

NUTRITIONAL INFORMATION BASED ON 4 FLUID OZ. (1/2 CUP)

NF FROZEN YOGURT 4/GAL	SERVING SIZE	CALORIES	CAL. FROM FAT	TOTAL FAT	SAT. FAT	TRANS FAT	CHOL.	SODIUM	CARBS	FIBER	SUGARS	PROTEIN	VIT. A	VIT. C	CALCIUM	IRON
NF DREAMY DARK CHOCOLATE	89g	120	0	0g	0g	0g	0mg	65mg	26g	<1g	18g	3g	0%	2%	10%	15%
NF CHEESE CAKE	89g	120	0	0g	0g	0g	0mg	60mg	25g	0g	18g	3g	0%	2%	15%	0%
NF TAHITIAN VANILLA	89g	100	0	0g	0g	0g	0mg	55mg	21g	0g	16g	4g	0%	2%	15%	0%
NF BIRTHDAY CAKE YOGURT	89g	100	0	0g	0g	0g	0mg	55mg	22g	0g	16g	3g	0%	2%	15%	0%
NF CHOCOLATE MINT YOGURT	89g	120	0	0g	0g	0g	0mg	40mg	26g	0g	18g	3g	0%	2%	10%	6%
NF ISLAND COCONUT YOGURT	89g	100	0	0g	0g	0g	0mg	55mg	22g	0g	16g	3g	0%	2%	15%	0%
NF VANILLA BEAN YOGURT	89g	100	0	0g	0g	0g	0mg	55mg	22g	0g	16g	3g	0%	2%	15%	0%
NF WATERMELON SORBET	89g	90	0	0g	0g	0g	0mg	5mg	19g	0g	20g	0g	0%	0%	0%	0%
NF NEW ORLEANS PRALINE	89g	110	0	0g	0g	0g	0mg	120mg	23g	0g	17g	4g	0%	2%	15%	0%
NF SNICKERDO COOKIE DOUGH	89g	100	0	0g	0g	0g	0mg	55mg	21g	0g	16g	4g	0%	2%	15%	0%

LF FROZEN YOGURT 4/1GAL

LF ESPRESSO	89g	120	25	3g	2g	0g	5mg	60mg	19g	0g	16g	4g	2%	4%	15%	0%
LF COOKIE N CREAM	89g	120	25	3g	2g	0g	5mg	70mg	21g	0g	17g	4g	2%	4%	15%	0%
LF TRIPLE CHOCOLATE	89g	130	25	2.5g	2g	0g	5mg	55mg	22g	0g	17g	4g	2%	2%	15%	4%
LF STRAWBERRY SENSATIONS	89g	120	25	3g	2g	0g	5mg	65mg	20g	0g	16g	4g	2%	4%	15%	0%
LF FRENCH VANILLA	89g	120	25	3g	2g	0g	5mg	60mg	19g	0g	16g	4g	2%	4%	15%	0%
LF PUMPKIN PIE	89g	120	25	3g	2g	0g	5mg	50mg	22g	0g	16g	3g	0%	2%	10%	0%
LF SPICED APPLE PIE	89g	130	25	3g	2g	0g	5mg	70mg	23g	<1g	19g	4g	2%	4%	20%	4%
LF EGG NOG	89g	110	25	3g	2g	0g	5mg	50mg	18g	0g	13g	3g	2%	2%	10%	0%
LF WHITE CHOC. MOUSSE	89g	140	25	2.5g	2g	0g	5mg	55mg	25g	0g	21g	3g	2%	2%	15%	0%
LF GERMAN CHOC. CAKE	89g	130	20	2.5g	1.5g	0g	5mg	55mg	22g	0g	17g	4g	2%	2%	15%	4%

REDUCED FAT FROZEN YOGURT 4/1 GAL

LF OLD FASH. PEANUT BUTTER	89g	160	60	7g	2g	0g	5mg	55mg	20g	0g	13g	4g	2%	2%	8%	0%
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SORBETS (NON-DAIRY) 4/1 GAL

NF VALENCIA ORANGE SORBET	89g	90	0	0g	0g	0g	0g	0g	22g	0g	19g	0g	0%	0%	0%	0%
NF MANGO SORBET	89g	90	0	0g	0g	0g	0g	0g	22g	0g	19g	0g	0%	0%	0%	0%
NF PINK LEMONADE SORBET	89g	90	0	0g	0g	0g	0g	0mg	22g	0g	19g	0g	0%	0%	0%	0%

NON FAT-PLAIN TART FROZEN YOGURT 4/GAL

NF CALIFORNIA TART	89g	100	0	0g	0g	0g	0mg	50mg	20g	0g	17g	3g	0%	2%	10%	0%
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NON FAT-FLAVORED TART FROZEN YOGURT 4/1 GAL

NF RASPBERRY TART YOGURT	89g	110	0	0g	0g	0g	0mg	65mg	22g	0g	21g	4g	0%	2%	15%	0%
NF BLUEBERRY TART	89g	120	0	0g	0g	0g	0mg	65mg	24g	0g	23g	4g	0%	2%	15%	0%

NON FAT-ENERGY FORMULAS FROZEN YOGURT 4/1 GAL

NF POMEGRANATE ENERGY	89g	120	0	0g	0g	0g	0mg	90mg	24g	0g	23g	4g	0%	2%	15%	0%
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NO SUGAR ADDED-NON FAT-FROZEN YOGURT 4/1 GAL

NF NSA TAHITIAN VANILLA	89g	80	0	0g	0g	0g	0mg	80mg	16g	0g	6g	4g	0%	4%	15%	0%
NF NSA CHOCOLATE	89g	80	0	0g	0g	0g	0mg	85mg	17g	0g	6g	5g	0%	4%	15%	4%
NF NSA WILD STRAWBERRY	89g	80	0	0g	0g	0g	0mg	80mg	16g	0g	6g	4g	0%	4%	15%	0%