

Example – Approved Lowfat Yogurt

Nutrition Facts
Serving Size 1 Cup (227g)
Servings Per Container about 4

Amount Per Serving		% Daily Value*	
Calories	200	Calories from Fat	25
Total Fat	3g		5%
Saturated Fat	2g		10%
Trans Fat	0g		
Cholesterol	15mg		5%
Sodium	140mg		6%
Potassium	460mg		13%
Total Carbohydrate	34g		11%
Dietary Fiber	0g		0%
Sugars	33g		
Protein	10g		20%
Vitamin A	2%	Vitamin C	0%
Calcium	35%	Iron	0%
Thiamin	8%	Riboflavin	35%
Vitamin B ₆	6%	Vitamin B ₁₂	20%
Phosphorus	30%		

*Percent Daily Values (%DV) 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
Potassium	3,500mg	3,500mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g
Protein	50g	65g

INGREDIENTS: CULTURED GRADE A REDUCED FAT MILK, SUGAR, NATURAL VANILLA FLAVOR, PECTIN.

CONTAINS THE ACTIVE CULTURES INCLUDING *L. ACIDOPHILUS*



- Lowfat yogurt contains not less than 0.5% and no more than 2% milkfat. This yogurt contains 1.5% milkfat and is therefore an approved yogurt.
- It is important to remember that lowfat milk has a different definition. Lowfat milk cannot have more than 1% milkfat.

Reference: Low Fat Yogurt, § 131.203 21 CFR Ch. I (4–1–06 Edition)

<http://www.gpo.gov/fdsys/pkg/CFR-2006-title21-vol2/pdf/CFR-2006-title21-vol2-sec131-203.pdf>.