

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

		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
NONFAT FROZEN YOGURT*																				
N & A Flavored	Alpine Vanilla 92115	2/3	110	130	0	0	0	5	100	29	0	24	16	0	3	0	10	0	6	M
Flavored	Apple Pie 92140	2/3	110	130	0	0	0	5	95	29	0	24	16	0	3	0	10	0	6	M
N & A Flavored	Cable Car Chocolate 92114	2/3	110	130	0	0	0	0	65	29	0	23	17	0	4	0	10	6	8	M
N & A Flavored	Cappuccino 92152	2/3	110	130	0	0	0	5	95	28	0	23	15	0	4	0	10	0	6	M
N & A Flavored	Chocolate Classic 92124	2/3	110	140	0	0	0	5	90	32	0	27	17	0	4	0	10	6	8	M
Flavored	Cotton Candy 80016	2/3	110	130	0	0	0	5	100	29	0	24	16	0	3	0	10	0	6	M
N & A Flavored	Country Vanilla 92123	2/3	110	130	0	0	0	5	100	29	0	24	16	0	3	0	10	0	6	M
Flavored	Georgia Peach 92125	2/3	110	130	0	0	0	5	95	30	0	25	17	0	3	0	10	0	6	M
N & A Flavored	Graham Cracker 80019	2/3	110	130	0	0	0	5	95	29	0	24	15	0	3	0	10	0	6	M
Flavored	Hawaiian Pineapple 92134	2/3	110	130	0	0	0	5	95	28	0	23	15	0	3	0	10	0	6	M
Flavored	Island Banana 92132	2/3	110	130	0	0	0	5	90	29	0	24	16	0	3	0	10	0	6	M
Flavored	Mountain Blackberry 92130	2/3	110	130	0	0	0	5	95	29	0	24	17	0	3	0	10	0	6	M
Flavored	Orchard Cherry 92141	2/3	110	130	0	0	0	5	95	30	0	25	17	0	3	0	10	0	6	M
N & A Flavored	Pecan Praline 92146	2/3	110	130	0	0	0	5	95	30	0	25	17	0	3	0	10	0	6	M
Flavored	Peppermint Stick 92111	2/3	110	130	0	0	0	5	100	30	0	24	16	0	3	0	10	0	6	M
N & A Flavored	Pistachio 92120	2/3	110	130	0	0	0	5	100	30	0	24	16	0	3	0	10	0	6	M
Flavored	Plain 92157	2/3	110	130	0	0	0	5	95	28	0	24	15	0	3	0	10	0	6	M
Flavored	Pumpkin 92119	2/3	110	140	0	0	0	5	95	30	0	24	16	0	3	0	10	0	6	M
N & A Flavored	Rootbeer Float 92116	2/3	110	130	0	0	0	5	100	29	0	24	16	0	3	0	10	0	6	M
N & A Flavored	Toasted Marshmallow 80007	2/3	110	130	0	0	0	5	70	29	0	25	18	0	3	0	10	0	4	M,E
Flavored	Very Raspberry 92129	2/3	110	130	0	0	0	5	95	28	0	24	16	0	3	0	10	0	6	M
Flavored	Very Strawberry 92131	2/3	110	130	0	0	0	5	95	29	0	25	17	0	3	0	10	0	6	M
Flavored	White Chocolate Mousse 80009	2/3	110	140	0	0	0	5	95	30	0	25	17	0	3	0	10	0	6	M

NF Alpine Vanilla

INGREDIENTS: Pasteurized Non Fat Milk, Liquid Sugar (Sugar, Water), Pasteurized Sweet Cream Buttermilk, Corn Syrup, Pasteurized and Cultured Non Fat Milk, Whey, Contains Less Than 1% Of Mono- & Diglycerides, Cellulose Gum, Guar Gum, Non Fat Dry Milk, 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.

NF Apple Pie

INGREDIENTS: Pasteurized Non Fat Milk, Liquid Sugar (Sugar, Water), Pasteurized Sweet Cream Buttermilk, Pasteurized and Cultured Non Fat Milk, Corn Syrup, Spiced Apple Base (Water, Sugar, Apple Juice Concentrate, Modified Food Starch, Natural Flavor, Cinnamon, Citric Acid, Nutmeg), Whey, Contains Less Than 1% Of Non Fat Dry Milk, Mono- & Diglycerides, Cellulose Gum, Guar Gum, Caramel Color, 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.

NF Cable Car Chocolate

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

Allergen Information: Contains Milk.

