



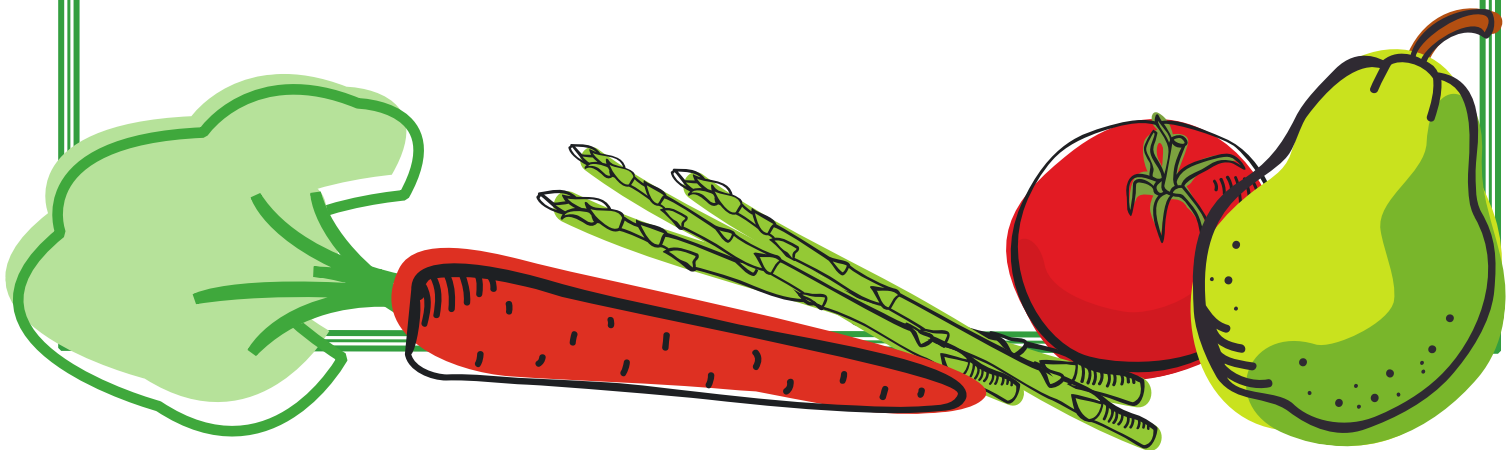
Juice Float

Servings: 1
Serving Size: 1 cup

Ingredients:
 1 cup 100% fruit juice
 Frozen fruit flavored yogurt

Directions:
 1. Put a scoop or large spoonful of frozen fruit yogurt in your cup; fruit juice on top; mix with spoon.

Nutrition Facts	
Serving Size 1 cup (303g)	
Servings Per Container	
Amount Per Serving	
Calories 130	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 32g	11%
Dietary Fiber 0g	0%
Sugars 31g	
Protein 0g	
Vitamin A 0%	• Vitamin C 25%
Calcium 0%	• 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 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



For more recipes: www.eatsmart.umd.edu

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