



NUTRITIONAL INFORMATION

PRODUCT	CALORIES	CARBS (g)	FAT (g)	FIBRE (g)	PROTEIN (g)	SUGAR (g)
3.3% B.F. Yogurt Mix						
Regular 5oz	118.3	27.2	5.33	0	0	20.11
Large 7oz	165.62	38.08	7.46	0	0	28.15
Fat Free Yogurt Mix						
Regular 5oz	59.15	15.4	0	0	0	18.95
Large 7oz	82.81	21.56	0	0	0	26.53
Toppings						
Granola 0.5 oz.	64.43	9.28	2.32	1.29	1.804	2.06
Chocolate Gems 0.5 oz	68.73	9.93	3.135	0.4335	0.65	9.27
Rainbow Nerds 0.5 oz	53.16	13.14	0	0.0029	0	12.97
Rainbow Sprinkles 0.5 oz	68.43	11.45	2.69	0	0.027	11.2
Mini M&Ms 0.5 oz	68.67	9.97	2.87	0.42	0.76	9.125
Chocolate Sprinkles 0.5 oz	70	10.5	3.5	0	0	10.5