



Serving Size is based on 4 fluid ounces, the equivalent of 89 grams or 1/2 cup

NON FAT FROZEN YOGURT 4/1GAL	SERVING SIZE	CALORIES	CALORIES FROM FAT	TOTAL FAT	SAT. FAT	TRANS FAT	CHOL.	SODIUM	CARBS.	FIBER	SUGARS	PROTEIN	VITAMIN A	VITAMIN C	CALCIUM	IRON
NF BANANA PUDDING YOGURT	4 oz.	100	0	0g	0g	0g	0mg	55mg	22g	0g	16g	3g	0%	2%	15%	0%
NF BIRTHDAY BASH YOGURT	4 oz.	100	0	0g	0g	0g	0mg	55mg	22g	0g	16g	3g	0%	2%	15%	0%
NF CARAMEL CUSTARD	4 oz.	100	0	0g	0g	0g	0mg	55mg	20g	0g	16g	4g	0%	2%	15%	0%
NF CHEESE CAKE	4 oz.	120	0	0g	0g	0g	0mg	60mg	25g	0g	18g	3g	0%	2%	15%	0%
NF CHERRY AMARETTO	4 oz.	110	0	0g	0g	0g	0mg	60mg	24g	0g	19g	4g	0%	2%	15%	0%
NF CHILLY VANILLY	4 oz.	100	0	0g	0g	0g	0mg	55mg	21g	0g	16g	4g	0%	2%	15%	0%
NF CHOCOLATE MINT YOGURT (SEASONAL)	4 oz.	120	0	0g	0g	0g	0mg	60mg	26g	0g	18g	3g	0%	2%	10%	6%
NF DREAMY DARK CHOCOLATE	4 oz.	120	0	0g	0g	0g	0mg	60mg	26g	0g	18g	3g	0%	2%	10%	6%
NF ISLAND COCONUT YOGURT	4 oz.	100	0	0g	0g	0g	0mg	55mg	22g	0g	16g	3g	0%	2%	15%	0%
NF LEMON ICE BOX PIE	4 oz.	110	0	0g	0g	0g	0mg	55mg	23g	0g	18g	3g	0%	2%	10%	0%
NF NEW ORLEANS PRALINE	4 oz.	110	0	0g	0g	0g	0mg	120mg	23g	0g	17g	4g	0%	2%	15%	0%
NF ORCHARD PEACH	4 oz.	100	0	0g	0g	0g	0mg	55mg	22g	0g	16g	3g	0%	2%	10%	0%
NF PLAIN BASE	4 oz.	100	0	0g	0g	0g	0mg	55mg	21g	0g	16g	4g	0%	2%	15%	0%
NF SNICKERDOODLE COOKIE DOUGH	4 oz.	100	0	0g	0g	0g	0mg	55mg	21g	0g	16g	4g	0%	2%	15%	0%
NF VANILLA BEAN YOGURT	4 oz.	100	0	0g	0g	0g	0mg	55mg	22g	0g	16g	3g	0%	2%	15%	0%
LOW FAT FROZEN YOGURT 4/1GAL	SERVING SIZE	CALORIES	CALORIES FROM FAT	TOTAL FAT	SAT. FAT	TRANS FAT	CHOL.	SODIUM	CARBS.	FIBER	SUGARS	PROTEIN	VITAMIN A	VITAMIN C	CALCIUM	IRON
LF CHERRY LIMEADE	4 oz.	120	25	3g	2g	0g	5mg	15mg	24g	0g	18g	1g	2%	0%	4%	0%
LF CHOCOHOLIC	4 oz.	130	25	2.5g	2g	0g	5mg	55mg	22g	0g	17g	4g	2%	2%	15%	4%
LF COOKIE MONSTER	4 oz.	120	25	3g	2g	0g	5mg	70mg	21g	0g	17g	4g	2%	4%	15%	0%
LF EGG NOG (SEASONAL)	4 oz.	110	25	3g	2g	0g	5mg	50mg	18g	0g	13g	3g	2%	2%	10%	0%
LF ESPRESSO	4 oz.	120	25	3g	2g	0g	5mg	60mg	19g	0g	16g	4g	2%	4%	15%	0%
LF FRENCH VANILLA	4 oz.	120	25	3g	2g	0g	5mg	60mg	19g	0g	16g	4g	2%	4%	15%	0%
LF PUMPKIN PIE (SEASONAL)	4 oz.	120	25	3g	2g	0g	5mg	50mg	22g	0g	16g	3g	6%	2%	10%	0%
LF RED VELVET CUPCAKE	4 oz.	130	25	3g	2g	0g	5mg	55mg	22g	0g	17g	4g	2%	2%	15%	0%
LF ROCKY ROAD	4 oz.	120	15	1.5g	.5g	0g	0mg	65mg	24g	0g	20g	4g	0%	2%	15%	8%
LF GRANDMA'S SPICED APPLE PIE (SEASONAL)	4 oz.	130	25	3g	2g	0g	5mg	70mg	23g	0g	19g	4g	2%	4%	20%	4%
LF STRAWBERRY SENSATIONS	4 oz.	120	25	3g	2g	0g	5mg	65mg	20g	0g	16g	4g	2%	4%	15%	0%
LF WHITE CHOCOLATE MOUSSE	4 oz.	140	25	2.5g	2g	0g	5mg	55mg	25g	0g	21g	3g	2%	2%	15%	0%
