

DANONINO Dairy snack – 1.76 oz – 50g

Nutrition Facts	Amount Per Serving	Amount Per Serving
	Total Fat 2g	Potassium 70mg
Serving Size: 1 Container (50g)	Sat. Fat 1g	Total Carbohydrate 7g
Servings Per Package: 6	Trans Fat 0g	Dietary Fiber 0g
Calories: 60	Cholesterol 5mg	Sugars 7g
Fat Cal. 15	Sodium 20mg	Protein 3g
% Daily Value Protein 19% • Vitamin A 2% • Vitamin C 0% • Calcium 20% • Iron 0% Vitamin D 6% • Riboflavin 15% • Vitamin B ₁₂ 10% • Phosphorus 8%		

STRAWBERRY FLAVORED INGREDIENTS: CULTURED PASTEURIZED MILK, SUGAR, WATER, MILK PROTEIN CONCENTRATE, CONTAINS LESS THAN 1% OF FRUIT JUICE AND VEGETABLE JUICE (FOR COLOR), CALCIUM CITRATE, MODIFIED CORN STARCH, NATURAL FLAVOR, HYDROLYZED CASEIN, GUAR GUM, MALIC ACID, CHYMOsin, SODIUM CITRATE, VITAMIN D₃.

DANIMALS Lowfat Yogurt – 4 oz – 113g

Nutrition Facts		Strawberry Explosion Flavored	Strikin' Strawberry- Kiwi Flavored	Swingin' Strawberry- Banana Flavored
Serving Size 1 Container (113g)				
Servings per Package		4	4	4
Amount Per Serving				
Calories		100	100	100
Calories from Fat		20	20	20
		% Daily Value*	% Daily Value*	% Daily Value*
Total Fat	2g	3%	2g	3%
Saturated Fat	1g	5%	1g	5%
Trans Fat	0g		0g	
Cholesterol	10mg	3%	10mg	3%
Sodium	55mg	2%	55mg	2%
Potassium	190mg	5%	190mg	5%
Total Carbohydrate	14g	5%	14g	5%
Sugars	13g		13g	
Protein	5g	10%	5g	10%
*Percent Daily Values are based on a diet of 2,000 calories. Your daily values may be higher or lower depending on your calorie needs.		Calcium 30%	Calcium 30%	Calcium 30%
Calories: 2,000 2,500		Vitamin D 15%	Vitamin D 15%	Vitamin D 15%
Total Fat Less than	65g 80g	Thiamin 4%	Thiamin 4%	Thiamin 4%
Sat Fat Less than	20g 25g	Riboflavin 15%	Riboflavin 15%	Riboflavin 15%
Cholesterol Less than	300mg 300mg	Phosphorus 15%	Phosphorus 15%	Phosphorus 15%
Sodium Less than	2,400mg 2,400mg	Not a significant source of dietary fiber, vitamin A, vitamin C and iron.		
Potassium	3,500mg 3,500mg			
Total Carbohydrate	300g 375g			
Dietary Fiber	25g 30g			
Protein	50g 65g			

DANIMALS Drinkable Smoothie LGG – 3.1 fl oz – 93 mL

Nutrition Facts	
Serving Size 1 Bottle	
Servings per Package 4	
Amount Per Serving	
Calories 70	Calories from Fat 0
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol <5mg	1%
Sodium 35mg	1%
Potassium 100mg	3%
Total Carbohydrate 15g	5%
Sugars 14g	
Protein 2g	4%
Calcium 25%	• Vitamin D 10%
Riboflavin 8%	• Phosphorus 6%
Not a significant source of dietary fiber, vitamin A, vitamin C and iron.	
*Percent Daily Values are based on a 2,000 calorie diet.	

DANNON PLAIN Nonfat Yogurt – 6 oz – 170g

Nutrition Facts	Amount Per Serving		Amount Per Serving	
		%DV*		%DV*
Serving size: 1 container	Total Fat 0g	0%	Potassium 380mg	11%
Calories 80	Saturated Fat 0g	0%	Total Carbohydrate 12g	4%
Fat cal 0	<i>Trans Fat</i> 0g		Dietary Fiber 0g	0%
	Cholesterol 5mg	2%	Sugars 12g	
	Sodium 115mg	5%	Protein 8g	16%
*Percent Daily Values (DV) are based on a 2,000 calorie diet.	Vitamin A 0% • Vitamin C 4% • Calcium 30% • Iron 0%			

