

# Chobani Greek Yogurt – Blueberry

**Serving Size:** 5.3 oz (150g)

**Servings Per Container:** 1

**Ingredients:** Nonfat yogurt (cultured pasteurized nonfat milk, live and active cultures: S. Thermophilus, L. Bulgaricus, L. Acidophilus, bifidus and L. Casei) Fruit on the bottom (blueberries, evaporated cane juice, pectin, locust bean gum, natural flavor).

<b>Amount Per Serving</b>		Calories from Fat 0	
		<b>% Daily Value</b>	
Calories 130			
<b>Total Fat 0g</b>			<b>0%</b>
Saturated Fat 0g			0%
Trans Fat 0g			0%
<b>Cholesterol 5mg</b>			<b>0%</b>
<b>Sodium 60mg</b>			<b>3%</b>
<b>Total Carbohydrate 19g</b>			<b>6%</b>
Dietary Fiber <1g			3%
Sugars 15g			
<b>Protein 12g</b>			<b>24%</b>
<b>Vitamin A &lt;0%</b>			<b>Vitamin C 6%</b>
<b>Calcium 15%</b>			<b>Iron 0%</b>
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	<b>Calories:</b>	<b>2,000</b>	<b>2,500</b>
<b>Total Fat</b>	<b>Less than</b>	<b>65g</b>	<b>80g</b>
<b>Saturated Fat</b>	<b>Less than</b>	<b>20g</b>	<b>25g</b>
<b>Cholesterol</b>	<b>Less than</b>	<b>300mg</b>	<b>300mg</b>
<b>Sodium</b>	<b>Less than</b>	<b>2,400mg</b>	<b>2,400mg</b>
<b>Total Carbohydrates</b>		<b>300mg</b>	<b>375mg</b>
<b>Dietary Fiber</b>		<b>25g</b>	<b>30g</b>
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<b>Calories per gram</b>			
<b>Fat 9</b>	<b>Carbohydrate 4</b>	<b>Protein 4</b>	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on

your calorie needs.