

NUTRITIONAL INFO

All nutritional information is based on a 2/3 cup (110g) serving. Percent Daily values are based on a 2,000 calorie diet.

N&A Flavored = Naturally & Artificially Flavored

LOW FAT FROZEN YOGURT*

		Serving Size (cup)	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Sugar Alcohols (g)	Protein (g)	Vitamin D (%DV)	Calcium (%DV)	Iron (%DV)	Potassium (%DV)	Allergens
N & A Flavored	Cake Batter 92088	2/3	110	140	2	1	0	20	70	27	0	23	17	0	4	0	10	0	4	M,E
N & A Flavored	Chocolate Caramel Turtle 80015	2/3	110	160	2	1.5	0	10	115	33	0	26	16	0	3	0	10	0	6	M
N & A Flavored	Cookies n' Cream 92163	2/3	110	150	0.5	0	0	5	105	32	0	24	16	0	4	0	10	0	6	M,E,W
N & A Flavored	Creamy Mint Cookie 92137	2/3	110	140	0.5	0	0	5	100	32	0	24	15	0	4	0	10	0	6	M,E,W
Flavored	Dulce De Leche (Caramel) 92081	2/3	110	140	1.5	1	0	25	75	29	0	24	18	0	3	0	10	0	4	M,E
Flavored	Eggnog 92118	2/3	110	140	0.5	0	0	10	95	30	0	25	17	0	3	0	10	0	6	M,E
N & A Flavored	Fancy French Vanilla 92154	2/3	110	130	0.5	0	0	10	95	27	0	23	15	0	4	0	10	0	6	M,E
N & A Flavored	Fudge Brownie Batter 80011	2/3	110	150	0.5	0	0	10	100	33	0	26	17	0	4	0	10	6	8	M,E
N & A Flavored	Irish Mint 92145	2/3	110	140	0.5	0	0	10	95	30	0	24	15	0	3	0	10	0	6	M,E
N & A Flavored	Milk Chocolate 92065	2/3	110	150	2	1.5	0	10	80	31	0	24	13	0	3	0	10	0	6	M
Flavored	New York Cheesecake 92147	2/3	110	130	0.5	0	0	10	95	27	0	24	16	0	4	0	15	0	6	M,E
N & A Flavored	Red Velvet Cake 92089	2/3	110	150	2.5	1.5	0	15	65	29	0	22	16	0	3	0	8	0	4	M,E
N & A Flavored	Salted Caramel Corn 80013	2/3	110	140	1.5	1	0	20	105	29	0	25	19	0	3	0	8	0	4	M,E
N & A Flavored	Salted Caramel Pretzel 80041	2/3	110	140	1.5	1	0	25	150	29	0	24	18	0	3	0	10	0	4	M,E
Flavored	Strawberry Shortcake 80021	2/3	110	140	2	1	0	20	85	27	0	23	17	0	4	0	10	0	4	M,E
Flavored	Sweet Coconut 92074	2/3	110	140	1	0.5	0	5	95	30	0	25	17	0	3	0	10	0	6	M,TN

LF Cake Batter

INGREDIENTS: Pasteurized Non Fat Milk, Liquid Sugar (Sugar, Water), Pasteurized Sweet Cream Buttermilk, Pasteurized and Cultured Non Fat Milk, Corn Syrup, Cake Base (Water, Corn Syrup, Sugar, Natural & Artificial Flavor, Modified Food Starch, Annatto Extract (For Color), Salt, Turmeric (For Color)), Cream, Non Fat Dry Milk, Whey, Sweetened Pasteurized Egg Yolks (Egg Yolks, Sugar), Contains Less Than 1% Of Mono- & Diglycerides, Cellulose Gum, Guar Gum, Natural and Artificial Flavors, Modified Food Starch, Carrageenan, Pectin. Contains the following live and active cultures: S. thermophilus, L. bulgaricus, L. lactis, L. acidophilus and Bifidobacterium.

Allergen Information: Contains Milk, Egg.

