



Nutritional Information based on 4 fluid oz. (1/2 cup)

NON FAT FROZEN YOGURT 4/1GAL		SERVING SIZE	CALORIES	CALORIES FROM FAT	TOTAL FAT	SAT. FAT	TRANS FAT	CHOL.	SODIUM	CARBS.	FIBER	SUGARS	PROTEIN	VITAMIN A	VITAMIN C	CALCIUM	IRON
21002	NF DREAMY DARK CHOCOLATE	89g	120	0	0g	0g	0g	0mg	60mg	26g	0g	18g	3g	0%	2%	10%	6%
21003	NF CHEESE CAKE	89g	120	0	0g	0g	0g	0mg	60mg	25g	0g	18g	3g	0%	2%	15%	0%
21005	NF TAHITIAN VANILLA	89g	100	0	0g	0g	0g	0mg	55mg	21g	0g	16g	4g	0%	2%	15%	0%
21016	NF SWISS CHOCOLATE	89g	110	0	0g	0g	0g	0mg	55mg	22g	0g	17g	4g	0%	2%	15%	4%
21020	NF BIRTHDAY CAKE YOGURT	89g	100	0	0g	0g	0g	0mg	55mg	22g	0g	16g	3g	0%	2%	15%	0%
21022	NF CHOCOLATE MINT YOGURT	89g	120	0	0g	0g	0g	0mg	60mg	26g	0g	18g	3g	0%	2%	10%	6%
21023	NF ISLAND COCONUT YOGURT	89g	100	0	0g	0g	0g	0mg	55mg	22g	0g	16g	3g	0%	2%	15%	0%
21025	NF VANILLA BEAN YOGURT	89g	100	0	0g	0g	0g	0mg	55mg	22g	0g	16g	3g	0%	2%	15%	0%
21031	NF BANANA PUDDING YOGURT	89g	100	0	0g	0g	0g	0mg	55mg	22g	0g	16g	3g	0%	2%	15%	0%
21038	NF PISTACHIO	89g	100	0	0g	0g	0g	0mg	55mg	22g	0g	16g	3g	0%	2%	15%	0%
21039	NF PLAIN BASE	89g	100	0	0g	0g	0g	0mg	55mg	21g	0g	16g	4g	0%	2%	15%	0%
21041	NF ORCHARD PEACH	88g	100	0	0g	0g	0g	0mg	55mg	22g	0g	16g	3g	0%	2%	10%	0%
21052	NF NEW ORLEANS PRALINE	89g	110	0	0g	0g	0g	0mg	120mg	23g	0g	17g	4g	0%	2%	15%	0%
21053	NF CARAMEL CUSTARD	89g	100	0	0g	0g	0g	0mg	55mg	20g	0g	16g	4g	0%	2%	15%	0%
21054	NF CHERRY AMARETTO	89g	110	0	0g	0g	0g	0mg	60mg	24g	0g	19g	4g	0%	2%	15%	0%
21055	NF SNICKERDOODLE COOKIE DOUGH	89g	100	0	0g	0g	0g	0mg	55mg	21g	0g	16g	4g	0%	2%	15%	0%
LOW FAT FROZEN YOGURT 4/1GAL		SERVING SIZE	CALORIES	CALORIES FROM FAT	TOTAL FAT	SAT. FAT	TRANS FAT	CHOL.	SODIUM	CARBS.	FIBER	SUGARS	PROTEIN	VITAMIN A	VITAMIN C	CALCIUM	IRON
21006	LF ESPRESSO	89g	120	25	3g	2g	0g	5mg	60mg	19g	0g	16g	4g	2%	4%	15%	0%
21007	LF COOKIE N CREAM	89g	120	25	3g	2g	0g	5mg	70mg	21g	0g	17g	4g	2%	4%	15%	0%
21009	LF TRIPLE CHOCOLATE	89g	130	25	2.5g	2g	0g	5mg	55mg	22g	0g	17g	4g	2%	2%	15%	4%
21010	LF STRAWBERRY SENSATIONS	89g	120	25	3g	2g	0g	5mg	65mg	20g	0g	16g	4g	2%	4%	15%	0%
21017	LF FRENCH VANILLA	89g	120	25	3g	2g	0g	5mg	60mg	19g	0g	16g	4g	2%	4%	15%	0%
21047	LF PUMPKIN PIE	89g	120	25	3g	2g	0g	5mg	50mg	22g	0g	16g	3g	6%	2%	10%	0%
21048	LF SPICED APPLE PIE	89g	130	25	3g	2g	0g	5mg	70mg	23g	0g	19g	4g	2%	4%	20%	4%
21049	LF EGG NOG	89g	110	25	3g	2g	0g	5mg	50mg	18g	0g	13g	3g	2%	2%	10%	0%
21050	LF WHITE CHOCOLATE MOUSSE	89g	140	25	2.5g	2g	0g	5mg	55mg	25g	0g	21g	3g	2%	2%	15%	0%
21051	LF GERMAN CHOCOLATE CAKE	89g	130	20	2.5g	1.5g	0g	5mg	55mg	22g	0g	17g	4g	2%	2%	15%	4%
REDUCED FAT FROZEN YOGURT 4/1 GAL		SERVING SIZE	CALORIES	CALORIES FROM FAT	TOTAL FAT	SAT. FAT	TRANS FAT	CHOL.	SODIUM	CARBS.	FIBER	SUGARS	PROTEIN	VITAMIN A	VITAMIN C	CALCIUM	IRON
21008	RF OLD FASHIONED PEANUT BUTTER	89g	160	60	7g	2g	0g	5mg	55mg	20g	0g	13g	4g	2%	2%	8%	0%
