

Colombo Yogurt Choices



Colombo



Product Name	Calories	Carbs	Protein	Fat	Saturated Fat	Sodium	Sugar	Potassium	Calcium
Colombo Yogurt <i>(based on 8oz serving)</i>									
Blueberry	220 kcal	42 g	7 g	2 g	1.5 g	115 mg	36 g	330 mg	20%
Strawberry	220 kcal	42 g	7 g	2 g	1.5 g	115 mg	36 g	330 mg	20%
Raspberry	220 kcal	42 g	7 g	2 g	1.5 g	115 mg	36 g	330 mg	20%
Strawberry/Banana	230 kcal	47 g	7 g	2 g	1.5 g	90 mg	42 g	330 mg	20%
Assorted Lites	120 kcal	21 g	7 g	0 g	0 g	110 mg	15 g	320 mg	35%
Vanilla Low-fat	180 kcal	32 g	8 g	2.5 g	1.5 g	120 mg	26 g	320 mg	25%

Yogurt is a great source of protein, potassium and calcium as part of your diet.

Try assorted lites and low-fat yogurt as an alternative versus the Classic blends of Colombo which can be high in calories.

Choose the yogurt that will be most beneficial to you!