



YOGURT CALCIUM COMPARISON

<u>ITEM & Serving Size</u>	<u>Calcium (milligrams)*</u>
DANNON All Natural Nonfat Yogurt (Plain), 8 oz**	400
DANNON All Natural Nonfat Yogurt (Plain), 6 oz	300
DANNON All Natural Lowfat Yogurt (Plain), 8 oz**	400
DANNON All Natural Lowfat Yogurt (Plain), 6 oz	300
DANNON All Natural Yogurt (Plain full fat), 8 oz**	300
DANNON LIGHT & FIT Nonfat Yogurt, 6 oz	200
DANNON LIGHT & FIT Nonfat Yogurt, 4 oz	100
DANNON LIGHT 'N FIT Creamy Nonfat Yogurt, 6 oz	200
DANNON LIGHT & FIT Smoothie, 7 fl oz	150
DANNON LIGHT & FIT Carb & Sugar Control Yogurt, 4 oz	150
DANNON LIGHT & FIT Carb & Sugar Control Smoothie, 7 fl oz	150
DANNON DANIMALS CUP Lowfat Yogurt, 4 oz	300
DANNON DANIMALS Drinkable Smoothie, 3.1 fl oz	250
DANNON DANIMALS XL Drinkable Smoothie, 5.75 fl oz	450
DANNON DANIMALS SPRINKL'INS Lowfat Yogurt, 4.1 oz	300
DANNON Fruit Blends Yogurt, 8 oz**	300
DANNON Fruit Blends Yogurt, 6 oz	200
DANNON Fruit Blends Yogurt, 4 oz	150
DANNON All Natural Lowfat Yogurt (Fruited), 4 oz	150
DANNON Fruit on the Bottom Lowfat Yogurt, 6 oz (strawberry, raspberry, strawberry banana, pineapple)	200 250
DANACTIVE Probiotic Dairy Drink, 3.3 fl oz	100
DANNON Activia, 4 oz	150
DANNON Activia Light, 4 oz (raspberry, blueberry, peach, strawberry)	150
DANNON Activia Light, 4 oz (vanilla)	200

**Based on % DVs that appear on the Nutrition Facts panel which are derived from rounded values.*

***8 oz serving from a 32 oz container*