REDUCED FAT FROZEN YOGURT 4/1 GAL	SERVING SIZE	CALORIES	CALORIES FROM FAT	TOTAL FAT	SAT. FAT	TRANS FAT	CHOL.	SODIUM	CARBS.	FIBER	SUGARS	PROTEIN	VITAMIN A	VITAMIN C	CALCIUM	IRON
RF OLD FASHIONED PEANUT BUTTER	4 oz.	160	60	7g	2g	0g	5mg	55mg	20g	0g	13g	4g	2%	2%	8%	0%
SORBETS (NON-DAIRY) 4/1GAL	SERVING SIZE	CALORIES	CALORIES FROM FAT	TOTAL FAT	SAT. FAT	TRANS FAT	CHOL.	SODIUM	CARBS.	FIBER	SUGARS	PROTEIN	VITAMIN A	VITAMIN C	CALCIUM	IRON
NF VALENCIA ORANGE SORBET	4 oz.	90	0	0g	0g	0g	0mg	0mg	22g	0g	19g	0g	0%	0%	0%	0%
NF WATERMELON SORBET	4 oz.	90	0	0g	0g	0g	0mg	5mg	19g	0g	20g	0g	0%	0%	0%	0%
NF TROPICAL SORBET	4 oz.	100	0	0g	0g	0g	0mg	0mg	24g	0g	20g	0g	0%	2%	0%	0%
NF MANGO SORBET	4 oz.	90	0	0g	0g	0g	0mg	0mg	22g	0g	19g	0g	0%	0%	0%	0%
NF PINK LEMONADE SORBET	4 oz.	90	0	0g	0g	0g	0mg	0mg	22g	0g	19g	0g	0%	0%	0%	0%
NON FAT- PLAIN TART FROZEN YOGURT 4/1GAL	SERVING SIZE	CALORIES	CALORIES FROM FAT	TOTAL FAT	SAT. FAT	TRANS FAT	CHOL.	SODIUM	CARBS.	FIBER	SUGARS	PROTEIN	VITAMIN A	VITAMIN C	CALCIUM	IRON
NF CALIFORNIA TART	4 oz.	100	0	0g	0g	0g	0mg	50mg	20g	0g	17g	3g	0%	2%	10%	0%
NF CLASSIC TART	4 oz.	100	0	0g	0g	0g	0mg	65mg	21g	0g	20g	4g	0%	2%	15%	0%
NF ITALIAN STYLE TART	4 oz.	90	0	0g	0g	0g	0mg	50mg	18g	0g	16g	2g	0%	2%	10%	0%
NON FAT- FLAVORED TART FROZEN YOGURT 4/1GAL	SERVING SIZE	CALORIES	CALORIES FROM FAT	TOTAL FAT	SAT. FAT	TRANS FAT	CHOL.	SODIUM	CARBS.	FIBER	SUGARS	PROTEIN	VITAMIN A	VITAMIN C	CALCIUM	IRON
NF BLUEBERRY TART	4 oz.	120	0	0g	0g	0g	0mg	65mg	24g	0g	23g	4g	0%	2%	15%	0%
NF RASPBERRY TART YOGURT	4 oz.	110	0	0g	0g	0g	0mg	65mg	22g	0g	21g	4g	0%	2%	15%	0%
NON FAT- ENERGY FORMULAS FROZEN YOGURT 4/1GAL	SERVING SIZE	CALORIES	CALORIES FROM FAT	TOTAL FAT	SAT. FAT	TRANS FAT	CHOL.	SODIUM	CARBS.	FIBER	SUGARS	PROTEIN	VITAMIN A	VITAMIN C	CALCIUM	IRON
NF POMEGRANATE YOGURT ENERGY	4 oz.	120	0	0g	0g	0g	0mg	90mg	24g	0g	23g	4g	0%	2%	15%	0%
NO SUGAR ADDED- NON FAT- FROZEN YOGURT 4/1GAL	SERVING SIZE	CALORIES	CALORIES FROM FAT	TOTAL FAT	SAT. FAT	TRANS FAT	CHOL.	SODIUM	CARBS.	FIBER	SUGARS	PROTEIN	VITAMIN A	VITAMIN C	CALCIUM	IRON
NF NSA CHOCOLATE	4 oz.	80	0	0g	0g	0g	0mg	85mg	17g	0g	6g	5g	0%	4%	15%	4%
NF NSA TAHITIAN VANILLA	4 oz.	80	0	0g	0g	0g	0mg	80mg	16g	0g	6g	4g	0%	4%	15%	0%
NF NSA WILD STRAWBERRY	4 oz.	80	0	0g	0g	0g	0mg	80mg	16g	0g	6g	4g	0%	4%	15%	0%
SPECIALTY MIXES 4/1 GAL	SERVING SIZE	CALORIES	CALORIES FROM FAT	TOTAL FAT	SAT. FAT	TRANS FAT	CHOL.	SODIUM	CARBS.	FIBER	SUGARS	PROTEIN	VITAMIN A	VITAMIN C	CALCIUM	IRON
SUGAR CREEK CHOCOLATE CUSTARD	4 oz.	180	90	10g	6g	0g	50mg	105mg	19g	0g	16g	4g	6%	4%	15%	0%
SUGAR CREEK VANILLA CUSTARD	4 oz.	180	80	9g	6g	0g	50mg	95mg	19g	0g	18g	5g	6%	2%	15%	4%

Complete Ingredient Statements and Nutritional Facts Available Upon Request