LF Chocolate Caramel Turtle

INGREDIENTS: Pasteurized Non Fat Milk, Liquid Sugar (Sugar, Water), Pasteurized Sweet Cream Buttermilk, Pasteurized and Cultured Non Fat Milk, Dark Chocolate Base (Corn Syrup, Sugar, Water, Natural Flavor, Brown Sugar, Caramel Color, Salt, Coffee), Corn Syrup, Turtle Base (Sugar, Water, Brown Sugar, Natural and Artificial Flavors, Modified Food Starch, Salt, Citric Acid), Whey, Cream, Contains Less Than 1% Of Non Fat Dry Milk, Cocoa (Processed with Alkali), Caramel Color, Mono- & Diglycerides, Cellulose Gum, Guar Gum, Natural and Artificial Flavors, Modified Food Starch, Carrageenan, Pectin. Contains the following live and active cultures: S. thermophilus, L. bulgaricus, L. lactis, L. acidophilus and Bifidobacterium.

Allergen Information: Contains Milk.

LF Cookies n Cream

INGREDIENTS: Pasteurized Non Fat Milk, Pasteurized Sweet Cream Buttermilk, Liquid Sugar (Sugar, Water), Corn Syrup, Pasteurized and Cultured Non Fat Milk, Whey, Maltodextrin, Cake Base (Wheat Flour, Powdered Sugar, Palm Oil, Cocoa (Processed With Alkali), Sugar, Caramel Color, Baking Soda, Salt, Natural Vanilla Flavor, Ammonium Bicarbonate), Marshmallow Syrup (Corn Syrup, Sugar, Water, Egg Whites, Artificial Flavors, Xanthan Gum, Lactic Acid, Salt), Contains Less Than 1% Of Milk Protein Isolate, Cellulose Gum, Guar Gum, Carrageenan, Natural and Artificial Flavors, Non Fat Dry Milk, Cocoa (Processed with Alkali), Modified Food Starch, Pectin. Contains the following live and active cultures: S. thermophilus, L. bulgaricus, L. lactis, L. acidophilus and Bifidobacterium.

Allergen Information: Contains Milk, Egg, Wheat

LF Creamy Mint Cookie

INGREDIENTS: Pasteurized Non Fat Milk, Pasteurized Sweet Cream Buttermilk, Liquid Sugar (Sugar, Water), Pasteurized and Cultured Non Fat Milk, Corn Syrup, Whey, Maltodextrin, Cake Base (Wheat Flour, Powdered Sugar, Palm Oil, Cocoa (Processed With Alkali), Sugar, Caramel Color, Baking Soda, Salt, Natural Vanilla Flavor, Ammonium Bicarbonate), Marshmallow Syrup (Corn Syrup, Sugar, Water, Egg Whites, Artificial Flavors, Xanthan Gum, Lactic Acid, Salt), Contains Less Than 1% Of Caramel Color, Natural and Artificial Flavors, Non Fat Dry Milk, Milk Protein Isolate, Cellulose Gum, Guar Gum, Carrageenan, Yellow #5, Red #40, Red #3, Blue #1, Cocoa (Processed with Alkali), Modified Food Starch, Carrageenan, Pectin. Contains the following live and active cultures: S. thermophilus, L. bulgaricus, L. lactis, L. acidophilus and Bifidobacterium.

Allergen Information: Contains Milk, Egg, Wheat.

LF Dulce de Leche

INGREDIENTS: Pasteurized Non Fat Milk, Liquid Sugar (Sugar, Water), Pasteurized Sweet Cream Buttermilk, Pasteurized and Cultured Non Fat Milk, Caramel Base (Corn Syrup, Brown Sugar, Water, Sweetened Condensed Milk (Condensed Milk, Sugar), Caramel Color, Salt, Natural Flavor, Yellow #6, Yellow #5, Red #40), Corn Syrup, Whey, Cream, Sweetened Pasteurized Egg Yolks (Egg Yolks, Sugar), Contains Less Than 1% Of Non Fat Dry Milk, Caramel Color, Mono- & Diglycerides, Cellulose Gum, Guar Gum, Modified Food Starch, Carrageenan, Pectin. Contains the following live and active cultures: S. thermophilus, L. bulgaricus, L. lactis, L. acidophilus and Bifidobacterium.

