



Wake Robin

A Family Farm

yo gurt

APPROXIMATE NUTRITIONAL INFORMATION

Plain

Vanilla

Maple

Calories (g)	170 to 210	200 to 240	230 to 270
Total Fat (g)	12 to 15	11 to 14	11 to 14
Saturated Fat (g)	8 to 10	8 to 9	7 to 9
Trans Fat (g)	0 to 0	0 to 0	0 to 0
Cholesterol (mg)	30 to 50	30 to 45	30 to 40
Sodium (mg)	100 to 155	100 to 150	95 to 140
Total Carbs (g)	7 to 9	18 to 19	26 to 28
Dietary Fiber (g)	0 to 0	0 to 0	0 to 0
Sugars (g)	6 to 7	16 to 18	25 to 26
Protein (g)	8 to 10	8 to 9	7 to 9
Calcium	About 35%	About 33%	About 30%

Serving Size 1 Cup • About 4 Servings per Quart