



**Yoplait ParfaitPro®  
Low Fat Vanilla**

## Nutrition Facts

Serving Size 8 oz (226g)

Serving Per Pouch 8

Amount Per Serving

**Calories** 200

Calories from Fat 10

**% Daily Value\***

**Total Fat** 1.5g 2%

Saturated Fat 1g 4%

Trans Fat 0g

**Cholesterol** 5mg 2%

**Sodium** 105mg 4%

**Total Carbohydrate** 39g 13%

Sugars 28g

**Protein** 7g

Vitamin A 20% • Calcium 20%

Vitamin D 20% • Phosphorus 15%

Not a significant source of dietary fiber, vitamin C and iron.

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

**Ingredients:** Cultured Pasteurized Grade A Low Fat Milk, Sugar, Modified Corn Starch, Kosher Gelatin, Natural Flavor, Potassium Sorbate Added to Maintain Freshness, Vitamin A Acetate, Vitamin D3.