



YoCrunch Company, LLC
 162 Spring Street
 Naugatuck, CT 06770
 Phone 1-866-YO-CRUNCH
 Fax 203-720-0443
www.yocrunch.com

Nutrition Facts	Pomegranate Blackberry Greek	Pomegranate Acai Blueberry Greek	Acai Raspberry Greek
	1 Container (170g)	1 Container (170g)	1 Container (170g)
Serving Size			
Amount Per Serving			
Calories	180	180	180
Calories from Fat	60	60	60
	% Daily Value*	% Daily Value*	% Daily Value*
Total Fat	7g 11%	7g 11%	7g 11%
Saturated Fat	1g 5%	1g 5%	1g 5%
Trans Fat	0g	0g	0g
Cholesterol	20mg 7%	20mg 7%	20mg 7%
Sodium	65mg 3%	65mg 3%	65mg 3%
Total Carbohydrate	20g 7%	20g 7%	19g 6%
Dietary Fiber	2g 8%	2g 8%	2g 8%
Sugars	14g	14g	14g
Protein	12g 24%	12g 24%	12g 24%
*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	
Protein	50g	65g	
	Vitamin A	8%	8%
	Vitamin C	0%	2%
	Calcium	30%	25%
	Iron	4%	4%
	Vitamin D	15%	15%
	Phosphorus	20%	20%
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4			

INGREDIENTS: GREEK STYLE NONFAT YOGURT: CULTURED PASTEURIZED GRADE A NONFAT MILK, BLACKBERRIES, SUGAR, MILK PROTEIN CONCENTRATE, WHEY PROTEIN CONCENTRATE, POMEGRANATE JUICE, MALTODEXTRIN, FOOD STARCH - MODIFIED, NATURAL FLAVORS, PECTIN, POTASSIUM SORBATE (TO PRESERVE FRESHNESS), VITAMIN A PALMITATE, VITAMIN D3.

ALMOND PIECES

GREEK STYLE NONFAT YOGURT: CULTURED PASTEURIZED GRADE A NONFAT MILK, BLUEBERRIES, SUGAR, MILK PROTEIN CONCENTRATE, WHEY PROTEIN CONCENTRATE, POMEGRANATE JUICE, ACAI, MALTODEXTRIN, FOOD STARCH - MODIFIED, NATURAL FLAVORS, PECTIN, POTASSIUM SORBATE (TO PRESERVE FRESHNESS), VITAMIN A PALMITATE, VITAMIN D3.

ALMOND PIECES.

GREEK STYLE NONFAT YOGURT: CULTURED PASTEURIZED GRADE A NONFAT MILK, RASPBERRIES, SUGAR, MILK PROTEIN CONCENTRATE, WHEY PROTEIN CONCENTRATE, ACAI, MALTODEXTRIN, FOOD STARCH - MODIFIED, NATURAL FLAVORS, PECTIN, POTASSIUM SORBATE (TO PRESERVE FRESHNESS), VITAMIN A PALMITATE, VITAMIN D3.

ALMONDS PIECES