

Flavor Nutritional Facts Panels, Ingredient Statements and Allergens

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TF Nonfat Chocolate

91579

Nutrition Facts

Serving Size 1/2 cup (83g)

Servings Per Container

Amount Per Serving

Calories 110 **Calories from Fat** 5

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 75mg **3%**

Total Carbohydrate 23g **8%**

Dietary Fiber 0g **0%**

Sugars 19g

Protein 3g

Vitamin A 0%

• Vitamin C 0%

Calcium 10%

• Iron 4%

*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
Saturated 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

INGREDIENTS: Pasteurized Non Fat Milk, Liquid Sugar (Sugar, Water), Pasteurized Sweet Cream Buttermilk, Pasteurized and Cultured Non Fat Milk, Corn Syrup, Whey, Cocoa Processed with Alkali, Contains Less Than 1% Of Chocolate Base (Water, Sugar, Corn Syrup, Cocoa Processed with Alkali), Non Fat Dry Milk, Milk Protein Isolate, Cellulose Gum, Guar Gum, Carrageenan, Modified Food Starch, Pectin. Contains the following live and active cultures: *S. thermophilus*, *L. bulgaricus*, *L. lactis*, *L. acidophilus* and Bifidobacterium.

Contains Milk.

TF Nonfat Coffee

91578

Nutrition Facts

Serving Size (83g)
Servings Per Container

Amount Per Serving

Calories 100 **Calories from Fat** 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 50mg **2%**

Total Carbohydrate 23g **8%**

Dietary Fiber 0g **0%**

Sugars 16g

Protein 2g

Vitamin A 0% • Vitamin C 0%

Calcium 8% • 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
Saturated 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

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Pasteurized Non Fat Milk, Liquid Sugar (Sugar, Water), Pasteurized Sweet Cream Buttermilk, Corn Syrup, Pasteurized and Cultured Non Fat Milk, Maltodextrin, Whey, Coffee Base (Water, Coffee, Modified Food Starch), Contains Less Than 1% Of Mono- & Diglycerides, Cellulose Gum, Guar Gum, Non Fat Dry Milk, Modified Food Starch, Carrageenan, Pectin. Contains the following live and active cultures: *S. thermophilus*, *L. bulgaricus*, *L. lactis*, *L. acidophilus* and *Bifidobacterium*.

Contains Milk.

TF Nonfat Cookies n' Cream

91575

Nutrition Facts

Serving Size 1/2 cup (83g)

Servings Per Container

Amount Per Serving

Calories 110 **Calories from Fat** 5

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 80mg **3%**

Total Carbohydrate 24g **8%**

Dietary Fiber 0g **0%**

Sugars 18g

Protein 3g

Vitamin A 0% • Vitamin C 0%

Calcium 10% • 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
Saturated 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

INGREDIENTS: Pasteurized Sweet Cream Buttermilk, Pasteurized Non Fat Milk, Liquid Sugar (Sugar, Water), Corn Syrup, Pasteurized and Cultured Non Fat Milk, Whey, Maltodextrin, Cake Base (Wheat Flour, Powdered Sugar, Shortening (Partially Hydrogenated Soybean Oil), Cocoa (Processed with Alkali), Sugar, Caramel Color, Cocoa, Baking Soda, Salt, Natural Vanilla Flavor, Soy Lecithin, Ammonium Bicarbonate), Marshmallow Syrup (Corn Syrup, Sugar, Water, Egg Whites, Artificial Flavors, Xanthan Gum, Lactic Acid, Salt), Contains Less Than 1% Of Natural and Artificial Flavors, Milk Protein Isolate, Cellulose Gum, Guar Gum, Carrageenan, Non Fat Dry Milk, Cocoa (Processed with Alkali), Modified Food Starch, Pectin. Contains the following live and active cultures: *S. thermophilus*, *L. bulgaricus*, *L. lactis*, *L. acidophilus* and *Bifidobacterium*.

Contains Egg, Milk, Soy, Wheat.

