



Nutritional Facts

Revised August 2009

Nutritional Facts

Serving Size:
1/2 cup 83g

Calories	%DV	Calories from Fat	Fat (g)	% DV	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	% DV	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	% DV Vitamin A	% DV Vitamin C	% DV Calcium	% DV Iron
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Information on Daily Values is Rounded According to the FDA Guidelines

Totally Tart	100	5%	10	1	2%	.5	0	5	45	5%	21	0	18	3	0%	2%	10%	0%
Green Tea Envy	100	5%	10	1	2%	.5	0	5	45	5%	21	0	18	3	0%	2%	10%	0%
Peachy Keen	111	5%	9	1	2%	.5	0	5	49	5%	24	0	21	3	0%	2%	10%	0%
Burr-ber-y	110	5%	9	1	2%	.5	0	5	47	5%	24	0	21	3	0%	2%	10%	0%
Hawaiian Pineapple	113	5%	9	1	2%	.5	0	5	54	5%	25	0	18	3	0%	2%	10%	0%
Strawberry Fields Forever	111	5%	9	1	2%	.5	0	5	48	5%	24	0	21	3	0%	2%	10%	0%
Mango Madness	110	5%	9	1	2%	.5	0	5	50	5%	24	0	21	3	0%	2%	10%	0%
Tiki Taro	105	5%	10	1	2%	.5	0	5	97	5%	22	0	18	3	0%	2%	10%	0%
De-Lychee-Oso	113	5%	9	1	2%	.5	0	5	54	5%	25	0	18	3	0%	2%	10%	0%
Chocolate Blanco	100	5%	0	0	0%	0	0	5	80	3%	21	0	15	3	0%	0%	10%	0%
Pecan't Resist	110	5%	0	0	0%	0	0	5	85	5%	23	0	16	3	0%	2%	15%	0%
Cookies 'n Cream	110	5%	5	0	0%	0	0	0	85	4%	24	0	17	2	0%	0%	8%	2%
Fan-tachio	100	5%	0	0	0%	0	0	5	85	4%	22	0	16	3	0%	2%	15%	0%
I Love NY Cheesecake	130	6%	0	0	0%	0	0	5	75	3%	27	0	21	4	0%	2%	10%	0%
Chocolate Craving(*NSA)	80	4%	5	0	0%	0	0	5	95	4%	20	0	6	4	0%	2%	15%	2%
Straight Up Vanilla(*NSA)	80	4%	0	0	0%	0	0	5	85	5%	19	0	6	4	0%	2%	15%	0%
Razzganate(**Sorbet)	90	4%	0	0	0%	0	0	0	5	0%	23	0	18	0	0%	2%	0%	0%
Cappuccino	100	5%	0	0	0%	0	0	5	85	4%	21	0	14	4	0%	2%	15%	2%

Allergen Information: Our yogurt is processed in a facility that processes wheat, soy, dairy, tree nuts, and peanuts.