ALL NATURAL Lowfat Yogurt – 4 oz – 113 g

Nutrition Facts		* Percent Daily Values (%DV) are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Serving Size 1 Container Servings Per Package 4		Calories: 2,000 2,500	
Amount Per Serving		Total Fat	Less than 65g 80g
Calories 110	Calories from Fat 10	Sat Fat	Less than 20g 25g
% Daily Value*		Cholesterol	Less than 300mg 300mg
Total Fat 1g	2%	Sodium	Less than 2,400mg 2,400mg
Saturated Fat 0.5g	3%	Potassium	3,500mg 3,500mg
Trans Fat 0g		Total Carbohydrate	300g 375g
Cholesterol 5mg	2%	Dietary Fiber	25g 30g
Sodium 65mg	3%	Protein	50g 65g
Potassium 210mg	6%		
Total Carbohydrate 20g	7%		
Dietary Fiber 0g	0%		
Sugars 19g			
Protein 4g	8%		
Vitamin A 0%	• Vitamin C 0%		
Calcium 15%	• Iron 0%		

INGREDIENTS: CULTURED GRADE A LOW FAT MILK, SUGAR, CHERRIES, WATER, CORN STARCH, CONTAINS LESS THAN 1% OF NATURAL FLAVOR, LEMON JUICE CONCENTRATE, CAROB BEAN GUM. CONTAINS ACTIVE YOGURT CULTURES INCLUDING *L. ACIDOPHILUS*.

DISTRIBUTED BY THE DANNON COMPANY, INC., WHITE PLAINS, NY 10603

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QUESTIONS OR COMMENTS?
CALL TOLL FREE 1-877-DANNONUS
OR VISIT OUR WEBSITE AT WWW.DANNON.COM

***MEETS NATIONAL YOGURT ASSOCIATION CRITERIA FOR LIVE AND ACTIVE CULTURE YOGURT**



ACTIVIA Lowfat Yogurt – 4 oz – 113 g

Nutrition Facts	
Serving Size 1 container	
Amount Per Serving	
Calories 110	Calories from Fat 15
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Cholesterol 5mg	2%
Sodium 75mg	3%
Potassium 220mg	6%
Total Carbohydrate 19g	6%
Dietary Fiber 0g	0%
Sugars 17g	
Protein 4g	8%
Vitamin A 0%	• Vitamin C 0%
Calcium 15%	• Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet.	

ACTIVIA LIGHT Nonfat Yogurt – 4 oz – 113 g

Nutrition Facts	Strawberry	Vanilla WITH OTHER NATURAL FLAVOR	Blueberry
Serving Size 1 container			
Servings Per Package	8	8	8
Amount Per Serving			
Calories	70	70	70
Calories from Fat	0	0	0
	% Daily Value*	% Daily Value*	% Daily Value*
Total Fat	0g 0%	0g 0%	0g 0%
Saturated Fat	0g 0%	0g 0%	0g 0%
<i>Trans</i> Fat	0g	0g	0g
Cholesterol	<5mg 1%	<5mg 1%	<5mg 1%
Sodium	80mg 3%	75mg 3%	65mg 3%
Potassium	230mg 7%	230mg 7%	220mg 6%
Total Carbohydrate	12g 4%	13g 4%	12g 4%
Dietary Fiber	1g 4%	3g 12%	1g 4%
Sugars	9g	9g	9g
Protein	5g 10%	5g 10%	5g 10%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Vitamin A 0%	Vitamin A 0%	Vitamin A 0%
	Vitamin C 0%	Vitamin C 0%	Vitamin C 0%
	Calcium 15%	Calcium 20%	Calcium 15%
	Iron 0%	Iron 0%	Iron 0%
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	
Potassium	3,500mg	3,500mg	
Total Carbohydrate	300g	375g	
Dietary Fiber	25g	30g	
Protein	50g	65g	

