

# LOW-FAT OLD FASHIONED PEANUT BUTTER

Contains: Milk & Peanuts

Ingredients: milk, corn syrup, sugar, nonfat milk, cream, whey, peanut butter (peanuts, 70-80% cottonseed and/or peanut oil, high fructose corn syrup), mono- and diglycerides, cellulose gum, tetrasodium pyrophosphate, guar gum, polysorbate 80, polysorbate 65, carrageenan, lactic 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) = 1/2 cup = (4 fl. oz.)  
Servings Per Container

Amount Per Serving  
**Calories 160**    Calories from Fat 60

	% Daily Value*
<b>Total Fat</b> 7g	<b>11%</b>
Saturated Fat 2g	<b>11%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 55mg	<b>2%</b>
<b>Total Carbohydrate</b> 20g	<b>7%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 13g	

### Protein 4g

Vitamin A 2%    •    Vitamin C 2%  
Calcium 8%    •    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.