Allergen Information: Contains Milk, Egg.

LF Eggnog

INGREDIENTS: Pasteurized Non Fat Milk, Liquid Sugar (Sugar, Water), Pasteurized Sweet Cream Buttermilk, Pasteurized and Cultured Non Fat Milk, Corn Syrup, Whey, Eggnog Base (Sugar, Water, Pasteurized Egg Yolk, Natural Flavor, Modified Food Starch, Nutmeg, Annatto Extract (For Color), Turmeric (For Color), Citric Acid, Ginger), Contains Less Than 1% Of Non Fat Dry Milk, Mono- & Diglycerides, Cellulose Gum, Guar Gum, Modified Food Starch, Carrageenan, Pectin. Contains the following live and active cultures: S. thermophilus, L. bulgaricus, L. lactis, L. acidophilus and Bifidobacterium.

Allergen Information: Contains Milk, Egg.

LF Fancy French Vanilla

INGREDIENTS: Pasteurized Non Fat Milk, Liquid Sugar (Sugar, Water), Pasteurized Sweet Cream Buttermilk, Pasteurized and Cultured Non Fat Milk, Corn Syrup, Whey, Non Fat Dry Milk, Contains Less Than 1% Of Sweetened Pasteurized Egg Yolks (Egg Yolks, Sugar), Mono- & Diglycerides, Cellulose Gum, Guar Gum, Natural and Artificial Flavors, Modified Food Starch, Carrageenan, Pectin, Yellow #5, Yellow #6, Red #40. Contains the following live and active cultures: *S. thermophilus*, *L. bulgaricus*, *L. lactis*, *L. acidophilus* and *Bifidobacterium*.

Allergen Information: Contains Milk, Egg.

LF Fudge Brownie Batter

INGREDIENTS: Pasteurized Non Fat Milk, Liquid Sugar (Sugar, Water), Pasteurized Sweet Cream Buttermilk, Pasteurized and Cultured Non Fat Milk, Corn Syrup, Brownie Batter Base (Water, Corn Syrup, Natural Flavors, Sugar, Egg Yolk, Sweetened Condensed Milk (Milk, Sugar) Cocoa (Processed with Alkali), Butter (Sweet Cream, Salt), Salt, Modified Food Starch, Distilled Monoglycerides), Whey, Cocoa (Processed with Alkali), Contains Less Than 1% Of Natural and Artificial Flavors, Non Fat Dry Milk, Milk Protein Isolate, Cellulose Gum, Guar Gum, Carrageenan, Modified Food Starch, Pectin. Contains the following live and active cultures: *S. thermophilus*, *L. bulgaricus*, *L. lactis*, *L. acidophilus* and *Bifidobacterium*.

Allergen Information: Contains Milk, Egg.

LF Irish Mint

INGREDIENTS: Pasteurized Non Fat Milk, Liquid Sugar (Sugar, Water), Pasteurized Sweet Cream Buttermilk, Pasteurized and Cultured Non Fat Milk, Corn Syrup, Whey, French Vanilla Base (Water, Sugar, Corn Syrup, Egg Yolk, Modified Food Starch, Natural Flavors, Annatto Extract (For Color), Citric Acid, Turmeric (For Color)), Contains Less Than 1% Of Non Fat Dry Milk, Mono- & Diglycerides, Cellulose Gum, Guar Gum, Natural and Artificial Flavors, Modified Food Starch, Carrageenan, Pectin, Blue #1. Contains the following live and active cultures: *S. thermophilus*, *L. bulgaricus*, *L. lactis*, *L. acidophilus* and *Bifidobacterium*.

Allergen Information: Contains Milk, Egg.

