

NON-FAT ISLAND COCONUT

Contains: Milk & Tree Nuts

Ingredients: nonfat milk, sugar, corn syrup, whey, maltodextrin, natural and artificial coconut flavors, mono- and diglycerides, cellulose gum, guar gum, polysorbate 80, carrageenan, lactic acid, 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		% Daily Value*
Calories 100	Calories from Fat 0	
		% Daily Value*
Total Fat 0g		0%
Saturated Fat 0g		0%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 55mg		2%
Total Carbohydrate 22g		7%
Dietary Fiber 0g		0%
Sugars 16g		
Protein 3g		
Vitamin A 0%	•	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
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.