

CINNAMON TWIST

NO SUGAR ADDED

Nutrition Facts

Serving Size 1/2 Cup (83g)

Amount Per Serving

Calories	84	Calories from Fat	0
			% Daily Value*
Total Fat	0g		0%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	77mg		3%
Total Carbohydrate	21g		7%
Dietary Fiber	4g		18%
Sugars	6g		
Protein	3g		

Vitamin A	0%	Vitamin C	1%
Calcium	12%	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: Cultured Skim Milk, Natural and Artificial Flavor (Polydextrose, Water, Natural & Artificial Flavors, Modified Food Starch, Cinnamon, Caramel Color, Citric Acid, Sodium Benzoate and Potassium Sorbate as Preservatives, Aspartame.), Maltodextrin, Sorbitol, Polydextrose, Whey, Glycerin, Stabilizer and Emulsifier (Mono & Diglycerides, Guar Gum, Carrageenan), Sucralose, Acesulfame Potassium. Contains Active Live Cultures: *S. thermophilus*, *L. bulgaricus*, *L. Acidophilus*, *Bifidobacterium ssp.*, *L. rhamnosus*, *L. casei*.

Contains: Milk

**This product is manufactured in a facility that also processes peanuts, tree nuts, eggs, soy, milk, and wheat products.