LF Milk Chocolate

INGREDIENTS: Pasteurized Non Fat Milk, Liquid Sugar (Sugar, Water), Pasteurized Sweet Cream Buttermilk, Pasteurized and Cultured Non Fat Milk, Dark Chocolate Base (Corn Syrup, Sugar, Water, Natural Flavor, Brown Sugar, Caramel Color, Salt, Coffee), Corn Syrup, Whey, Cream, Contains Less Than 1% Of Non Fat Dry Milk, Cocoa (Processed with Alkali), Mono- & Diglycerides, Cellulose Gum, Guar Gum, Red #40, Yellow #5, Yellow #6, Blue #1, Caramel Color, Natural and Artificial Flavors, Modified Food Starch, Carrageenan, Pectin. Contains the following live and active cultures: *S. thermophilus*, *L. bulgaricus*, *L. lactis*, *L. acidophilus* and *Bifidobacterium*.

Allergen Information: Contains Milk.

LF New York Cheesecake

INGREDIENTS: Pasteurized Non Fat Milk, Liquid Sugar (Sugar, Water), Pasteurized Sweet Cream Buttermilk, Pasteurized and Cultured Non Fat Milk, Corn Syrup, Cheesecake Base (Water, Sugar, Natural Flavor, Lactic Acid, Modified Food Starch, Citric Acid, Turmeric (For Color), Yellow # 6), Whey, Non Fat Dry Milk, Contains Less Than 1% Of Sweetened Pasteurized Egg Yolks (Egg Yolks, Sugar), Mono- & Diglycerides, Cellulose Gum, Guar Gum, Modified Food Starch, Carrageenan, Pectin. Contains the following live and active cultures: *S. thermophilus*, *L. bulgaricus*, *L. lactis*, *L. acidophilus* and *Bifidobacterium*.

Allergen Information: Contains Milk, Egg.

LF Red Velvet Cake

INGREDIENTS: Pasteurized Non Fat Milk, Liquid Sugar (Sugar, Water), Pasteurized Sweet Cream Buttermilk, Pasteurized and Cultured Non Fat Milk, Corn Syrup, Cake Base (Water, Sugar, Natural Flavors, Egg Yolk, Sweetened Condensed Milk (Milk, Sugar), Corn Syrup, Annatto Extract (For Color), Modified Food Starch, Salt, Distilled Monoglycerides, Turmeric (For Color)), Cream, Dark Chocolate Base (Corn Syrup, Sugar, Water, Natural Flavor, Brown Sugar, Caramel Color, Salt, Coffee), Whey, Contains Less Than 1% Of Non Fat Dry Milk, Natural & Artificial Flavors, Red #40, Mono- & Diglycerides, Cellulose Gum, Guar Gum, Cocoa (Processed with Alkali), Yellow #5, Yellow #6, Blue #1, Modified Food Starch, Carrageenan, Pectin. Contains the following live and active cultures: *S. thermophilus*, *L. bulgaricus*, *L. lactis*, *L. acidophilus* and *Bifidobacterium*.

Allergen Information: Contains Milk, Egg.

LF Salted Caramel Corn

INGREDIENTS: Pasteurized Non Fat Milk, Liquid Sugar (Sugar, Water), Pasteurized Sweet Cream Buttermilk, Pasteurized and Cultured Non Fat Milk, Caramel Base (Corn Syrup, Brown Sugar, Water, Sweetened Condensed Milk (Condensed Milk, Sugar), Caramel Color, Salt, Natural Flavor, Yellow #6, Yellow #5, Red #40), Salted Caramel Popcorn Base (Water, Sugar, Brown Sugar, Natural and Artificial Flavor, Modified Food Starch, Salt, Citric Acid), Corn Syrup, Whey, Cream, Sweetened Pasteurized Egg Yolks (Egg Yolks, Sugar), Contains Less Than 1 % Of Non Fat Dry Milk, Caramel Color, Mono- & Diglycerides, Cellulose Gum, Guar Gum, Modified Food Starch, Carrageenan, Pectin. Contains the following live and active cultures: *S. thermophilus*, *L. bulgaricus*, *L. lactis*, *L. acidophilus* and *Bifidobacterium*.