LIGHT N FIT Nonfat Yogurt – 4 oz – 113 g

Nutrition Facts		• Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Serving Size 1 container Servings Per Package 4		Calories: 2,000 2,500	
Amount Per Serving			
Calories 60	Calories from Fat 0		
		% Daily Value*	
Total Fat 0g	0%	Total Fat	Less than 65g 80g
Saturated Fat 0g	0%	Sat Fat	Less than 20g 25g
<i>Trans</i> Fat 0g		Cholesterol	Less than 300mg 300mg
Cholesterol 0mg	0%	Sodium	Less than 2,400mg 2,400mg
Sodium 50mg	2%	Potassium	3,500mg 3,500mg
Potassium 160mg	5%	Total Carbohydrate	300g 375g
Total Carbohydrate 11g	4%	Dietary Fiber	25g 30g
Sugars 8g		Protein	50g 65g
Protein 3g	6%	INGREDIENTS: NONFAT YOGURT (CULTURED GRADE A NON FAT MILK, MODIFIED FOOD STARCH, FRUCTOSE, KOSHER GELATIN, VITAMIN A PALMITATE, VITAMIN D ₃), STRAWBERRIES, WATER, FRUCTOSE, CONTAINS LESS THAN 1% OF MODIFIED CORN STARCH, NATURAL AND ARTIFICIAL FLAVORS, SODIUM CITRATE, POTASSIUM SORBATE (TO MAINTAIN FRESHNESS), ASPARTAME, PYRIDOXINE HYDROCHLORIDE (VITAMIN B ₆), CYANOCOBALAMIN (VITAMIN B ₁₂), ACESULFAME POTASSIUM, SUCRALOSE, TOCOPHEROL ACETATE (VITAMIN E), RED 40, MALIC ACID.	
Vit. A 6% • Vit. C 0% • Calcium 10%		CONTAINS ACTIVE YOGURT CULTURES INCLUDING <i>L.ACIDOPHILUS</i>	
Vit. D 10% • Vit. E 20% • Vit. B ₆ 20%		PHENYLKETONURICS: CONTAINS PHENYLALANINE	
Riboflavin (Vit. B ₂) 10% • Vit. B ₁₂ 20%		DISTRIBUTED BY THE DANNON COMPANY, INC., WHITE PLAINS, NY 10603.	
Not a significant source of Dietary Fiber and Iron.		<div style="border: 1px solid black; padding: 5px;"> QUESTIONS OR COMMENTS? CALL TOLL FREE 1-877-DANNONUS OR VISIT OUR WEBSITE AT WWW.LIGHTNFIT.COM </div>	

* MEETS NATIONAL YOGURT ASSOCIATION

LIGHT N FIT Dairy Based Smoothie – 7 fl oz – 207 mL

Nutrition Facts	
Serving Size 1 bottle	
Servings per Package 4	
Amount Per Serving	
Calories 70	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol <5mg	1%
Sodium 70mg	3%
Potassium 220mg	6%
Total Carbohydrate 13g	4%
Dietary Fiber 0g	0%
Sugars 12g	
Protein 4g	8%
Vitamin A 10% • Vitamin C 0%	
Calcium 20% • Iron 0%	
Vitamin D 20% • Vitamin E 20%	
Riboflavin (Vit B ₂) 30% • Vitamin B ₆ 20%	
Vitamin B ₁₂ 20%	
*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
Potassium	3,500mg 3,500mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Protein	50g 65g

DANACTIVE LIGHT Probiotic Cultured Dairy Drink – 3.1 fl oz – 93 mL

Nutrition Facts	
Serving Size: 1 Bottle	
Amount Per Serving	
Calories 35	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 40mg	2%
Potassium 125mg	4%
Total Carbohydrate 6g	2%
Dietary Fiber 1g	4%
Sugars 5g	
Protein 2g	4%
Calcium	10%
Not a significant source of Vitamin A, Vitamin C and Iron.	
*Percent Daily Values are based on a 2,000 calorie diet.	

LIGHT N FIT Nonfat Yogurt – 6 oz – 170 g

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
	Serving Size: 1 Container (170g)	Total Fat 0g	0%	Potassium 240mg
Calories 80 Fat Cal 0	Saturated Fat 0g	0%	Total Carbohydrate 16g	5%
	<i>Trans</i> Fat 0g		Sugars 11g	
*Percent Daily Values (DV) are based on a 2,000 calorie diet.	Cholesterol <5mg	1%	Protein 5g	10%
	Sodium 80mg	3%		
	Vitamin A 8%	• Calcium 15%	• Vitamin D 15%	
	Riboflavin 20%	• Phosphorus 15%		
	Not a significant source of Dietary Fiber, Vitamin C and Iron.			

LIGHT N FIT Nonfat Yogurt – 8 oz – 225 g

Nutrition Facts	
Serving Size 1 Cup (227g)	
Servings Per Container 4	
Amount Per Serving	
Calories 110	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol <5mg	1%
Sodium 110mg	5%
Potassium 320mg	9%
Total Carbohydrate 21g	7%
Dietary Fiber 0g	0%
Sugars 15g	
Protein 7g	14%
Vitamin A 10% • Vitamin C 0%	
Calcium 20% • Iron 0%	
Vitamin D 25% • Riboflavin (B ₂) 25%	
Phosphorus 20%	
*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
Potassium	3,500mg 3,500mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Protein	50g 65g

DANNON PLAIN Nonfat Yogurt – 8 oz – 225 g

Nutrition Facts	
Serving Size 1 Cup (227g)	
Servings Per Container about 4	
Amount Per Serving	
Calories 110	Calories from Fat 0
	% DV*
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 5mg	2%
Sodium 150mg	6%
Potassium 510mg	15%
Total Carbohydrate 16g	5%
Dietary Fiber 0g	0%
Sugars 15g	
Protein 11g	22%
Vitamin A 0%	• Vitamin C 4%
Calcium 40%	• 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
Potassium	3,500mg 3,500mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Protein	50g 65g