corn Syrup Solids, Coconut Oil, Sodium Caseinate (a milk derivative), Salt, Guar Gum, Potassium & Sodium Phosphate, Mono & Diglycerides, Soy Lecithin, Xanthan Gum, Artificial Flavor, Artificial Color (Yellow 5 & 6)

## NON DAIRY CHOCOLATE

Serving Size: 1/2 cup prepared (86g)

### Amount Per Serving

Calories 100      Calories from Fat 20

	% Daily Value*
<b>Total Fat 2g</b>	<b>3%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 70mg</b>	<b>3%</b>
<b>Total Carbohydrate 19g</b>	<b>6%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 16g	

### Protein 1g

Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 0%

\*Percent Daily Values are based on a 2,000 calorie diet

INGREDIENTS: Sugar, Corn Syrup Solids, Coconut Oil, Dutch Processed Cocoa, Sodium Caseinate (a milk derivative), Salt, Guar Gum, Potassium & Sodium Phosphate, Mono & Diglycerides, Soy Lecithin, Xanthan Gum