

**Perfect Parfait LLC**  
NUTRITION & ANALYSIS



**PRODUCT NAME:** Farm Fresh Low Fat Vanilla Yogurt  
**PRODUCT CODE:** 9614VA  
**PORTION SIZE:** 4.0 oz., 113.4 grams  
**PACKED:** 2 units per case  
**CASE NET WEIGHT:** 28 lbs.  
**CASE DIMENSION:** 15.625"x14"x5.875"  
**PALLETIZING:** 6 ti X 8 hi

**MEAL CONTRIBUTION:**

**EACH 4 OZ FARM FRESH LOW FAT VANILLA YOGURT:** The equivalent of 1 serving of **PROTEIN**, contains minimum 9% of the 50 grams RDA for adults and children over four years of age.

**INGREDIENTS:** Grade A skim milk, milk, vanilla flavor [sugar, water, modified corn starch, vanilla flavor with other natural flavors, citric acid], cane sugar, modified corn starch, less than 2%: pectin, carrageenan, potassium sorbate, cultures.

**ALLERGENS:** Milk

**SERVING DIRECTIONS:** Portion controlled servings through Perfect Parfait's proprietary fresh yogurt dispensers.

I certify that the above information is accurate at present on this date.

**Name:** Russ Vulpitta

**Title:** CEO

**Signature:**

**Date:** April 2015

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**Nutritional Facts**

Serving Size 4 oz (113g)

Amount Per Serving

**Calories 110**      **Calories from Fat 10**

% Daily Value\*

<b>Total Fat</b>	1.5g	<b>2%</b>
Saturated Fat	1g	<b>4%</b>
Trans Fat	0g	
<b>Cholesterol</b>	5mg	<b>2%</b>
<b>Sodium</b>	70mg	<b>3%</b>
<b>Total Carbohydrate</b>	21g	<b>7%</b>
Dietary Fiber	0g	<b>0%</b>
Sugars	17g	
<b>Protein</b>	5g	<b>9%</b>
Vitamin A	6%	• Vitamin C 0%
Calcium	15%	• Iron 0%

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4