DAIRY

S/B Daily Intake			20gr	25gr	50gr	
FOOD	**Serving**	**Calories**	**Sat.Fat**	**Sugar**	**Protien**	**POINTS**
DAIRY						
Activia Yogurt Peach	1 Container	90	1	13	4	4
Butter Smart Balance Light	1 TBL	50	1.5	0	0	2
Coolwhip Sugar Free	2-TBL	20	1	0	0	1
Cottage Cheese Knudsen Peach	1 Container	110	1.5	11	9	4
Cottage Cheese Knudsen Pinapple	1 Container	110	1.5	11	9	4
Egg Hard Boiled	1 Large	78	1.634	0.56	6.29	2
Egg Whites	1 Large	17	0	0.2	3.6	0
Egg Whites Container	1 Cup	125	0	2	26	2
Eggs Whole	1 Large	78	1.6	0.6	6	2
Ice Cream Soft Chocolate	1/2 Cup	177	5.165	23.22	3.2	9
Kefir Lifeway Milk	1 Cup	120	1.5	12	11	4
Milk Almond Unsweetend	1 Cup	50	0	1	1	2
Milk Powder Bobs Red Mill	1 Cup	80	0	11	7	3
Milk Powder Bobs Red Mill	1/2 Cup	40	0	6	4	2
Milk Powder Instant Walmart	1/2 Cup	40	0	6	4	2
Milk Powder Instant Walmart	1 Cup	80	0	12	8	3
Milk Rice Dream Unsweetened	1 Cup	70	0	0	0	2
Plant Base Protien Milk Ripple From Sprouts	1 Cup	70	0	0	8	1
Ricotta cheese Part Skim	1/4 Cup	80	2.5	1	5	3
Yogurt Fage	1 Cup	130	0	9	23	3
TOTALS						