



YOGURT LIGHT & FIT VANILLA NON FAT

YGR T L&F VAN NF 260



Product Last Saved Date:05 July 2016

Nutrition Facts

Serving Size: 225 GR

Number of Servings per Package: 24

Amount Per Serving

Calories: 110 Calories from Fat: 0

% Daily Value*

Total Fat 0 g 0%

Saturated Fat 0 g 0%

Trans Fat 0 g

Cholesterol 4.9 mg 2%

Sodium 115 mg 5%

Total Carbohydrate 20 g 7%

Dietary Fiber 0 g 0%

Sugars 13 g

Protein 7 g

	Per Srv		Per Srv
Vitamin A	15%	Vitamin C	0%

	Per Srv		Per Srv
Calcium	25%	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
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram

Fat	9	Carbohydrate	4	Protein	4
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Product Specifications:

Code	GTIN	Pack	Pack Description
260	20036632002604	6 X 32 ONZ	

Brand	Brand Owner	GPC Description
LIGHT & FIT	The Dannon Company, Inc.	Yogurt/Yogurt Substitutes (Perishable)

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
12.8 LBR	12 LBR	USA	Yes	No

Shipping Information

Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
14.88 INH	9.56 INH	5.38 INH	0.4429 FTQ	13x12	25 None	38 FAH / 45 FAH

Ingredients :

CULTURED GRADE A NON FAT MILK, WATER, MODIFIED FOOD STARCH, CANE SUGAR, CONTAINS LESS THAN 1% KOSHER GELATIN, NATURAL AND ARTIFICIAL FLAVORS, SUCRALOSE, SODIUM CITRATE, ACESULFAME POTASSIUM, CITRIC ACID, VITAMIN A PALMITATE, VITAMIN D3.

Allergens(C='Contains' MC='May Contain' N='Free From' UN='Undeclared' 30='Free From Not Tested' 50='Derived From Ingredients' 60='Not Derived From Ingredients' NI='No Info Provided'):

Eggs - N	Milk - C	Peanuts - N
Soy - N	Wheat - N	TreeNuts - N
Fish - N	Crustacean - N	

Handling Suggestions :

This product is a quart plastic container that has both a foil seal for freshness and a resealable plastic lid. Each container is marked with an individual UPC code that can be scanned. This product must be stored in refrigeration. Product should be stored in an upright position.

Benefits :

Dannon® Light & Fit® is a great choice for customers who want to manage their weight and feel great.

Serving Suggestions :

It can be enjoyed by itself or with fresh fruit, honey or nuts can be added to it. It can be served as a meal component or a snack.

Prep & Cooking Suggestions :

This product can be portioned from the container and served in various methods. It can be consumed without any additional cooking for use in such recipes as parfaits, smoothies or dips. It can be used in recipes for soups, salad dressings, prepared salads, or any other alternatives to sour cream or mayonnaise. In these recipes it may require additional cooking/preparation.

More Information :

Dannon's website is www.dannonfoodservice.com. Urgent/Product Quality Feedback- If your reason for contacting us needs immediate attention, or if you have a product quality concern, please feel free to contact us by phone: 1-877-DANNONUS (1-877-326-6668)