

## nutrition factatos

### *tangy flavor\**

#### approximate weights

**small** - 5 oz. **med** - 8 oz. **large** - 12 oz.  
**shoto** - 2.5 oz.

**serving size:** 2.5 oz. (71g)

amount per serving:

**calories** 75 **calories from fat** 0

**total fat** 0g

saturated fat 0g

trans fat 0g

**cholesterol** 1mg

**sodium** 25mg

**total carbohydrate** 17g

dietary fiber 0g

sugars 17g

**protein** 3g

**vitamin a** 0% dv

**vitamin c** 0% dv

**calcium** 5% dv

**iron** 0% dv

**contains live bacterial cultures**

*\*other non-fat tart flavors have similar nutritional value*

## nutrition factatos

### *vanilla flavor\**

#### approximate weights

**small** - 5 oz. **med** - 8 oz. **large** - 12 oz.  
**shoto** - 2.5 oz

**serving size:** 2.5 oz. (71g)

amount per serving:

**calories** 85 **calories from fat** 0

**total fat** 0g

saturated fat 0g

trans fat 0g

**cholesterol** 4mg

**sodium** 64mg

**total carbohydrate** 18g

dietary fiber 0g

sugars 15g

**protein** 3g

**vitamin a** 0% dv

**vitamin c** 0% dv

**calcium** 8% dv

**iron** 0% dv

**contains live bacterial cultures**

*\*other non-fat sweet flavors have similar nutritional value*

## Why are mr. yogato's yogurts so good for you?

Because they contain live and active cultures, which help improve digestion and have been linked to several other health benefits.

Mr. Yogato's yogurts also are a good source of calcium and protein!