

# The YOGURT TASTE you love in FAMILY SIZE.

















Lowfat and Nonfat  
for Children  
2-5yo and Moms



Whole Milk for  
Children 12-24mo

## Cooking with Yogurt

Swap everyday ingredients with yogurt and make the recipes you already love, even better!

Ingredient	Substitute
1 Cup of Sour Cream 	 1 Cup of Dannon® Plain Yogurt
1 Egg 	 1/4 Cup of Dannon® Plain Yogurt
1 Cup of Oil 	 3/4 Cup of Dannon® Plain Yogurt +  1/2 Cup of Oil
1 Cup of Butter 	 1/4 Cup of Dannon® Plain Yogurt +  1/2 Cup of Butter
1 Cup of Buttermilk 	 1 Cup of Dannon® Plain Yogurt OR  2/3 Cup of Dannon® Plain Yogurt +  1/3 Cup of Milk

For more information and to discover all our WIC\* products\*\* in your state, please visit: <http://www.danonenorthamerica.com/wic/>

\*WIC is a registered service mark of the U.S. Department of Agriculture for USDA's Special Supplemental Nutrition Program for Women, Infants and Children. \*\*These products meet the minimum Federal requirements for the Women, Infants and Children Supplemental Nutrition Program (7 CFR section 246.10). Please check for eligibility of these products with your state/agency WIC program.





## Dannon® Nonfat Plain

Size: 32 oz | UPC: 036632002518



Nutrition Facts	
Serving Size 1 Cup (225g) Servings Per Container About 4	
Amount Per Serving	
<b>Calories 120</b>	<b>Calories from Fat 0</b>
% Daily Value*	
<b>Total Fat 0g</b>	<b>0%</b>
<b>Saturated Fat 0g</b>	<b>0%</b>
<b>Trans Fat 0g</b>	
<b>Cholesterol 10mg</b>	<b>3%</b>
<b>Sodium 150mg</b>	<b>6%</b>
<b>Potassium 510mg</b>	<b>15%</b>
<b>Total Carbohydrate 19g</b>	<b>6%</b>
<b>Dietary Fiber 0g</b>	<b>0%</b>
<b>Sugars 16g</b>	
<b>Protein 11g</b>	<b>22%</b>
Vitamin A 0%	Vitamin C 0%
Calcium 40%	Iron 0%
*Percent Daily Values are based on a 2,000 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

INGREDIENTS: CULTURED GRADE A NON FAT MILK, TAPIOCA STARCH.  
CONTAINS ACTIVE YOGURT CULTURES INCLUDING *L. ACIDOPHILUS*

## Dannon® Lowfat Plain

Size: 32 oz | UPC: 036632002020



Nutrition Facts	
Serving Size 1 Cup (225g) Servings Per Container about 4	
Amount Per Serving	
<b>Calories 150</b>	<b>Calories from Fat 30</b>
% Daily Value*	
<b>Total Fat 3.5g</b>	<b>5%</b>
<b>Saturated Fat 2.5g</b>	<b>13%</b>
<b>Trans Fat 0g</b>	
<b>Cholesterol 15mg</b>	<b>5%</b>
<b>Sodium 150mg</b>	<b>6%</b>
<b>Potassium 500mg</b>	<b>14%</b>
<b>Total Carbohydrate 19g</b>	<b>6%</b>
<b>Dietary Fiber 0g</b>	<b>0%</b>
<b>Sugars 16g</b>	
<b>Protein 11g</b>	<b>22%</b>
Vitamin A 0%	Vitamin C 0%
Calcium 40%	Iron 0%
Riboflavin 45%	Vitamin B <sub>12</sub> 0%
Phosphorus 30%	
*Percent Daily Values are based on a 2,000 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

INGREDIENTS: CULTURED GRADE A REDUCED FAT MILK, FOOD STARCH.  
CONTAINS ACTIVE YOGURT CULTURES INCLUDING *L. ACIDOPHILUS*

## Dannon® Whole Milk Plain

Size: 32 oz | UPC: 036632002822



Nutrition Facts	
Serving Size 1 Cup (225g) Servings Per Container about 4	
Amount Per Serving	
<b>Calories 150</b>	<b>Calories from Fat 70</b>
% Daily Value*	
<b>Total Fat 8g</b>	<b>12%</b>
<b>Saturated Fat 5g</b>	<b>25%</b>
<b>Trans Fat 0g</b>	
<b>Cholesterol 20mg</b>	<b>7%</b>
<b>Sodium 115mg</b>	<b>5%</b>
<b>Potassium 390mg</b>	<b>11%</b>
<b>Total Carbohydrate 11g</b>	<b>4%</b>
<b>Dietary Fiber 0g</b>	<b>0%</b>
<b>Sugars 11g</b>	
<b>Protein 8g</b>	<b>16%</b>
Vitamin A 4%	Vitamin C 4%
Calcium 30%	Iron 0%
Riboflavin 30%	Vitamin B <sub>12</sub> 15%
Phosphorus 25%	
*Percent Daily Values are based on a 2,000 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

INGREDIENTS: CULTURED GRADE A MILK.  
CONTAINS ACTIVE YOGURT CULTURES INCLUDING *L. ACIDOPHILUS*