



Chocolate

Nutrition Facts

Serving Size 1/2 cup (83g)
Servings Per Container

Amount Per Serving

Calories 90	Calories from Fat 5	% Daily Value*
Total Fat 0g		0%
Saturated Fat 0g		0%
Trans Fat 0g		
Cholesterol 5mg		2%
Sodium 100mg		4%
Total Carbohydrate 20g		7%
Dietary Fiber 3g		12%
Sugars 6g		
Sugar Alcohol 2g		

Protein 4g

Vitamin A 0% • Vitamin C 2%

Calcium 15% • Iron 2%

*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 Skim Milk, Maltodextrin, Whey,

Nonfat Dry Milk, Polydextrose, Sorbitol, Dutched Cocoa, Milk Protein

Isolate, Cellulose Gum, Guar Gum, Carrageenan, Cellulose Gel, Modified

Food Starch, Pectin, Natural and Artificial Flavors, Sucralose, Acesulfame

Potassium. Contains the following live and active cultures: *S. thermophilus*,

L. bulgaricus*, *L.lactis* and *L. acidophilus

