



MARKETING

45% fewer calories than average non-Greek yogurt. Light & Fit® Nonfat Yogurt has 80 calories and 0g fat compared to 150 calories and 3g fat in average non-Greek yogurt.

Nutrition Facts

5 Servings per container

Serving Size3/4 CUP

Amount Per Serving

Calories80

% Daily Value*

Total Fat 0 g0%

Saturated Fat 0 g0%

Trans Fat 0 g

Cholesterol 5 mg1%

Sodium 85 mg4%

Total Carbohydrates 15 g5%

Dietary Fiber 0 g0%

Total Sugars 10 g

Includes 4 g Added Sugars8%

Protein 5 g

Vitamin D 1.5 mcg8%

Calcium 180 mg15%

Iron 0 mg0%

Potassium 230 mg4%

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

PRODUCT SPECIFICATIONS

Code		GTIN		Pack Description		
5803		20036632002604				
Brand		Brand Owner		GPC Description		
LIGHT & FIT		Danone US, LLC		Yogurt (Perishable)		
Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition	
12.81 LBR	12 LBR	No	United States	Yes	No	
Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
14.5 INH	9.563 INH	5.375 INH	0.431 FTQ	13x12	25 Days	38 FAH / 45 FAH
Traceability Regulation						
Regulation Type Code		Regulatory Act	Trade Item Regulation Compliant		Regulation Restrictions and Descriptors	
N/A		N/A	N/A		N/A	

HANDLING SUGGESTIONS

This product is a quart plastic container that has both a foil seal for freshness and a resealable plastic lid. Each container is marked with an individual UPC code that can be scanned. This product must be stored in refrigeration. Product should be stored in an upright position.

- ALLERGENS
- C = 'Contains' ; MC = 'May Contain' ; N = 'Free From' ; UN = 'Undeclared' ; INII = 'Intentionally nor Inherently Included' ; 50 = 'Derived from Ingredients' ; 60 = 'Not Derived From Ingredients' ; NI = 'No Info'

Milk - C

Eggs - N

Soybean - N

Wheat - N

Sesame - N

AU - N

Peanuts - N

Tree - N

Fish - N

Shellfish - NI

Crustaceans - N
- INGREDIENTS

CULTURED GRADE A NON FAT MILK, WATER, MODIFIED FOOD STARCH, CANE SUGAR, CONTAINS LESS THAN 1% NATURAL AND ARTIFICIAL FLAVORS, KOSHER GELATIN, SUCRALOSE, ACESULFAME POTASSIUM, SODIUM CITRATE, CITRIC ACID, VITAMIN A PALMITATE, VITAMIN D3 ACTIVE YOGURT CULTURES: L. BULGARICUS & S. THERMOPHILUS
- Last Saved: 25 March 2025 | Printed: 15 July 2026

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20036632002604 - YOGURT LIGHT & FIT VANILLA NON FAT

PREPARATION & COOKING SUGGESTIONS

This product can be portioned from the container and served in various methods. It can be consumed without any additional cooking for use in such recipes as parfaits, smoothies or dips. It can be used in recipes for soups, salad dressings, prepared salads, or any other alternatives to sour cream or mayonnaise. In these recipes it may require additional cooking/preparation.

SERVING SUGGESTIONS

This product can be consumed on it's own as a part of a healthy meal or snack, or used as an ingredient in parfaits, smoothies, dips, soups, salad dressings, marinades, prepared salads, etc.

MORE INFORMATION