

tappys yogurt

NON FAT	Serving Size	Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron	Gluten Free	Kosher Certified	Certified Live and Active Cultures	Dairy Free
Banana	4oz	100	0g	0g	0g	0mg	80mg	21g	0g	14g	3g	0%	2%	10%	0%				
Banana Pudding	4oz	100	0g	0g	0g	0mg	55mg	22g	0g	16g	3g	0%	2%	15%	0%				
Birthday Cake*	4oz	100	0g	0g	0g	0mg	55mg	22g	0g	16g	3g	0%	2%	15%	0%				
Blueberry Bliss	4oz	100	0g	0g	0g	0mg	70mg	22g	0g	16g	2g	0%	0%	10%	0%				
Blackberry Blast	4oz	100	0g	0g	0g	0mg	70mg	22g	0g	16g	2g	0%	2%	10%	0%				
Candy Cane	4oz	100	0g	0g	0g	5mg	70mg	22g	0g	15g	3g	0%	0%	10%	0%				
Cappaccino	4oz	100	0g	0g	0g	5mg	85mg	21g	0g	14g	4g	0%	2%	15%	2%				
Chocolate Mint	4oz	120	0g	0g	0g	0g	40mg	26g	0g	18g	3g	0%	2%	10%	6%				
Classic Chocolate	4oz	110	0g	0g	0g	5mg	90mg	24g	0g	20g	3g	0%	0%	10%	2%				
Cookies & Cream**	4oz	110	0g	0g	0g	0mg	85mg	24g	0g	17g	2g	0%	0%	8%	2%				
Country Vanilla	4oz	100	0g	0g	0g	5mg	75mg	20g	0g	14g	3g	0%	0%	10%	0%				
Eggnog*	4oz	100	0g	0g	0g	5mg	75mg	22g	0g	16g	2g	0%	0%	800%	0%				
Irish Mint*	4oz	100	0g	0g	0g	5mg	70mg	22g	0g	16g	3g	0%	0%	10%	0%				
Island Coconut	4oz	100	0g	0g	0g	0mg	55mg	22g	0g	16g	3g	0%	2%	15%	0%				
NY Cheesecake	4oz	100	0g	0g	0g	5mg	80mg	23g	0g	16g	3g	0%	0%	10%	0%				
Orange Burst	4oz	100	0g	0g	0g	5mg	85mg	22g	0g	15g	3g	0%	2%	10%	0%				
Peach Perfection	4oz	100	0g	0g	0g	0mg	70mg	23g	0g	15g	2g	0%	2%	8%	0%				
Peach Mango	4oz	100	0g	0g	0g	0mg	55mg	22g	0g	18g	3g	8%	10%	10%	0%				
Pistachio	4oz	100	0g	0g	0g	5mg	85mg	22g	0g	16g	3g	0%	0%	10%	0%				

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NON FAT																			
Pumpkin Pie	4oz	110	0g	0g	0g	0mg	95mg	22g	0g	15g	3g	4%	2%	15%	0%				
Rootbeer Float	4oz	100	0g	0g	0g	5mg	85mg	22g	0g	16g	3g	0%	0%	10%	0%				
Snickerdoodle	4oz	100	0g	0g	0g	5mg	75mg	20g	0g	14g	3g	0%	0%	10%	0%				
Strawberry	4oz	90	0g	0g	0g	0mg	70mg	20g	0g	14g	3g	0%	4%	10%	0%				
White Chocolate Macadamia	4oz	100	0g	0g	0g	5mg	80mg	21g	0g	15g	3g	0%	0%	10%	0%				
NON FAT ENERGY & VITAMIN BOOST																			
Acai	4oz	120	0g	0g	0g	0g	90mg	24g	0g	23g	4g	0%	2%	15%	0%				
Pomegranate	4oz	120	0g	0g	0g	0g	90mg	24g	0g	23g	4g	0%	2%	15%	0%				
<i>Supplemental nutritional info for the added vitamin and energy boost available upon request.</i>																			
LOW FAT																			
Cake Batter*	4oz	132	1g	0g	0g	2mg	151mg	28g	0g	18g	4g	0%	1%	13%	1%				
English Toffee	4oz	131	2g	1g	0g	3mg	134mg	26g	0g	18g	3g	1%	1%	12%	0%				
Espresso	4oz	120	3g	2g	0g	5mg	60mg	19g	0g	16g	4g	2%	4%	15%	0%				
Peanut Butter	4oz	140	5g	2.5g	0g	10mg	110mg	19g	1g	13g	4g	2%	2%	10%	0%				
Red Velvet Cake*	4oz	140	3.5g	2g	0g	20mg	95mg	25g	0g	19g	3g	2%	0%	10%	2%				
NO SUGAR ADDED																			
Pecan Praline	4oz	80	0g	0g	0g	0mg	80mg	18g	0g	6g	4g	0%	2%	15%	0%				
Strawberry Banana	4oz	80	0g	0g	0g	0mg	80mg	18g	0g	6g	4g	0%	2%	15%	0%				
Vanilla	4oz	80	0g	0g	0g	5mg	85mg	19g	0g	6g	4g	0%	2%	15%	0%				
Chocolate	4oz	80	0g	0g	0g	5mg	95mg	20g	0g	6g	4g	0%	2%	15%	2%				
SORBET																			
Mango	4oz	80	0g	0g	0g	0mg	0mg	21g	0g	15g	0g	2%	2%	0%	0%				
Berry	4oz	90	0g	0g	0g	0mg	5mg	21g	0g	16g	0g	0%	10%	0%	0%				
Limeade	4oz	90	0g	0g	0g	0mg	0mg	23g	0g	14g	0g	0%	20%	0%	0%				

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Kiwi Strawberry	4oz	80	0g	0g	0g	0mg	0mg	21g	0g	15g	0g	0%	6%	0%	0%				
NON FAT TART																			
Raspberry Tart	4oz	110	0g	0g	0g	0mg	65mg	22g	0g	21g	4g	0%	2%	15%	0%				
Tappy's Original	4oz	90	0g	0g	0g	0mg	60mg	20g	0g	13g	3g	2%	2%	10%	0%				

* contains eggs

**contains eggs & soy