

Non-Fat • Low Fat • Low Calorie • Probiotics
Sugar Free • Lactose Free • Low Glycemic Index • Gluten Free
Great Flavor • Good Food • Great Feeling



Nutrition Facts per Serving

Serving size: 1/2 cup prepared (83 grams)

	Calories	Calories from fat	Fat	Cholesterol	Sodium	Carbs	Sugar	Protein
Low-Fat Vanilla Frozen Yogurt	90	20	2 g	0 mg	40 mg	18 g	14 g	1 g
Non-Fat Vanilla Frozen Yogurt	80	0	0 g	0 mg	70 mg	20 g	15 g	1 g
Non-Fat Chocolate Frozen Yogurt	80	0	0 g	0 mg	65mg	19 g	16 g	1 g
Plain Tart Base Non-Fat Frozen Yogurt	80	0	0 g	0 mg	20 mg	20 g	17 g	1 g
Fruit Freezer Non Dairy Sorbet	80	0	0 g	0 mg	15 mg	21 g	11 g	0 g
No Refined Sugar Vanilla Sweetened with Stevia	70	10	1 g	0 mg	100 mg	13 g	7 g	3 g
No Refined Sugar Chocolate Sweetened with Stevia	70	0	< 1 g	0 mg	115 mg	17 g	7 g	2 g

Non-Fat Vanilla Base

Nutrition Facts	
Serving Size: ½ cup prepared (83g)	
Servings Per Bag: about 123	
Amount Per Serving	
Calories 80	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 90mg	4%
Total Carbohydrate 19g	6%
Dietary Fiber 1g	2%
Sugars 15g	
Protein 2g	

Ingredients: Fruit Sugar, Non-fat Milk, Extra Grade Sweet Whey, Maltodextrin, Cellulose Gum and/or Guar Gum, Vanilla, Natural Flavors, Yogurt Solids, Whey Protein Concentrate. Contains Active Probiotic Cultures. **Allergens:** Milk

Low-Fat Vanilla Base

Nutrition Facts	
Serving Size: ½ cup prepared (83g)	
Servings Per Container: about 123	
Amount Per Serving	
Calories 90	Calories from Fat 15
% Daily Value*	
Total Fat < 2g	3%
Saturated Fat 1.5g	8%
Cholesterol 0mg	0%
Sodium 60mg	3%
Total Carbohydrate 18g	6%
Dietary Fiber 0g	0%
Sugars 14g	
Protein 1g	

Ingredients: Fruit Sugar, Extra Grade Sweet Whey, Maltodextrin, Coconut Creamer, Non-fat Milk, Cellulose Gum and/or Guar Gum, Vanilla, Yogurt Solids, Natural Flavors, Whey Protein Concentrate. Contains Active Probiotic Cultures. **Allergens:** Milk, Sodium Caseinate

Non-Fat Chocolate Base

Nutrition Facts	
Serving Size: ½ cup prepared (83g)	
Servings Per Bag: about 123	
Amount Per Serving	
Calories 80	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 80mg	3%
Total Carbohydrate 19g	7%
Dietary Fiber 0g	0%
Sugars 14g	
Protein 1g	

Ingredients: Fruit Sugar, Extra Grade Sweet Whey, Maltodextrin, Dutch Cocoa, Non-fat Milk, Cellulose Gum and/or Guar Gum, Yogurt Solids, Whey Protein Concentrate. Contains Active Probiotic Cultures. **Allergens:** Milk

Non-Fat Plain Tart Base

Nutrition Facts	
Serving Size: ½ cup prepared (83g)	
Servings Per Bag: about 123	
Amount Per Serving	
Calories 80	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 55mg	3%
Total Carbohydrate 20g	7%
Dietary Fiber 0g	0%
Sugars 17g	
Protein 2g	0%

Ingredients: Fruit Sugar, Non-fat Milk, Maltodextrin, Dextrose, Yogurt Solids, Natural Flavors, Cellulose Gum and/or Guar Gum. Contains Active Probiotic Cultures. **Allergens:** Milk

Fruit Freezer Sorbet

Nutrition Facts	
Serving Size: ½ cup prepared (83g)	
Servings Per Bag (for Soft Serve) 123	
Amount Per Serving	
Calories 80	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 21g	7%
Dietary Fiber 0g	0%
Sugars 11g	
Protein 0g	

Ingredients: Fruit Sugar, Maltodextrin, Natural Flavors, Natural Stabilizers, and Cellulose Gum and/or Guar Gum.