TF Nonfat Irish Mint

91573

Nutrition Facts	
Serving Size 1/2 cup (83g)	
Servings Per Container	
Amount Per Serving	
Calories 100	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fa: 0g	0%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 65mg	3%
Total Carbohydrate 22g	7%
Dietary Fiber 0g	0%
Sugars 18g	
Protein 3g	
Vitamin A 0%	• Vitamin C 0%
Calcium 10%	• 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
Saturated 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

INGREDIENTS: Pasteurized Non Fat Milk, Liquid Sugar (Sugar, Water), Pasteurized Sweet Cream Buttermilk, Pasteurized and Cultured Non Fat Milk, French Vanilla Base (Water, Sugar, Corn Syrup, Sugar, Egg Yolk, Modified Food Starch, Natural Flavors, Annatto Extract (for color), Citric Acid, Turmeric (for color)), Corn Syrup, Whey, Nonfat Dry Milk, Contains Less Than 1% Milk Protein Isolate, Cellulose Gum, Guar Gum, Carrageenan, Natural and Artificial Flavors, Modified Food Starch, Pectin, Blue #1. Contains the following live and active cultures: *S. thermophilus*, *L. bulgaricus*, *L. lactis*, *L. acidophilus* and Bifidobacterium.

Contains Egg, Milk.

TF Nonfat Pistachio

91577

Nutrition Facts	
Serving Size 1/2 cup (83g)	
Amount Per Serving	
Calories 100	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 50mg	2%
Total Carbohydrate 23g	8%
Dietary Fiber 0g	0%
Sugars 16g	
Protein 2g	
Vitamin A 0%	• Vitamin C 0%
Calcium 8%	• 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
Saturated 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
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: Pasteurized Non Fat Milk, Liquid Sugar (Sugar, Water), Pasteurized Sweet Cream Buttermilk, Corn Syrup, Pasteurized and Cultured Non Fat Milk, Maltodextrin, Whey, Contains Less Than 1% Of Mono- & Diglycerides, Cellulose Gum, Guar Gum, Non Fat Dry Milk, Natural and Artificial Flavors, Modified Food Starch, Carrageenan, Pectin. Contains the following live and active cultures: *S. thermophilus*, *L. bulgaricus*, *L. lactis*, *L. acidophilus* and *Bifidobacterium*.

Contains Milk.

TF Nonfat Vanilla

91574

Nutrition Facts

Serving Size 1/2 cup (83g)

Servings Per Container

Amount Per Serving

Calories 100 **Calories from Fat** 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 50mg **2%**

Total Carbohydrate 23g **8%**

Dietary Fiber 0g **0%**

Sugars 16g

Protein 2g

Vitamin A 0% • Vitamin C 0%

Calcium 8% • 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
Saturated 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

INGREDIENTS: Pasteurized Non Fat Milk, Liquid Sugar (Sugar, Water), Pasteurized Sweet Cream Buttermilk, Pasteurized and Cultured Non Fat Milk, Corn Syrup, Maltodextrin, Whey, Contains Less Than 1% Of Non Fat Dry Milk, Mono- & Diglycerides, Cellulose Gum, Guar Gum, Natural and Artificial Flavors, Modified Food Starch, Carrageenan, Pectin. Contains the following live and active cultures: *S. thermophilus*, *L. bulgaricus*, *L. lactis*, *L. acidophilus* and *Bifidobacterium*.

Contains Milk.

TF Lowfat Cake Batter

91752

Nutrition Facts

Serving Size 1/2 cup (83g)

Servings Per Container

Amount Per Serving

Calories 120 **Calories from Fat** 20

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 25mg **8%**

Sodium 70mg **3%**

Total Carbohydrate 21g **7%**

Dietary Fiber 0g **0%**

Sugars 17g

Protein 3g

Vitamin A 0% • Vitamin C 0%

Calcium 10% • 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
Saturated 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

INGREDIENTS: Pasteurized Non Fat Milk, Liquid Sugar (Sugar, Water), Pasteurized Sweet Cream Buttermilk, Pasteurized and Cultured Non Fat Milk, Corn Syrup, Cake Base (Water, Sugar, Natural Flavors, Egg Yolk, Sweetened Condensed Milk (milk, sugar), Corn Syrup, Annatto Extract (for color), Modified Food Starch, Salt, Distilled Monoglycerides, Turmeric (for color)), Non Fat Dry Milk, Cream, Whey, Sweetened Pasteurized Egg Yolks (Egg Yolks, Sugar), Contains Less Than 1% of Mono- & Diglycerides, Cellulose Gum, Guar Gum, Natural and Artificial Flavors, Modified Food Starch, Carrageenan, Pectin. Contains the following live and active cultures: *S. thermophilus*, *L. bulgaricus*, *L. lactis*, *L. acidophilus* and Bifidobacterium.

