Get Up & Move!

Yogurt Fruit Sundae

Lowfat vanilla flavored yogurt – ½ cup per person
Fresh, canned or frozen fruit, chopped – ¼ cup per person
Lowfat granola – 2 tablespoons per person
Chopped nuts – ½ tablespoon per person

Place yogurt in small dish. Top with fruit, granola and nuts. Offer a variety of fruits. Each person can make his/her own sundae.

Nutrition Facts

Serving Size (169g)
Servings Per Container per serving

Amount Per Serving

Calories 210	Calories from Fat 50
	% Daily Value*
Total Fat 6g	**9%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 10mg	**3%**
Sodium 105mg	**4%**
Total Carbohydrate 33g	**11%**
Dietary Fiber 2g	**8%**
Sugars 24g	
Protein 6g	

Vitamin A 10% • Vitamin C 40%
Calcium 20% • Iron 2%

*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
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

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