Dairy	Ser. Sz	Calories	Fat	Sat. Fat	Protien	Total Carbs	Sodium
Fat Free Choc.	1/2 Pint	110	0	0	8	20	180
Fat Free Straw.	1/2 Pint	120	0	0	8	22	120
Fat Free Unflavored	1/2 Pint	80	0	0	8	11	120
1% Unflavored	1/2 Pint	110	2.5	1.5	8	13	130
1% Chocolate	1/2 Pint	160	2.5	2	8	26	240
1% Strawberry	1/2 Pint	140	2.5	1.5	8	22	105