

LOWFAT COTTAGE CHEESE

PURITY CULTURED PRODUCTS

Nutrition Facts

Serving Size 1/2 cup (113g)
 Servings Per Container

Amount Per Serving

Calories 80 Calories from Fat 10

% Daily Value*

Total Fat 1.5g	2%
Saturated Fat 1g	4%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 470mg	20%
Total Carbohydrate 5g	2%
Dietary Fiber 0g	0%
Sugars 4g	
Protein 12g	24%

Vitamin A 4%	•	Vitamin C 2%
Calcium 10%	•	Iron 0%

* Percent Daily Values are based on a 2000 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
Sat 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

Calories per gram:
 Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Grade A cultured nonfat milk, milk, nonfat milk, lowfat cultured buttermilk (Cultured nonfat milk, cream, salt, food starch - modified, locust bean gum, mono and diglycerides, carrageenan, dextrose, sodium citrate, vitamin A palmitate, vitamin D3), grade A whey, salt, guar gum, citric acid, locust bean gum, distilled acetylated monoglycerides, carrageenan, starch, sodium and potassium phosphates, artificial color, natural and artificial flavor, phosphoric acid, culture, vitamin A palmitate, enzymes.

Contains: milk