Contains Milk, Egg.

TF Lowfat Cheesecake & Graham

91576

Nutrition Facts

Serving Size (83g)

Servings Per Container

Amount Per Serving

Calories 120 **Calories from Fat** 25

% Daily Value*

Total Fat 2.5g **4%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 25mg **8%**

Sodium 70mg **3%**

Total Carbohydrate 19g **6%**

Dietary Fiber 0g **0%**

Sugars 15g

Protein 4g

Vitamin A 2% • Vitamin C 0%

Calcium 10% • 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
Saturated 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

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Pasteurized Non Fat Milk, Pasteurized Sweet Cream Buttermilk, Liquid Sugar (Sugar, Water), Pasteurized and Cultured Non Fat Milk, Cream, Corn Syrup, Non Fat Dry Milk, Cheesecake Base (Sugar, Water, Natural Flavor, Nonfat Dry Milk, Lowfat Milk, Lactic Acid, Modified Food Starch, Citric Acid, Turmeric (for color), Yellow #6), Whey, Sweetened Pasteurized Egg Yolks (Egg Yolks, Sugar), Contains Less Than 1% Of Natural and Artificial Flavors, Mono- & Diglycerides, Cellulose Gum, Guar Gum, Modified Food Starch, Carrageenan, Pectin. Contains the following live and active cultures: S. thermophilus, L. bulgaricus, L. lactis, L. acidophilus and Bifidobacterium.

Contains Milk, Egg.

TF No Sugar Added Praline

91582

Nutrition Facts

Serving Size 1/2 Cup (83g)

Servings Per Container

Amount Per Serving

Calories 80 **Calories from Fat 0**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 75mg **3%**

Total Carbohydrate 19g **6%**

Dietary Fiber 3g **12%**

Sugars 6g

Sugar Alcohol 2g

Protein 4g

Vitamin A 0% • 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	
Saturated 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	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Pasteurized Non Fat Milk, Pasteurized Sweet Cream Buttermilk, Pasteurized and Cultured Non Fat Milk, Maltodextrin, Whey, Polydextrose, Sorbitol, Non Fat Dry Milk, Contains Less Than 1% Of Milk Protein Isolate, Cellulose Gum, Guar Gum, Carrageenan, Natural Flavor, Caramel Color, Cellulose Gel, Natural and Artificial Flavors, Modified Food Starch, Pectin, Sucralose, Acesulfame K. Contains the following live and active cultures: *S. thermophilus*, *L. bulgaricus*, *L. lactis*, *L. acidophilus* and *Bifidobacterium*.

Contains Milk.

TF No Sugar Added Strawberry

91580

Nutrition Facts

Serving Size 1/2 cup (83g)

Servings Per Container

Amount Per Serving

Calories 70 **Calories from Fat** 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 70mg **3%**

Total Carbohydrate 17g **6%**

Dietary Fiber 3g **12%**

Sugars 6g

Sugar Alcohol 3g

Protein 3g

Vitamin A 0% • Vitamin C 2%

Calcium 10% • 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
Saturated 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

INGREDIENTS: Pasteurized Non Fat Milk, Pasteurized Sweet Cream Buttermilk, Pasteurized and Cultured Non Fat Milk, Strawberry Base (Strawberries, Water, Malitol, Natural Flavor, Locust Bean Gum, Citric Acid, Red #40, Blue #1), Maltodextrin, Whey, Polydextrose, Non Fat Dry Milk, Sorbitol, Contains Less Than 1% Of Natural Flavor, Milk Protein Isolate, Cellulose Gum, Guar Gum, Carrageenan, Modified Food Starch, Pectin, Cellulose Gel, Red #40, Red #3, Blue #1, Sucralose, Acesulfame K. Contains the following live and active cultures: *S. thermophilus*, *L. bulgaricus*, *L. lactis*, *L. acidophilus* and *Bifidobacterium*.