Stevia Vanilla Base

Nutrition Facts	
Serving Size: ½ cup prepared (83g)	
Servings Per Bag: about 147	
Amount Per Serving	
Calories 70	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 1g	4%
Cholesterol 0mg	0%
Sodium 85mg	4%
Total Carbohydrate 13g	5%
Dietary Fiber 0g	0%
Sugars 6g	
Protein 3g	

Ingredients: Non-fat Milk, Maltodextrin, Extra Grade Sweet Whey, Coconut Creamer, Erythritol, Cellulose Gum and/or Guar Gum, Vanilla, Natural Flavors, Yogurt Solids, Whey Protein Concentrate. Contains Stevia Supplement & Active Probiotic Cultures. **Allergens:** Milk, Sodium Caseinate

Stevia Chocolate Base

Nutrition Facts	
Serving Size: ½ cup prepared (83g)	
Servings Per Bag: about 147	
Amount Per Serving	
Calories 70	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 1g	4%
Cholesterol 0mg	0%
Sodium 95mg	4%
Total Carbohydrate 14g	5%
Dietary Fiber 1g	4%
Sugars 6g	
Protein 2g	

Ingredients: Extra Grade Sweet Whey, Maltodextrin, Non-fat Milk, Cocoa, Coconut Creamer, Erythritol, Cellulose Gum and/or Guar Gum, Natural Flavors. Contains Stevia Supplement & Active Probiotic Cultures. **Allergens:** Milk, Sodium Caseinate

Premium Tart Base

Nutrition Facts	
Serving Size: ½ cup prepared (83g)	
Servings Per Bag: about 123	
Amount Per Serving	
Calories 80	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 55mg	3%
Total Carbohydrate 20g	7%
Dietary Fiber 0g	0%
Sugars 17g	
Protein 2g	

Ingredients: Fruit Sugar, Dextrose, Maltodextrin, Non-fat Milk, Yogurt Solids, Natural Flavors, Cellulose Gum and/or Guar Gum, Ascorbic Acid (Vitamin C). Contains Active Probiotic Cultures. **Allergens:** Milk

Non-Dairy Neutral

Nutrition Facts	
Serving Size: ½ cup prepared (83g)	
Servings Per Bag: about 123	
Amount Per Serving	
Calories 80	Calories from Fat 25
% Daily Value*	
Total Fat 2g	4%
Saturated Fat 2g	12%
Cholesterol 0mg	0%
Sodium 35mg	1%
Total Carbohydrate 19g	6%
Dietary Fiber 0g	0%
Sugars 10g	
Protein 0g	

Ingredients: Fruit Sugar, Maltodextrin, Coconut Creamer, Dextrose, Cellulose Gum and/or Guar Gum, Vanilla. Contains Active Probiotic Cultures.

Non-Dairy Chocolate

Nutrition Facts	
Serving Size: ½ cup prepared (83g)	
Servings Per Bag: about 123	
Amount Per Serving	
Calories 80	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 35mg	1%
Total Carbohydrate 20g	7%
Dietary Fiber 1g	4%
Sugars 10g	
Protein 1g	

Ingredients: Fruit Sugar, Maltodextrin, Dutch Cocoa, Dextrose, Cellulose Gum and/or Guar Gum. Contains Active Probiotic Cultures.

Neutral Sweet Base

Nutrition Facts	
Serving Size: ½ cup prepared (83g)	
Servings Per Container: about 123	
Amount Per Serving	
Calories 90	Calories from Fat 15
% Daily Value*	
Total Fat < 2g	3%
Saturated Fat 1.5g	8%
Cholesterol 0mg	0%
Sodium 60mg	3%
Total Carbohydrate 18g	6%
Dietary Fiber 0g	0%
Sugars 14g	
Protein 1g	

Ingredients: Fruit Sugar, Extra Grade Sweet Whey, Maltodextrin, Coconut Creamer, Non-fat Milk, Cellulose Gum and/or Guar Gum, Yogurt Solids, Natural Flavors, Whey Protein Concentrate. Contains Active Probiotic Cultures. **Allergens:** Milk, Sodium Caseinate

Smoothie Base

Nutrition Facts	
Serving Size: 3 fl oz (83g)	
Servings Per Bag: about 123	
Amount Per Serving	
Calories 50	Calories from Fat 8
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 7mg	1%
Total Carbohydrate 8g	3%
Dietary Fiber 0g	0%
Sugars 7g	
Protein 0.5g	

Ingredients: Fruit Sugar, Coconut Creamer, Natural Gums, Ascorbic Acid (Vitamin C), and Natural Flavors. Contains Active Probiotic Cultures. **Allergens:** Sodium Caseinate

Flavor Concentrates

Nutrition Facts	
Serving Size: about 2 grams per 1/2 cup of prepared frozen yogurt (83g)	
Amount Per Serving	
Calories 3	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	

Ingredients: Fruit Sugar, Coconut Creamer, Natural Gums, Ascorbic Acid (Vitamin C), and Natural Flavors. Contains Active Probiotic Cultures. **Allergens:** Sodium Caseinate

Nutrition Facts are the same for all flavors. For ingredients and allergens see link below.