Allergen Information: Contains Milk, Egg.

LF Salted Caramel Pretzel

INGREDIENTS: Pasteurized Non Fat Milk, Liquid Sugar (Sugar, Water), Pasteurized Sweet Cream Buttermilk, Pasteurized and Cultured Non Fat Milk, Caramel Base (Corn Syrup, Brown Sugar, Water, Sweetened Condensed Milk (Condensed Milk, Sugar), Caramel Color, Salt, Natural Flavor, Yellow #6, Yellow #5, Red #40), Corn Syrup, Whey, Cream, Sweetened Pasteurized Egg Yolks (Egg Yolks, Sugar), Contains Less Than 1% Of Non Fat Dry Milk, Mono- & Diglycerides, Cellulose Gum, Guar Gum, Salt, Caramel Color, Natural and Artificial Flavor, Modified Food Starch, Carrageenan, Pectin. Contains the following live and active cultures: *S. thermophilus*, *L. bulgaricus*, *L. lactis*, *L. acidophilus* and *Bifidobacterium*.

Allergen Information: Contains Milk, Egg

LF Strawberry Shortcake

INGREDIENTS: Pasteurized Non Fat Milk, Liquid Sugar (Sugar, Water), Pasteurized Sweet Cream Buttermilk, Pasteurized and Cultured Non Fat Milk, Strawberry Shortcake Base (Water, Sugar, Natural Flavor, Strawberries, Citric Acid, Modified Food Starch, Salt, Red #40), Corn Syrup, Non Fat Dry Milk, Cream, Whey, Sweetened Pasteurized Egg Yolks (Egg Yolks, Sugar), Contains Less Than 1% Of Mono- & Diglycerides, Cellulose Gum, Guar Gum, Modified Food Starch, Carrageenan, Pectin. Contains the following live and active cultures: S. thermophilus, L. bulgaricus, L. lactis, L. acidophilus and Bifidobacterium.

Allergen Information: Contains Milk, Egg.

LF Sweet Coconut

INGREDIENTS: Pasteurized Non Fat Milk, Liquid Sugar (Sugar, Water), Pasteurized Sweet Cream Buttermilk, Pasteurized and Cultured Non Fat Milk, Corn Syrup, Whey, Coconut Base (Sugar, Coconut, Water, Natural Flavor, Modified Food Starch), Contains Less Than 1% Of Non Fat Dry Milk, Mono- & Diglycerides, Cellulose Gum, Guar Gum, Modified Food Starch, Carrageenan, Pectin. Contains the following live and active cultures: S. thermophilus, L. bulgaricus, L. lactis, L. acidophilus and Bifidobacterium.

Allergen Information: Contains Milk, Tree Nuts (Coconut).

NUTRITIONAL INFO		Serving Size (cup)	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugar (g)	Added Sugar (g)	Sugar Alcohols (g)	Protein (g)	Vitamin D (%DV)	Calcium (%DV)	Iron (%DV)	Potassium (%DV)	Allergens	
All nutritional information is based on a 2/3 cup (110g) serving. Percent Daily values are based on a 2,000 calorie diet.																					
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PREMIUM FROZEN YOGURT*																					
Flavored	Cinnamon Honey 80043	2/3	110	160	4	2.5	0	35	85	25	0	21	13	0	5	0	15	0	6	6	M,E
N & A Flavored	Dutch Chocolate 92064	2/3	110	150	3.5	2	0	15	80	26	0	22	14	0	5	0	15	6	8	8	M
N & A Flavored	French Vanilla 92063	2/3	110	150	3.5	2.5	0	30	85	24	0	21	13	0	5	0	15	0	6	6	M,E
N & A Flavored	Peanut Butter 92072	2/3	110	160	6	2	0	10	120	25	1	19	12	0	5	0	10	0	6	6	M,P
N & A Flavored	White Vanilla 92087	2/3	110	150	3.5	2.5	0	30	85	24	0	21	13	0	5	0	15	0	6	6	M,E

