

LOW-FAT EGG NOG

Contains: Milk

Ingredients: milk, cream, sugar, corn syrup, nonfat milk solids, whey, natural and artificial flavors, mono- and diglycerides, cellulose gum, guar gum, polysorbate 80, carrageenan, propylene glycol, tragacanth gum, gum arabic, pectin, sodium benzoate (preservative), artificial color (yellow #5 and #6), citric acid; cultured with the following live active cultures: L. Bulgaricus, L. Acidophilus, S. Thermophilus, B. Bifidus and L. Casei.

This product is manufactured in a facility that also processes peanuts, tree nuts, eggs, soy, milk, and wheat products.

Nutrition Facts

Serving Size (89g) = ½ cup = (4 fl. oz.)
Servings Per Container

Amount Per Serving	
Calories 110	Calories from Fat 25
	% Daily Value*
Total Fat 3g	4%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 50mg	2%
Total Carbohydrate 18g	6%
Dietary Fiber 0g	0%
Sugars 13g	

Protein 3g

Vitamin A 2%	•	Vitamin C 2%
Calcium 10%	•	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
Saturated 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



SMART COW
YOGURT BAR



It's cool to be smart.