



Fruited Individual Parfait

Ingredients

2/3 cup low fat vanilla flavored yogurt

2 Tablespoons sliced strawberries

2 Tablespoons blueberries

2 Tablespoons canned mandarin oranges, drained

2 Tablespoons granola

Makes 1 serving

Instructions

1. Wash all fresh fruit in cold water and drain well.
2. Start with 1/3 cup yogurt.
3. Layer variety of fruit.
4. Add another 1/3 cup yogurt and top with granola.

Nutrition Facts

Serving Size 1 cup
 Servings Per Container 1

Amount Per Serving	
Calories 210	Calories from Fat 25
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 110mg	5%
Total Carbohydrate 38g	13%
Dietary Fiber 2g	8%
Sugars 29g	
Protein 10g	
Vitamin A 8%	• Vitamin C 40%
Calcium 30%	• Iron 4%

*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

13% calories from fat

Source: Cornell Cooperative Extension of Schoharie County.

January 2010



In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disabilities.

This material was funded by USDA's Food Stamp Program and Expanded Food and Nutrition Education Program.