* NSA - No sugar added ** Sorbet ***Flavor selection will vary per location

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Yogurt Flavors	Ingredients
Totally Tart	<p>Sugar, Sweetened Condensed Milk, Nonfat Milk, Corn Syrup, Whey, Citric Acid, Maltodextrin, Natural Yogurt Flavor, Dextrose, Guar Gum, Mono and Dyglycerides, Locust Bean Gum, Polysorbate 89, Malic Acid.</p> <p>Contains the following active cultures: S. Thermophilus, L. Bulgaricus, L. Lactis and L. Acidophilus Contains: Milk</p>
Green Tea Envy	<p>Sugar, Sweetened Condensed Milk, Nonfat Milk, Corn Syrup, Whey, Citric Acid, Maltodextrin, Natural Yogurt Flavor, Dextrose, Guar Gum, Mono and Dyglycerides, Locust Bean Gum, Polysorbate 89, Malic Acid, Green Tea Powder</p> <p>Contains the following active cultures: S. Thermophilus, L. Bulgaricus, L. Lactis and L. Acidophilus Contains: Milk</p>
Peachy Keen	<p>Sugar, Sweetened Condensed Milk, Nonfat Milk, Corn Syrup, Whey, Citric Acid, Maltodextrin, Natural Yogurt Flavor, Dextrose, Guar Gum, Mono and Dyglycerides, Locust Bean Gum, Polysorbate 89, Malic Acid, Peach Juice, Sodium Citrate, CMC, Natural/Natural Identical Flavor, Acesulfame Potassium (as a sweetner), Tartrazine (Colorant), Sunset Yellow FCF (Colorant), Potassium Sorbate (preservative)</p> <p>Contains the following active cultures: S. Thermophilus, L. Bulgaricus, L. Lactis and L. Acidophilus Contains: Milk</p>
Burrberry	<p>Sugar, Sweetened Condensed Milk, Nonfat Milk, Corn Syrup, Whey, Citric Acid, Maltodextrin, Natural Yogurt Flavor, Dextrose, Guar Gum, Mono and Dyglycerides, Locust Bean Gum, Polysorbate 89, Malic Acid, Blueberry Juice, Sodium Citrate, CMC, Natural/Natural Identical Flavor, Acesulfame Potassium (as a sweetner), Brilliant Blue FCF (Colorant), Cochineal Red (Colorant), Potassium Sorbate (preservative)</p> <p>Contains the following active cultures: S. Thermophilus, L. Bulgaricus and L. Acidophilus Contains: Milk</p>
Hawaiian Pineapple	<p>Sugar, Sweetened Condensed Milk, Nonfat Milk, Corn Syrup, Whey, Citric Acid, Maltodextrin, Natural Yogurt Flavor, Dextrose, Guar Gum, Mono and Dyglycerides, Locust Bean Gum, Polysorbate 89, Malic Acid, Pineapple Juice, Sodium Citrate, CMC, Natural/Natural Identical Flavor, Acesulfame Potassium (as a sweetner), Tartrazine (Colorant), Sunset Yellow FCF (Colorant), Potassium Sorbate (preservative)</p> <p>Contains the following active cultures: S. Thermophilus, L. Bulgaricus, L. Lactis and L. Acidophilus Contains: Milk</p>
Strawberry Fields Forver	<p>Sugar, Sweetened Condensed Milk, Nonfat Milk, Corn Syrup, Whey, Citric Acid, Maltodextrin, Natural Yogurt Flavor, Dextrose, Guar Gum, Mono and Dyglycerides, Locust Bean Gum, Polysorbate 89, Malic Acid, Strawberry Juice, Sodium Citrate, CMC, Natural/Natural Identical Flavor, Acesulfame Potassium (as a sweetner), Allura Red AC (Colorant), Potassium Sorbate (preservative)</p> <p>Contains the following active cultures: S. Thermophilus, L. Bulgaricus and L. Acidophilus Contains: Milk</p>

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Yogurt Flavors	Ingredients
Mango Madness	<p>Sugar, Sweetened Condensed Milk, Nonfat Milk, Corn Syrup, Whey, Citric Acid, Maltodextrin, Natural Yogurt Flavor, Dextrose, Guar Gum, Mono and Dglycerides, Locust Bean Gum, Polysorbate 89, Malic Acid, Mango Juice, Sodium Citrate, CMC, Natural/Natural Identical Flavor, Acesulfame Potassium (as a sweetner), Tartrazine (Colorant), Sunset Yellow FCF (Colorant), Potassium Sorbate (preservative)</p> <p>Contains the following active cultures: S. Thermophilus, L. Bulgaricus and L. Acidophilus Contains: Milk</p>
Tiki Taro	<p>Sugar, Sweetened Condensed Milk, Nonfat Milk, Corn Syrup, Whey, Citric Acid, Maltodextrin, Natural Yogurt Flavor, Dextrose, Guar Gum, Mono and Dglycerides, Locust Bean Gum, Polysorbate 89, Malic Acid, Corn Syrup Solids, Hydrogenated Soybean Oil, Sodium CaseinateDipotassium Phosphate, Mono and Di-Glycerides, Sodium Aluminosilicate, Sugar, Glucose, Taro Powder, Allura Red AC (FD&C Red #40), Brilliant Blue FCF, Erythrosine</p> <p>Contains the following active cultures: S. Thermophilus, L. Bulgaricus and L. Acidophilus Contains: Milk</p>
De-Lychee-Oso	<p>Sugar, Sweetened Condensed Milk, Nonfat Milk, Corn Syrup, Whey, Citric Acid, Maltodextrin, Natural Yogurt Flavor, Dextrose, Guar Gum, Mono and Dglycerides, Locust Bean Gum, Polysorbate 89, Malic Acid, Lychee Juice, Sodium Citrate, CMC, Natural/Natural Identical Flavor, Acesulfame Potassium (as a sweetner), Potassium Sorbate (preservative)</p> <p>Contains the following active cultures: S. Thermophilus, L. Bulgaricus and L. Acidophilus Contains: Milk</p>
Chocolate Blanco	<p>Pasteurized and Cultured Skim Milk, Sucrose, Corn Sweetener, Whey, Natural & Artificial Flavor (Color Added), Nonfat Dry Milk, Milk Protein Isolate, Cellulose Gum, Guar Gum, Carrageenan, Mono & Diglycerides.</p> <p>Contains the following active cultures: S. Thermophilus, L. Bulgaricus,L. Lactis and L. Acidophilus Contains: Milk</p>
Pecan't Resist	<p>Pasteurized and Cultured Skim Milk, Sucrose, Corn Sweetener, Whey, Nonfat Dry Milk, Brown Sugar, Natural Flavors (Dairy and Walnut Components, Caramel Color), Caramel Color, Milk Protein Isolate, Cellulose Gum, Guar Gum, Carrageenan, Mono & Diglycerides.</p> <p>Contains the following active cultures: S. Thermophilus, L. Bulgaricus,L. Lactis and L. Acidophilus Contains: Milk and Treenuts (Walnuts)</p>
Cookies and Cream	<p>Pasteurized and Cultured Skim Milk, Sucrose, Water, Corn Sweetner, Whey, Maltodextrin, Oreo Basecake (Flour, Sugar, High Oleic Canola Oil and/or Canola Oil, Cocoa (Processed with Alkali), High Fructose Corn Syrup, Baking Soda and/or Calcium Phosphate (leaving agent), Salt, Soy Lecithin, Chocolate, Vanillin), Marshmallow Cream (Corn Syrup, Sugar, Water, Egg Whites, Artificial Flavor, Cream of Tartar, Xanthan Gum, FD&C Blue #1), Nonfat Dry Milk, Mono- & Diglycerides, Cellulose Gum, Guar Gum, Natural and Artificial Flavor, Corn Syrup Solids.</p> <p>Contains the following active cultures: S. Thermophilus, L. Bulgaricus,L. Lactis and L. Acidophilus Contains: Egg, Milk, Soy & Whey</p>