Contains Milk.

TF No Sugar Added Vanilla

91581

Nutrition Facts	
Serving Size 1/2 cup (83g)	
Servings Per Container	
Amount Per Serving	
Calories 80	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 75mg	3%
Total Carbohydrate 19g	6%
Dietary Fiber 3g	12%
Sugars 6g	
Sugar Alcohol 2g	
Protein 4g	
Vitamin A 0%	• 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
Saturated 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

INGREDIENTS: Pasteurized Non Fat Milk, Pasteurized Sweet Cream Buttermilk, Pasteurized and Cultured Non Fat Milk, Maltodextrin, Whey, Polydextrose, Sorbitol, Non Fat Dry Milk, Contains Less Than 1% Of Milk Protein Isolate, Cellulose Gum, Guar Gum, Carrageenan, Cellulose Gel, Modified Food Starch, Pectin, Natural and Artificial Flavors, Sucralose, Acesulfame K. Contains the following live and active cultures: *S. thermophilus*, *L. bulgaricus*, *L. lactis*, *L. acidophilus* and Bifidobacterium.

Contains Milk.

TF Nonfat Tart

91583

Nutrition Facts	
Serving Size 1/2 cup (83g)	
Servings Per Container	
Amount Per Serving	
Calories 100	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 45mg	2%
Total Carbohydrate 23g	8%
Dietary Fiber 0g	0%
Sugars 17g	
Protein 3g	
Vitamin A 0%	• Vitamin C 0%
Calcium 8%	• 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
Saturated 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

INGREDIENTS: Pasteurized and Cultured Non Fat Milk, Liquid Sugar (Sugar, Water), Water, Corn Syrup, Pasteurized Non Fat Milk, Pasteurized Sweet Cream Buttermilk, Non Fat Dry Milk, Whey, Yogurt Powder (Nonfat Dry Milk, Nonfat Yogurt Powder (Skim Milk, Culture), Natural Flavors, Citric Acid), Contains Less Than 1% Of Food Starch, Carrageenan, Pectin, Citric Acid, Modified Food Starch. Contains the following live and active cultures: *S. thermophilus*, *L. bulgaricus*, *L. lactis*, *L. acidophilus* and *Bifidobacterium*.

Contains Milk.

TF Lowfat Tart

91584

Nutrition Facts	
Serving Size 1/2 cup (83g)	
Servings Per Container	
Amount Per Serving	
Calories 110	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 45mg	2%
Total Carbohydrate 23g	8%
Dietary Fiber 0g	0%
Sugars 17g	
Protein 3g	
Vitamin A 0%	• Vitamin C 0%
Calcium 8%	• 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
Saturated 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

INGREDIENTS: Pasteurized and Cultured Non Fat Milk, Liquid Sugar (Sugar, Water), Water, Corn Syrup, Pasteurized Non Fat Milk, Cream, Non Fat Dry Milk, Whey, Yogurt Powder (Nonfat Dry Milk, Nonfat Yogurt Powder (Skim Milk, Culture), Natural Flavors, Citric Acid), Pasteurized Sweet Cream Buttermilk, Contains Less Than 1% Of Food Starch, Carrageenan, Pectin, Citric Acid, Modified Food Starch. Contains the following live and active cultures: *S. thermophilus*, *L. bulgaricus*, *L. lactis*, *L. acidophilus* and *Bifidobacterium*.

Contains Milk.

TF Pink Lemonade Sorbet

91571

Nutrition Facts

Serving Size 1/2 Cup (83g)

Servings Per Container

Amount Per Serving

Calories 80 **Calories from Fat 0**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 21g **7%**

Dietary Fiber 0g **0%**

Sugars 14g

Protein 0g

Vitamin A 0% • Vitamin C 4%

Calcium 0% • 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
Saturated 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

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Water, Sugar, Corn Syrup, Lemonade Base (Concentrated Lemon Juice, Water, Lemon Pulp Cells and Lemon Oil), Pectin, Natural Flavor, Fruit Juice and Vegetable Juice (for color).