Cinnamon Honey

INGREDIENTS: Pasteurized Non Fat Milk, Pasteurized Sweet Cream Buttermilk, Liquid Sugar (Sugar, Water), Cream, Pasteurized and Cultured Non Fat Milk, Corn Syrup, Non Fat Dry Milk, Whey, Sweetened Pasteurized Egg Yolks (Egg Yolks, Sugar), Contains Less Than 1% Of Natural Flavor, Cinnamon Honey Base (Water, Sugar, Cinnamon, Honey, Modified Food Starch), Mono- & Diglycerides, Cellulose Gum, Guar Gum, Modified Food Starch, Carrageenan, Pectin. Contains the following live and active cultures: S. thermophilus, L. bulgaricus, L. lactis, L. acidophilus and Bifidobacterium. Allergen Information: Contains Milk, Egg

Dutch Chocolate

INGREDIENTS: Pasteurized Non Fat Milk, Liquid Sugar (Sugar, Water), Pasteurized Sweet Cream Buttermilk, Pasteurized and Cultured Non Fat Milk, Cream, Corn Syrup, Non Fat Dry Milk, Cocoa (Processed with Alkali), Whey, Contains less than 1% of Milk Protein Isolate, Cellulose Gum, Guar Gum, Carrageenan, Natural and Artificial Flavors, Modified Food Starch, Pectin. Contains the following live and active cultures: S. thermophilus, L. bulgaricus, L. lactis, L. acidophilus and Bifidobacterium.

Allergen Information: Contains Milk.

French Vanilla

INGREDIENTS: Pasteurized Non Fat Milk, Pasteurized Sweet Cream Buttermilk, Liquid Sugar (Sugar, Water), Pasteurized and Cultured Non Fat Milk, Cream, Corn Syrup, Non Fat Dry Milk, Whey, Sweetened Pasteurized Egg Yolks (Egg Yolks, Sugar), Contains Less Than 1% Of Mono- & Diglycerides, Cellulose Gum, Guar Gum, Natural and Artificial Flavors, Modified Food Starch, Carrageenan, Pectin, Annatto Extract (For Color), Turmeric (For Color). Contains the following live and active cultures: S. thermophilus, L. bulgaricus, L. lactis, L. acidophilus and Bifidobacterium

Allergen Information: Contains Milk, Egg.

Peanut Butter

INGREDIENTS: Pasteurized Non Fat Milk, Pasteurized Sweet Cream Buttermilk, Liquid Sugar (Sugar, Water), Pasteurized and Cultured Non Fat Milk, Corn Syrup, Peanut Butter (Peanuts, Peanut Oil, Salt, Mono-diglycerides), Whey, Cream, Contains Less Than 1% Of Non Fat Dry Milk, Caramel Color, Mono- & Diglycerides, Cellulose Gum, Guar Gum, Natural and Artificial Flavors, Modified Food Starch, Carrageenan, Pectin. Contains the following live and active cultures: S. thermophilus, L. bulgaricus, L. lactis, L. acidophilus and Bifidobacterium.

Allergen Information: Contains Milk, Peanut.

White Vanilla

INGREDIENTS: Pasteurized Non Fat Milk, Pasteurized Sweet Cream Buttermilk, Liquid Sugar (Sugar, Water), Pasteurized and Cultured Non Fat Milk, Cream, Corn Syrup, Non Fat Dry Milk, Whey, Sweetened Pasteurized Egg Yolks (Egg Yolks, Sugar), Contains less than 1% of Mono- & Diglycerides, Cellulose Gum, Guar Gum, Natural and Artificial Flavors, Modified Food Starch, Carrageenan, Pectin. Contains the following live and active cultures: S. thermophilus, L. bulgaricus, L. lactis, L. acidophilus and Bifidobacterium.

Allergen Information: Contains Milk, Egg.