NF Cappuccino

INGREDIENTS: Pasteurized Non Fat Milk, Liquid Sugar (Sugar, Water), Pasteurized Sweet Cream Buttermilk, Pasteurized and Cultured Non Fat Milk, Corn Syrup, Whey, Cappuccino Base (Water, Colombian Spray Dried Coffee, Cocoa (Processed with Alkali), Natural Flavor, Locust Bean Gum, Artificial Flavor, Cinnamon), Contains Less Than 1% Of Natural Flavor, 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.

NF Chocolate Classic

INGREDIENTS: Pasteurized Non Fat Milk, Liquid Sugar (Sugar, Water), Pasteurized Sweet Cream Buttermilk, Corn Syrup, Pasteurized and Cultured Non Fat Milk, Whey, Cocoa (Processed with Alkali), Contains Less Than 1% of Milk Protein Isolate, Cellulose Gum, Guar Gum, Carrageenan, Nonfat Dry Milk, 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.

NF Cotton Candy

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

Allergen Information: Contains Milk.

NF Country Vanilla

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

Allergen Information: Contains Milk.

NF Georgia Peach

INGREDIENTS: Pasteurized Non Fat Milk, Liquid Sugar (Sugar, Water), Pasteurized Sweet Cream Buttermilk, Pasteurized and Cultured Non Fat Milk, Corn Syrup, Whey, Peach Base (Sugar, Peaches, Peach Puree Concentrate, Water, Natural Flavor, Citric Acid, Annatto Extract (For Color), Locust Bean Gum, Turmeric (For Color), Red #40, Blue #1), 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.

NF Graham Cracker

INGREDIENTS: Pasteurized Non Fat Milk, Liquid Sugar (Sugar, Water), Pasteurized Sweet Cream Buttermilk, Pasteurized and Cultured Non Fat Milk, Corn Syrup, Whey, Natural and Artificial Flavors, Contains Less Than 1% Of Non Fat Dry Milk, Mono- & Diglycerides, Cellulose Gum, Guar Gum, Caramel Color, 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.

NF Hawaiian Pineapple

INGREDIENTS: Pasteurized Non Fat Milk, Liquid Sugar (Sugar, Water), Pasteurized Sweet Cream Buttermilk, Pasteurized and Cultured Non Fat Milk, Corn Syrup, Pineapple Base (Water, Pineapple Juice Concentrate, Natural Flavor, Fructose, Citric Acid, Modified Food Starch, Sugar, Sodium Citrate, Turmeric (For Color)), Whey, 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.

NF Island Banana

INGREDIENTS: Pasteurized Non Fat Milk, Liquid Sugar (Sugar, Water), Pasteurized Sweet Cream Buttermilk, Pasteurized and Cultured Non Fat Milk, Banana Base (Banana, Water, Sugar, Modified Food Starch, Fruit Juice (For Color), Citric Acid, Turmeric (For Color)), Corn Syrup, Whey, Contains Less Than 1% Of Non Fat Dry Milk, Mono- & Diglycerides, Cellulose Gum, Guar Gum, Natural Flavor, Annatto Extract (For Color), 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.

NF Mountain Blackberry

INGREDIENTS: Pasteurized Non Fat Milk, Liquid Sugar (Sugar, Water), Pasteurized Sweet Cream Buttermilk, Pasteurized and Cultured Non Fat Milk, Corn Syrup, Whey, Blackberry Base (Sugar, Water, Natural Flavor, Citric Acid, Blackberry Puree, Blackberries, Modified Food Starch, Red #40, Blue #1), 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.

NF Orchard Cherry

INGREDIENTS: Pasteurized Non Fat Milk, Liquid Sugar (Sugar, Water), Pasteurized Sweet Cream Buttermilk, Pasteurized and Cultured Non Fat Milk, Corn Syrup, Whey, Cherry Base (Sugar, Water, Cherries, Natural Flavor, Citric Acid, Plum Juice Concentrate, Elderberry Juice Concentrate, Modified Food Starch, Red #40, Blue #1), 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.

NF Pecan Praline

INGREDIENTS: Pasteurized Non Fat Milk, Liquid Sugar (Sugar, Water), Pasteurized Sweet Cream Buttermilk, Pasteurized and Cultured Non Fat Milk, Corn Syrup, Pecan Praline Base (Water, Brown Sugar, Caramel Color, Natural and Artificial Flavor, Fruit Juice (For Color), Modified Food Starch), Whey, Contains Less Than 1% Of Non Fat Dry Milk, Mono- & Diglycerides, Cellulose Gum, Guar Gum, Natural Flavor, Modified Food Starch, Mono- & Diglycerides, Cellulose Gum, Guar Gum, Natural 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.

