



NUTRITION FACTS

LOWFAT COTTAGE CHEESE

1.5% Milk fat

Serving Size: 1/2 CUP (113g)

Amount Per Servings

Calories 90

Calories from Fat 15

	% Daily Value*
Total Fat 2g	3%
Saturated Fat 1.5g	8%
Trans Fat 0g	0%
Cholesterol 5mg	2%
Sodium 380mg	16%
Total Carbohydrate 4g	1%
Dietary Fiber 0g	0%
Protein Less than 14g	

Vitamin A 4%

Vitamin C 0%

Calcium 8%

Iron 0%

*Percent Daily Values are based on a 2000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300mg	375mg
Dietary Fiber		25g	30g
Protein		50g	70g

Ingredients: Cultured Pasteurized Nonfat Milk, Milk, Cream Salt, Stabilizers (Guar Gum, Lecithin (Soy) Xanthan Gum, Carrageenan, Locust Bean Gum), Vitamin A Palmitate.