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Yogurt Flavors	Ingredients
Fan-tachio	<p>Pasteurized and Cultured Skim Milk, Sucrose, Corn Sweetener, Whey, Nonfat Dry Milk, Natural & Artificial Flavor (Contains Blue #1 & Yellow # 5), Milk Protein Isolate, Cellulose Gum, Guar Gum, Carrageenan, Mono & Diglycerides.</p> <p>Contains the following active cultures: S. Thermophilus, L. Bulgaricus,L. Lactis and L. Acidophilus Contains: Milk</p>
I Love NY Cheesecake	<p>Nonfat Milk, Sugar, Corn Syrup, Milk, Whey, High Fructose Corn Syrup, Modified Food Starch, Baker's Cheese (Skim Milk, Milk, Skim Milk Cheese (Pasteurized Skim Milk and Enzymes), Sugar and Lactic Acid), Buttermilk Powder, Natural and Artificial Flavors, Mono and Diglycerides, Cellulose Gum, Guar Gum, Polysorbate 80, Carrageenan, Citric Acid, Sodium Benzoate, Potassium Sorbate, Titanium Dioxide, Tumeric (color), FD&C Yellow #6.</p> <p>Contains the following active cultures: S. Thermophilus, L. Bulgaricus,L. Lactis and L. Acidophilus Contains: Milk</p>
Chocolate Craving (NSA)	<p>Pasteurized and Cultured Skim Milk, Maltodextrin, Polydextrose, Nonfat Dry Milk, Whey, Sorbitol, Cocoa processed with Alkali, Natural & Artificial Flavor (Caramel Color Added), Cellulose Gel, Milk Protein Isolate, Cellulose Gum, Guar Gum, Carrageenan, Modified Food Starch, Pectin, Aspartame*. *Phenylketonurics: Contains Phenylalanine.</p> <p>Contains the following active cultures: S. Thermophilus, L. Bulgaricus,L. Lactis and L. Acidophilus Contains: Milk</p>
Sraight Up Vanilla (NSA)	<p>Pasteurized and Cultured Skim Milk, Polydextrose, Maltodextrin, Nonfat Dry Milk, Whey, Sorbitol, Cellulose Gel, Milk Protein Isolate, Cellulose Gum, Guar Gum, Carrageenan, Modified Food Starch, Pectin, Natural & Artificial Flavors (Caramel Color Added), Aspartame*. *Phenylketonurics: Contains Phenylalanine.</p> <p>Contains the following active cultures: S. Thermophilus, L. Bulgaricus,L. Lactis and L. Acidophilus Contains: Milk</p>
Razzgranate (Sorbet)	<p>Water, Sugar, Corn Syrup, Pomegranate Juice Concentrate (Pear, Apple & Plum Juice Concentrates, Pineapple Syrup, Pomegrante & Elderberry Juice Concentrates, Natural Flavor and Citric Acid), Raspberry Puree (Water, Raspberries, Sugar, High Fructose Corn Syrup, Natural Flavor, Citric Acid, Cellulose Gum, Annatto Extract (for color)), Natural & Artificial Flavors, Pectin, FD&C Red #40, Citric Acid.</p>
Cappuccino	<p>Pasteurized and Cultured Skim Milk, Sucrose, Corn Sweetener, Whey, Nonfat Dry Milk, Instant Coffee, Cocoa Powder (Dutched), Milk Protein Isolate, Cellulose Gum, Guar Gum, Carrageenan, Mono & Diglycerides, Natural & Artificial Vanilla Flavor (Caramel Color Added), Cinnamon.</p> <p>Contains the following active cultures: S. Thermophilus, L. Bulgaricus,L. Lactis and L. Acidophilus Contains: Milk</p>

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