

				Island Oasis				
Serving Size 1/2 cup (4oz)	Non Fat Yogurt		Sugar Free		Sorbet		Smoothie	
	(83g)		(83g)		(83g)		8 fluid ounces	
Amount Per Serving								
Calories	80		80		100		110	
Calories from fat	0		0		0		0	
	% Daily Value		% Daily Value		% Daily Value		% Daily Value	
Total Fat	0g	0%	0	0%	0	0%	0	0%
Saturated fat	0g	0%	0	0%	0	0%	0	0%
Cholesterol	0mg	0%	0mg	0%	0mg	0%	0mg	0%
Sodium	80mg	3%	70mg	3%	15g	<1%	5mg	0%
Potassium	116mg	3%	179mg	5%	10mg	<1%		
Total Carbohydrate	17g	6%	19g	6%	24g	8%	27g	9%
Dietary Fiber	0g	0%	0g	0%	0g	0%	2g	
Sugar Alcohol								
Sugars	15g		6g		18g		19g	
Protein	3g	4%	4g	5%	0g	0%	0g	0%
Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be lower or higher depending on your calorie needs.	Vitamin A		0%		0%		0%	
	Vitamin C		0%		0%		100%	
	Calcium		10%		15%		0%	
	Iron		0%		0%		2%	

* not a significant source of calories from fat, saturated fat, cholesterol, dietary fiber, vitamin A, calcium and iron

Nonfat Yogurt: Cultured Grade A pasteurized skim milk, sucrose, fructose, corn syrup, whey, natural gums (guar and locust bean),

cellulase gum, mono- and diglycerides, polysorbate 80, pectin, dextrose, Lactobacillus Bulgaricus, Streptococcus Thermophilus and Lactobacillus acidophilus.

No sugar, nonfat Yogurt: Cultured Grade A pasturized skim milk, polydextrose, maltodextrin, sorbitol, grade A skim milk powder, sodium citrate,

natural gums (locust bean and guar), aspartame, lactobacillus bulgaricus, streptococcus thermophilus and lactobacillus acidophilus.