

VITAMINS AND MINERALS

NUTRIENTS TO GET LESS OF

NUTRIENTS TO GET MORE OF

EUVALUE DAILY VALUE %

CALORIES

SERVINGS PER CONTAINER

SERVING SIZE

Nutrition Facts

Strawberry Yogurt Smoothie

1 servings per container
Serving size 1 bottle (207 mL)

Amount per serving

Calories 100

% Daily Value *

Total Fat 0.5g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 80mg **3%**

Total Carbohydrate 22g **8%**

Dietary Fiber 3g **11%**

Total Sugars 18g

Includes 14g Added Sugars **28%**

Protein 6g

Vit.D 4mcg 20% • Calcium 280mg 20%

Iron 0mg 0% • Potas. 290mg 6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.