



GELÁRE

Strawberry Cheesecake Low-Fat Frozen Yogurt

Nutrition Facts	
Serving Size 1 scoop (100 g)	
Servings Per Container 1	
Amount Per Serving	
Calories 170	Calories from Fat 25
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 75mg	3%
Total Carbohydrate 32g	11%
Dietary Fiber 0g	0%
Sugars 23g	
Protein 4g	
Vitamin A 2% ?	Vitamin C 0%
Calcium 15% ?	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	

Ingredients: Skim Milk, Strawberry Swirl (*Water, Corn Syrup, Sugar, Organic Rice Starch, Strawberries, Black Currant Juice Concentrate, Citric Acid, Natural Flavor, Red Beet Concentrate [color], Guar Gum, Salt*), Sugar, Cheesecake Base (*Water, Sugar, Whey, Lactic Acid, Organic Rice Starch, Cultured Non-Fat Milk, Natural Flavors, Citric Acid, Guar Gum, Sodium Citrate*), Corn Syrup Solids, Cream, Non-Fat Dry Milk, Egg Yolks, Stabilizers (*Guar Gum and Carrageenan*), Natural Cheesecake Flavor, Active Yogurt Cultures.



GELÁRE

Chocolate Chocolate Chunk Low-Fat Frozen Yogurt

Nutrition Facts			
Serving Size 1 scoop (100 g)			
Servings Per Container 1			
Amount Per Serving			
Calories 190	Calories from Fat 60		
% Daily Value*			
Total Fat 6g	9%		
Saturated Fat 4.5g	23%		
Trans Fat 0g			
Cholesterol 25mg	8%		
Sodium 90mg	4%		
Total Carbohydrate 31g	10%		
Dietary Fiber 1g	4%		
Sugars 24g			
Protein 5g			
Vitamin A 2% ?	Vitamin C 0%		
Calcium 15% ?	Iron 4%		
*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			

Ingredients: Skim Milk, Sugar, Chocolate Flakes (*Sugar, Coconut Oil, Cocoa processed with Alkali, Partially Hydrogenated Coconut Oil, Cocoa, Salt, Soy Lecithin [emulsifier], Natural Flavor*), Corn Syrup Solids, Cream, Non-Fat Dry Milk, Cocoa processed with Alkali, Egg Yolks, Natural Vanilla, Natural Flavors, Caramel Color, Stabilizers (*Guar Gum and Carrageenan*), Active Yogurt Cultures



GELÁRE

Blueberry Cheesecake Low-Fat Frozen Yogurt

Nutrition Facts			
Serving Size 1 scoop (100 g)			
Servings Per Container 1			
Amount Per Serving			
Calories 160	Calories from Fat 25		
% Daily Value*			
Total Fat 2.5g	4%		
Saturated Fat 1.5g	8%		
Trans Fat 0g			
Cholesterol 25mg	8%		
Sodium 65mg	3%		
Total Carbohydrate 31g	10%		
Dietary Fiber 0g	0%		
Sugars 25g			
Protein 4g			
Vitamin A 2% ?	Vitamin C 2%		
Calcium 15% ?	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			

Ingredients: Skim Milk, Blueberry Swirl (*Sugar, Water, Blueberries, Organic Rice Starch, Natural Flavor, Citric Acid, Guar Gum*), Sugar, Cheesecake Base (*Water, Sugar, Whey, Lactic Acid, Organic Rice Starch, Cultured Non-Fat Milk, Natural Flavors, Citric Acid, Guar Gum, Sodium Citrate*), Corn Syrup Solids, Cream, Non-Fat Dry Milk, Egg Yolks, Stabilizers (*Guar Gum and Carrageenan*), Natural Cheesecake Flavor, Active Yogurt Cultures.



GELÁRE
Oregon Hazelnut Low-Fat Frozen Yogurt

Nutrition Facts	
Serving Size 1 scoop (100 g)	
Servings Per Container 1	
Amount Per Serving	
Calories 190	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 65mg	3%
Total Carbohydrate 27g	9%
Dietary Fiber 1g	4%
Sugars 19g	
Protein 6g	
Vitamin A 2% ? Vitamin C 2%	
Calcium 15% ? Iron 2%	
*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	

Ingredients: Skim Milk, Sugar, Corn Syrup Solids, Cream, Non-Fat Dry Milk, Roasted Hazelnuts, Hazelnut Butter, Egg Yolks, Stabilizers (*Guar Gum and Carrageenan*), Cocoa processed with Alkali, Active Yogurt Cultures.



GELÁRE
 Apple Pie Crunch Low-Fat Frozen Yogurt

Nutrition Facts			
Serving Size 1 scoop (100 g)			
Servings Per Container 1			
Amount Per Serving			
Calories 180	Calories from Fat 35		
% Daily Value*			
Total Fat 4g	6%		
Saturated Fat 2g	10%		
Trans Fat 0g			
Cholesterol 25mg	8%		
Sodium 75mg	3%		
Total Carbohydrate 31g	10%		
Dietary Fiber 0g	0%		
Sugars 25g			
Protein 4g			
Vitamin A 2%	?		
Vitamin C 4%			
Calcium 15%	?		
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			

Ingredients: Skim Milk, Apple Sauce (*Sugar, Apples, Water, Organic Rice Starch, Natural Flavor, Citric Acid, Guar Gum, Caramel Color, Annatto Extract [color]*), Sugar, Corn Syrup Solids, Cream, Non-Fat Dry Milk, Cinnamon Pie Pieces (*Bleached Wheat Flour, Sugar, Partially Hydrogenated Cottonseed and Soybean Oils, Salt, Cinnamon, Sodium Bicarbonate, Soy Lecithin, Vanilla, Sorbic Acid*), Egg Yolks, Natural Apple Flavor, Stabilizers (*Guar Gum and Carrageenan*), Active Yogurt Cultures.