

NOFAT COTTAGE CHEESE

PURITY CULTURED PRODUCTS

Nutrition Facts	
Serving Size 1/2 cup (113g)	
Servings Per Container	
Amount Per Serving	
Calories 80	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 470mg	20%
Potassium 170mg	5%
Total Carbohydrate 6g	2%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 12g	25%
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
Potassium	3,500mg 3,500mg
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, nonfat milk, cultured lowfat buttermilk (cultured nonfat milk*, cream*, salt, food starch - modified, locust bean gum, mono and diglycerides, carrageenan, dextrose, sodium citrate, vitamin A palmitate, vitamin D3), milk*, whey, salt, guar gum, citric acid, locust bean gum, acetylated monoglycerides, carrageenan, sodium phosphate (tetrasodium pyrophosphate), monopotassium phosphate, artificial color, natural and artificial flavor, phosphoric acid, Lactobacillus acidophilus, Bifidobacterium, vitamin A palmitate, enzymes.

*Adds a trivial amount of fat.

Contains: milk