SORBETS (NON-DAIRY) 4/1GAL		SERVING SIZE	CALORIES	CALORIES FROM FAT	TOTAL FAT	SAT. FAT	TRANS FAT	CHOL.	SODIUM	CARBS.	FIBER	SUGARS	PROTEIN	VITAMIN A	VITAMIN C	CALCIUM	IRON
21015	NF VALENCIA ORANGE SORBET	89g	90	0	0g	0g	0g	0mg	0mg	22g	0g	19g	0g	0%	0%	0%	0%
21045	NF WATERMELON SORBET	89g	90	0	0g	0g	0g	0mg	5mg	19g	0g	20g	0g	0%	0%	0%	0%
21027	NF MANGO SORBET	89g	90	0	0g	0g	0g	0mg	0mg	22g	0g	19g	0g	0%	0%	0%	0%
21037	NF PINK LEMONADE SORBET	89g	90	0	0g	0g	0g	0mg	0mg	22g	0g	19g	0g	0%	0%	0%	0%
NON FAT- PLAIN TART FROZEN YOGURT 4/1GAL		SERVING SIZE	CALORIES	CALORIES FROM FAT	TOTAL FAT	SAT. FAT	TRANS FAT	CHOL.	SODIUM	CARBS.	FIBER	SUGARS	PROTEIN	VITAMIN A	VITAMIN C	CALCIUM	IRON
21014	NF ITALIAN STYLE TART	88g	90	0	0g	0g	0g	0mg	50mg	18g	0g	16g	2g	0%	2%	10%	0%
21019	NF CLASSIC TART	89g	100	0	0g	0g	0g	0mg	65mg	21g	0g	20g	4g	0%	2%	15%	0%
21033	NF CALIFORNIA TART	89g	100	0	0g	0g	0g	0mg	50mg	20g	0g	17g	3g	0%	2%	10%	0%
NON FAT- FLAVORED TART FROZEN YOGURT 4/1GAL		SERVING SIZE	CALORIES	CALORIES FROM FAT	TOTAL FAT	SAT. FAT	TRANS FAT	CHOL.	SODIUM	CARBS.	FIBER	SUGARS	PROTEIN	VITAMIN A	VITAMIN C	CALCIUM	IRON
21026	NF RASPBERRY TART YOGURT	89g	110	0	0g	0g	0g	0mg	65mg	22g	0g	21g	4g	0%	2%	15%	0%
21034	NF BLUEBERRY TART	89g	120	0	0g	0g	0g	0mg	65mg	24g	0g	23g	4g	0%	2%	15%	0%
NON FAT- ENERGY FORMULAS FROZEN YOGURT 4/1GAL		SERVING SIZE	CALORIES	CALORIES FROM FAT	TOTAL FAT	SAT. FAT	TRANS FAT	CHOL.	SODIUM	CARBS.	FIBER	SUGARS	PROTEIN	VITAMIN A	VITAMIN C	CALCIUM	IRON
21030	NF POMEGRANATE YOGURT ENERGY	89g	120	0	0g	0g	0g	0mg	90mg	24g	0g	23g	4g	0%	2%	15%	0%
21035	NF ACAI ENERGY/VITAMIN	89g	120	0	0g	0g	0g	0mg	90mg	24g	0g	23g	4g	0%	2%	15%	0%
NO SUGAR ADDED- NON FAT- FROZEN YOGURT 4/1GAL		SERVING SIZE	CALORIES	CALORIES FROM FAT	TOTAL FAT	SAT. FAT	TRANS FAT	CHOL.	SODIUM	CARBS.	FIBER	SUGARS	PROTEIN	VITAMIN A	VITAMIN C	CALCIUM	IRON
21011	NF NSA TAHITIAN VANILLA	90g	80	0	0g	0g	0g	0mg	80mg	16g	0g	6g	4g	0%	4%	15%	0%
21012	NF NSA CHOCOLATE	90g	80	0	0g	0g	0g	0mg	85mg	17g	0g	6g	5g	0%	4%	15%	4%
21013	NF NSA WILD STRAWBERRY	90g	80	0	0g	0g	0g	0mg	80mg	16g	0g	6g	4g	0%	4%	15%	0%
SPECIALTY MIXES 4/1 GAL		SERVING SIZE	CALORIES	CALORIES FROM FAT	TOTAL FAT	SAT. FAT	TRANS FAT	CHOL.	SODIUM	CARBS.	FIBER	SUGARS	PROTEIN	VITAMIN A	VITAMIN C	CALCIUM	IRON
62004	SUGAR CREEK 7% GELATO MIX - VANILLA	89g	140	60	6g	4.5g	0g	15mg	95mg	18g	0g	14g	4g	4%	2%	15%	0%
62003	SUGAR CREEK 7% GELATO MIX - CHOCOLATE	89g	140	60	7g	4.5g	0g	15mg	85mg	18g	0g	14g	3g	4%	2%	10%	2%
63002	SUGAR CREEK VANILLA CUSTARD	89g	180	80	9g	6g	0g	50mg	95mg	19g	0g	18g	5g	6%	2%	15%	4%
63001	SUGAR CREEK CHOCOLATE CUSTARD	89g	180	90	10g	6g	0g	50mg	105mg	19g	0g	16g	4g	6%	4%	15%	0%
CACTUS SWEET NON FAT SWEETENED WITH AGAVE 4/1 GAL		SERVING SIZE	CALORIES	CALORIES FROM FAT	TOTAL FAT	SAT. FAT	TRANS FAT	CHOL.	SODIUM	CARBS.	FIBER	SUGARS	PROTEIN	VITAMIN A	VITAMIN C	CALCIUM	IRON
21040	CACTUS SWEET AGAVE TART	89g	100	0	0g	0g	0g	0mg	60mg	20g	0g	19g	4g	0%	2%	15%	0%