

Nutritional Information																
Product Name	Nutritional Values (per 100g)															
	Serving Size	Calories	Cal. from Fat	Total Fat.	Sat. Fat	Trans Fat	Chol.	Sodium	Carbs.	Fiber	Sugar	Protein	Vit. A.	Vit C	Calcium	Iron
Non Fat Yogurt																
Decadent Cheesecake	89g	120	0	0g	0g	0g	0mg	60mg	25g	0g	18g	3g	0%	2%	15%	0%
Dreamy Dark Chocolate	89g	120	0	0g	0g	0g	0mg	60mg	26g	0g	18g	3g	0%	2%	10%	6%
Tahitian Vanilla	89g	100	0	0g	0g	0g	0mg	55mg	21g	0g	16g	4g	0%	2%	15%	0%
White Birthday Cake	89g	100	0	0g	0g	0g	0mg	55mg	22g	0g	16g	3g	0%	2%	15%	0%
Snickerdoodle Cookie	89g	100	0	0g	0g	0g	0mg	55mg	22g	0g	16g	4g	0%	2%	15%	0%
Butter Toffee Popcorn	89g	100	0	0g	0g	0g	0mg	160mg	22g	0g	16g	4g	0%	2%	15%	0%
Cotton Candy	83g	90	0	0g	0g	0g	0mg	65mg	20g	0g	17g	3g	0%	0%	10%	0%
Key Lime Pie	89g	110	0	0g	0g	0g	0mg	55mg	24g	0g	20g	3g	0%	4%	10%	0%
Chocolate Mint	89g	120	0	0g	0g	0g	0mg	60mg	26g	0g	18g	3g	0%	2%	10%	6%
S'mores	89g	110	0	0g	0g	0g	0mg	50mg	24g	0g	18g	3g	0%	2%	10%	0%
Toasted Coconut	89g	110	0	0g	0g	0g	0mg	55mg	22g	0g	16g	4g	0%	2%	15%	0%
Low Fat Yogurt																
Cookies & Cream	89g	120	25	3g	2g	0g	5mg	70mg	21g	0g	17g	4g	2%	4%	15%	0%
Peanut Butter Pie	89g	160	60	7g	2g	0g	5mg	55mg	20g	0g	13g	4g	2%	2%	8%	0%
Red Velvet Cupcake	89g	130	25	3g	2g	0g	5mg	55mg	22g	0g	17g	4g	2%	2%	15%	0%
Strawberry Sensation	89g	120	25	3g	2g	0g	5mg	65mg	20g	0g	16g	4g	2%	4%	15%	0%
Rocky Road	89g	120	15	1.5g	.5g	0g	0mg	65mg	24g	1g	20g	4g	0%	2%	15%	8%
Espresso	89g	120	25	3g	2g	0g	5mg	60mg	19g	0g	16g	4g	2%	4%	15%	0%
Greek Honey Vanilla	89g	120	20	2g	1.5g	0g	10mg	40mg	19g	0g	15g	6g	2%	2%	20%	0%
Egg Nog	89g	110	25	3g	2g	0g	5mg	50mg	18g	0g	13g	3g	2%	2%	10%	0%
Sea Salt Caramel Pretzel	89g	120	25	3g	2g	0g	5mg	170mg	19g	0g	16g	4g	2%	4%	15%	0%
Spiced Apple Pie	89g	130	25	3g	2g	0g	5mg	70mg	23g	1g	19g	4g	2%	4%	20%	4%
Triple Chocolate	89g	130	25	2.5g	2g	0g	5mg	55mg	22g	0g	17g	4g	2%	2%	15%	4%
Cake Batter	83g	120	20	2g	1g	0g	25mg	70mg	21g	0g	17g	3g	0%	0%	10%	0%
Non Fat Tarts																
Delightfully Tart	89g	100	0	0g	0g	0g	0mg	65mg	21g	0g	20g	4g	0%	2%	15%	0%
Pomegranate Energy	89g	120	0	0g	0g	0g	0mg	90mg	24g	0g	23g	4g	0%	2%	15%	0%
Italian Tart	88g	90	0	0g	0g	0g	0mg	50mg	18g	0g	16g	2g	0%	2%	10%	0%
Raspberry Tart	89g	110	0	0g	0g	0g	0mg	65mg	22g	0g	21g	4g	0%	2%	15%	0%
Blueberry Tart	89g	120	0	0g	0g	0g	0mg	65mg	24g	0g	23g	4g	0%	2%	15%	0%
No Sugar Added																
Chocolate	90g	80	0	0g	0g	0g	0mg	85mg	17g	0g	6g	5g	0%	4%	15%	4%
Tahitian Vanilla	90g	80	0	0g	0g	0g	0mg	80mg	16g	0g	6g	4g	0%	4%	15%	0%
Strawberry Fields	90g	80	0	0g	0g	0g	0mg	80mg	16g	0g	6g	4g	0%	4%	15%	0%
Sorbet																
Pink Lemonade Sorbet	89g	90	0	0g	0g	0g	0mg	0mg	22g	0g	19g	0g	0%	0%	0%	0%
Florida Orange Sorbet	89g	90	0	0g	0g	0g	0mg	0mg	22g	0g	19g	0g	0%	0%	0%	0%
Blue Daiquiri Sorbet	89g	90	0	0g	0g	0g	0mg	0mg	23g	0g	19g	0g	0%	2%	0%	0%
Pom Raspberry Sorbet	83g	90	0	0g	0g	0g	0mg	0mg	23g	0g	18g	0g	0%	0%	0%	0%
Tropical Sorbet	89g	100	0	0g	0g	0g	0mg	0mg	24g	0g	20g	0g	0%	2%	0%	0%
Watermelon Sorbet	89g	90	0	0g	0g	0g	0mg	0mg	19g	0g	20g	0g	0%	0%	0%	0%
Mango Sorbet	89g	90	0	0g	0g	0g	0mg	0mg	22g	0g	19g	0g	0%	0%	0%	0%
Chocolate Fudge Sorbet	83g	100	5	.5g	0g	0g	0mg	30mg	25g	4g	14g	1g	0%	0%	0%	8%