NF Peppermint Stick

INGREDIENTS: Pasteurized Non Fat Milk, Liquid Sugar (Sugar, Water), Pasteurized Sweet Cream Buttermilk, Corn Syrup, Whey, Pasteurized and Cultured Non Fat Milk, Contains Less Than 1% Of Mono- & Diglycerides, Cellulose Gum, Guar Gum, Non Fat Dry Milk, Natural Flavor, Red #40, Red #3, 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.

NF Pistachio

INGREDIENTS: Pasteurized Non Fat Milk, Liquid Sugar (Sugar, Water), Pasteurized Sweet Cream Buttermilk, Corn Syrup, Whey, Pasteurized and Cultured Non Fat Milk, Contains Less Than 1% Of Mono- & Diglycerides, Cellulose Gum, Guar Gum, Non Fat Dry Milk, 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.

NF Plain

INGREDIENTS: Pasteurized Non Fat Milk, Liquid Sugar (Sugar, Water), Pasteurized Sweet Cream Buttermilk, Pasteurized and Cultured Non Fat Milk, Corn Syrup, Whey, 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.

NF Pumpkin

INGREDIENTS: Pasteurized Non Fat Milk, Liquid Sugar (Sugar, Water), Pasteurized Sweet Cream Buttermilk, Pumpkin Base (Corn Syrup, Pumpkin, Water, Sugar, Modified Food Starch, Cinnamon, Citric Acid, Salt, Ground Cloves, Yellow #6, Nutmeg, Natural Flavor, Ginger), Pasteurized and Cultured Non Fat Milk, Corn Syrup, Whey, 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.

NF Rootbeer Float

INGREDIENTS: Pasteurized Non Fat Milk, Liquid Sugar (Sugar, Water), Pasteurized Sweet Cream Buttermilk, Corn Syrup, Whey, Pasteurized and Cultured Non Fat Milk, Contains Less Than 1% Of Mono- & Diglycerides, Cellulose Gum, Guar Gum, Non Fat Dry Milk, 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.

NF Toasted Marshmallow

INGREDIENTS: Pasteurized Non Fat Milk, Liquid Sugar (Sugar, Water), Pasteurized Sweet Cream Buttermilk, Pasteurized and Cultured Non Fat Milk, Corn Syrup, Whey, Toasted Marshmallow Syrup (Corn Syrup, Sugar, Water, Egg Whites, Caramelized Sugar Syrup, Natural & Artificial Flavors, Xanthan Gum, Lactic Acid, Salt), Contains Less Than 1% Of Non Fat Dry Milk, Milk Protein Isolate, Cellulose Gum, Guar Gum, Carrageenan, Natural Flavors, Caramel Color, 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.

NF Very Raspberry

INGREDIENTS: Pasteurized Non Fat Milk, Liquid Sugar (Sugar, Water), Pasteurized Sweet Cream Buttermilk, Pasteurized and Cultured Non Fat Milk, Corn Syrup, Whey, Raspberry Base (Water, Sugar, Natural Flavor, Citric Acid, Raspberries, Modified Food Starch, Elderberry Juice Concentrate, Red #3, Red #40, Blue #1), 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.

NF Very Strawberry

INGREDIENTS: Pasteurized Non Fat Milk, Liquid Sugar (Sugar, Water), Pasteurized Sweet Cream Buttermilk, Pasteurized and Cultured Non Fat Milk, Corn Syrup, Whey, Strawberry Base (Strawberries, Sugar, Water, Natural Flavor, Citric Acid, Modified Food Starch, Red #3, Red #40, Blue #1), Contains Less Than 1% Of Non Fat Dry Milk, Mono- & Diglycerides, Cellulose Gum, Guar Gum, Modified Food Starch, Carrageenan, Pectin, Red #40, Red #3, Blue #1. Contains the following live and active cultures: *S. thermophilus*, *L. bulgaricus*, *L. lactis*, *L. acidophilus* and *Bifidobacterium*.

Allergen Information: Contains Milk.

NF White Chocolate Mousse

INGREDIENTS: Pasteurized Non Fat Milk, Liquid Sugar (Sugar, Water), Pasteurized Sweet Cream Buttermilk, Pasteurized and Cultured Non Fat Milk, Corn Syrup, Whey, White Chocolate Mousse Base (Corn Syrup, Water, Sugar, Natural Flavor, Modified Food Starch, Annatto Extract (For Color), Turmeric (For Color)), 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.