



Fruit-Flavored Yogurt
Lowfat
Serving Size 8 ounce container (227g)

Amount Per Serving	
Calories 225	Calories from Fat 27
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 2g	10%
Cholesterol 10mg	3%
Sodium 121mg	5%
Total Carbohydrate 42g	14%
Sugars 35g	
Protein 9g	18%
Vitamin A	2%
Vitamin C	2%
Calcium	31%
Thiamin	5%
Riboflavin	22%

Not a significant source of iron and niacin. Values are not available for fiber.

*Percent Daily Values are based on a 2,000 calorie diet



Orange
Serving Size 1 medium (131g)

Amount Per Serving	
Calories 62	
% Daily Value*	
Total Fat 0g	0%
Sodium 0mg	0%
Total Carbohydrate 15g	5%
Dietary Fiber 3g	12%
Sugars 12g	
Protein 1g	2%
Vitamin A	5%
Vitamin C	117%
Calcium	5%
Thiamin	8%
Riboflavin	3%
Niacin	2%

Not a significant source of calories from fat, saturated fat, cholesterol, and iron.

*Percent Daily Values are based on a 2,000 calorie diet



Broccoli
Fresh, cooked
Serving Size 1/2 cup (78g)

Amount Per Serving	
Calories 22	
% Daily Value*	
Total Fat 0g	0%
Sodium 20mg	1%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	8%
Protein 2g	4%
Vitamin A	22%
Vitamin C	97%
Calcium	4%
Iron	4%
Thiamin	3%
Riboflavin	5%
Niacin	2%

Not a significant source of calories from fat, saturated fat and cholesterol. Values are not available for sugars.

*Percent Daily Values are based on a 2,000 calorie diet



2% Reduced Fat Milk
Serving Size 1 cup (244g)

Amount Per Serving	
Calories 121	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 3g	15%
Cholesterol 18mg	6%
Sodium 122mg	5%
Total Carbohydrate 12g	4%
Protein 8g	16%
Vitamin A	10%
Vitamin C	3%
Calcium	30%
Thiamin	6%
Riboflavin	24%

Not a significant source of iron and niacin. Values are not available for fiber and sugars.

*Percent Daily Values are based on a 2,000 calorie diet