

TOTAL BITES + YOGURT

NUTRITION FACTS	ORIGINAL TOTAL BITES	NONFAT YOGURT	COMBINED NUTRITIONAL VALUE
Serving size (g)	30g	8oz	30g + 8oz
Grain ounce equivalency	1	0	1
Whole grain (g/svg)	17.77g	0	17.77g
Calories	120	90	210
Total fat (g)	4g	0g	4g
Cholesterol (mg)	0g	5mg	5mg
Sodium (mg)	100mg	130mg	230mg
Potassium (mg)	70mg	0mg	70mg
Total Carbohydrates (g)	20g	14g	34g
Dietary Fiber (g)	2g	0g	2g
Sugars (g)	6g	13g	19g
Protein (g)	2g	9g	11g
Micronutrients (% DV)			
Vit A	20%		20%
Calcium	15%	30%	45%
Iron	10%		10%
Vitamin C	25%	4%	29%
Vitamin D	15%		15%
Vitamin E	15%		15%
Vitamin K	15%		15%
Thiamin	35%		35%
Riboflavin	35%		35%
Niacin	35%		35%
Pantothenic acid	15%		15%
Folic acid	2%		2%
Vitamin B12	15%		15%
Vitamin B6	35%		35%
Phosphorus	20%		20%
Iodine	15%		15%
Magnesium	15%		15%
Zinc	5%		5%
Selenium	2%		2%
Copper	2%		2%
Manganese	5%		5%

TOTAL BITES + 2% MILK

ORIGINAL TOTAL BITES	2% MILK	COMBINED NUTRITIONAL VALUE
30g	8 oz	30g + 8 oz
1	0	1
17.77g	0	17.77g
120	122	242
4g	5g	9g
0g	20mg	20mg
100mg	100mg	200mg
70mg	0	70mg
20g	12g	32g
2g	0	2g
6g	12g	18g
2g	8g	10g
Micronutrients (% DV)		
20%	9%	29%
15%	29%	44%
10%		10%
25%	1%	26%
15%	25%	40%
15%		15%
15%		15%
35%		35%
35%		35%
35%		35%
15%		15%
2%		2%
15%		15%
35%		35%
20%		20%
15%		15%
15%		15%
5%		5%
2%		2%
2%		2%
5%		5%