



YOGURT LIGHT & FIT BLUEBERRY

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Product Last Saved Date: 04 November 2020

Nutrition Facts

1 Servings per container

Serving Size 1 Cup (150 g)

Amount Per Serving

Calories 70

% Daily Value*

Total Fat 0 g 0%

Saturated Fat 0 g 0%

Trans Fat 0 g

Cholesterol 5 mg 1%

Sodium 75 mg 3%

Total Carbohydrates 13 g 5%

Dietary Fiber 0 g 0%

Total Sugars 8 g

Includes 3 g Added Sugars 6%

Protein 5 g

Vitamin D 6%

Calcium 10%

Iron 0%

Potassium 0 mg 4%

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Product Specifications :

Code	GTIN	Pack Description
113051	20036632013075	

Brand	Brand Owner	GPC Description
LIGHT & FIT	Danone US, LLC	Yogurt (Perishable)

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
4.38 LBR	3.97 LBR	United States	Yes	No

Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15.375 INH	6.688 INH	3.063 INH	0.182 FTQ	18x21	25 Days	38 FAH / 45 FAH

Ingredients :

Cultured Grade A Non Fat Milk, Water, Modified Food Starch, Cane Sugar, Blueberries, Contains Less than 1% of Natural & Artificial Flavors, Kosher Gelatin, Fruit & Vegetable Juice (For Color), Sucralose, Acesulfame Potassium, Sodium Citrate, Malic Acid, Vitamin A Palmitate, Vitamin D3 Active Yogurt Cultures L. Bulgaricus & S. Thermophilus

Allergens(C='Contains' MC='May Contain' N='Free From' UN='Undeclared' 30='Free From Not Tested' 50='Derived From Ingredients' 60='Not Derived From Ingredients' NI='No Info

Eggs - N	Milk - C	Peanuts - N
Soy - N	Wheat - N	TreeNuts - N
Fish - N	Crustacean - N	

Handling Suggestions :

This product is an individual plastic cup with a foil lid. Each cup is marked with an individual UPC code that can be scanned. It must be stored in refrigeration. Product should be stored in an upright position.

Benefits :

Delicious is an understatement when it comes to Dannon Light + Fit Regular Nonfat Blueberry Yogurt. Our yogurt is silky smooth and full of rich, creamy flavor.

Serving Suggestions :

This product can be consumed on it's own, or as a part of a meal or snack.

Prep & Cooking Suggestions :

This product can be consumed directly from the container. No preparation required. It should be stored in refrigeration up until the time of consumption.

More Information :