

Menu Item:

Yogurt...Made Better

Calories	Calories from fat	Total Fat	Saturated Fat	Trans Fat
150	5	1g	0.5g	0g
Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars
< 5mg	85mg	29g	0g	24g
Protein	Vitamin A	Vitamin C	Calcium	Iron
5g	10%	0%	35%	2%