



## EXCHANGE LIST

Approximate Values derived from Exchange Lists for Meal Planning  
by The American Diabetes Association and The American Dietetic Association.2003

DANNON All Natural Nonfat Yogurt (Plain), 8 oz\*\*  
1 fat-free/low-fat milk exchange

DANNON All Natural Nonfat Yogurt (Plain), 6 oz  
1 fat-free/low-fat milk exchange

DANNON All Natural Lowfat Yogurt (Plain), 8 oz\*\*  
1 ½ fat-free/low-fat milk exchanges

DANNON All Natural Lowfat Yogurt (Plain), 6 oz  
1 fat-free/low-fat milk exchange

DANNON All Natural Yogurt (Plain full fat), 8 oz\*\*  
1 whole milk exchange

DANNON All Natural Lowfat Yogurt (Flavored, Set Style), 8 oz\*\*  
1 fat-free/low-fat milk exchange plus 1½ carbohydrate exchanges

DANNON All Natural Lowfat Yogurt (Flavored, Set Style), 6 oz  
1 fat-free/low-fat milk exchange plus 1 carbohydrate exchange

DANNON All Natural Lowfat Yogurt (Fruited, Blended Style), 4 oz  
1 fat-free/low-fat milk exchange plus ½ carbohydrate exchange

DANNON All Natural Yogurt (Plain full fat), 6 oz  
1 whole milk exchange

DANNON LIGHT & FIT Nonfat Yogurt, 6 oz  
1 fat-free/low-fat milk exchange

DANNON LIGHT & FIT Nonfat Yogurt, 4 oz  
1 fat-free/low-fat milk exchange

DANNON LIGHT & FIT 0% PLUS Nonfat Yogurt, 4 oz  
1 fat-free/low-fat milk exchange

DANNON LIGHT & FIT 0% PLUS Smoothie, 7 fl oz  
1 fat-free/low-fat milk exchange

DANNON LIGHT & FIT Carb & Sugar Control Yogurt, 4 oz  
1/2 reduced-fat milk exchange

DANNON LIGHT & FIT Carb & Sugar Control Smoothie, 7 fl oz  
1/2 reduced-fat milk exchange

DANNON DANIMALS CRUSHED CUP, 4oz  
1 fat-free/low-fat milk exchange

DANNON DANIMALS *Drinkable* Lowfat Yogurt, 3.1 fl oz  
1 fat-free/low-fat milk exchange

**EXCHANGE LIST contd.**



DANNON DANONINO Dairy Snack, 1.76 oz  
1/2 whole milk exchange

DANNON Fruit Blends Yogurt, 8 oz\*\*  
1 fat-free/low-fat milk exchange plus 1½ carbohydrate exchanges

DANNON Fruit Blends Yogurt, 6 oz  
1 fat-free/low-fat milk exchange plus 1 carbohydrate exchange

DANNON Fruit Blends Yogurt, 4 oz  
1 fat-free/low-fat milk exchange plus ½ carbohydrate exchange

DANNON Fruit on the Bottom Lowfat Yogurt, 6 oz  
1 fat-free/low-fat milk exchange plus 1 carbohydrate exchange

DANACTIVE Cultured Dairy Drink, 3.1 fl oz  
1 fat-free/low-fat milk exchange

DANACTIVE Light Cultured Dairy Drink, 3.1 fl oz  
1/2 fat-free/low-fat milk exchange

DANNON ACTIVIA, 4 oz  
1 fat-free/low-fat milk exchange

DANNON ACTIVIA LIGHT, 4 oz  
1 fat-free/low-fat milk exchange

DANNON ACTIVIA, 8 oz  
1 reduced-fat milk exchange plus 1 carbohydrate exchange

DANNON ACTIVIA LIGHT, 8 oz  
1 reduced-fat milk exchange

DANNON ACTIVIA FIBER, 4oz  
1 fat-free/low-fat milk exchange

DANNON ACTIVIA DRINKS, 5.75 fl oz  
2 fat-free/low-fat milk exchange

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



## CARBOHYDRATE COUNTING LIST

Approximate Values derived from Basic Carbohydrate Counting  
by The American Diabetes Association and The American Dietetic Association.2003

***If you count carbohydrates to manage your diabetes, it's important to know that the carbohydrate, calorie and fat content of yogurt varies, depending on the type. Read the Nutrition Facts panel on the food labels on Dannon yogurts for details.***

DANNON All Natural Nonfat Yogurt (Plain), 8 oz\*\*  
Carbohydrate or Milk Servings\* 1

DANNON All Natural Nonfat Yogurt (Plain), 6 oz  
Carbohydrate or Milk Servings\* 1

DANNON All Natural Lowfat Yogurt (Plain), 8 oz\*\*  
Carbohydrate Choices\* 1

DANNON All Natural Lowfat Yogurt (Plain), 6 oz  
Carbohydrate or Milk Servings\* 1

DANNON All Natural Yogurt (Plain full fat), 8 oz\*\*  
Carbohydrate or Milk Servings\* 2

DANNON All Natural Lowfat Yogurt (Flavored, Set Style), 8 oz\*\*  
Carbohydrate or Milk Servings\* 2

DANNON All Natural Lowfat Yogurt (Flavored, Set Style), 6 oz  
Carbohydrate or Milk Servings\* 1 1/2

DANNON All Natural Lowfat Yogurt (Fruited), 4 oz  
Carbohydrate or Milk Servings\* 1 1/2

DANNON LIGHT & FIT Nonfat Yogurt, 6 oz  
Carbohydrate or Milk Servings\* 1

DANNON LIGHT & FIT Nonfat Yogurt, 4 oz  
Carbohydrate or Milk Servings\* 1

DANNON LIGHT & FIT 0% PLUS Nonfat Yogurt, 4 oz  
Carbohydrate or Milk Servings\* 1

DANNON LIGHT & FIT 0% Plus Smoothie, 7 fl oz  
Carbohydrate or Milk Servings\* 1

DANNON LIGHT & FIT Carb & Sugar Control Yogurt, 6 oz  
Carbohydrate or Milk Servings \* 0

DANNON LIGHT & FIT Carb & Sugar Control Yogurt, 4 oz  
Carbohydrate or Milk Servings\* 0

DANNON LIGHT & FIT Carb & Sugar Control Smoothie, 7 fl oz  
Carbohydrate or Milk Servings\* 0

DANNON DANIMALS CRUSHED CUP, 4oz  
Carbohydrate or Milk Servings\*

DANNON DANIMALS Drinkable Lowfat Yogurt, 3.1 fl oz  
Carbohydrate or Milk Servings\* 1

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**CARBOHYDRATE COUNTING LIST contd.**

DANNON DANONINO Dairy Snack, 1.76 oz	
Carbohydrate or Milk Servings*	1/2
DANNON Fruit Blends Yogurt, 8 oz**	
Carbohydrate or Milk Servings*	3
DANNON Fruit Blends Yogurt, 6 oz	
Carbohydrate or Milk Servings*	2
DANNON Fruit Blends Yogurt, 4 oz	
Carbohydrate or Milk Servings*	1 1/2
DANNON Fruit on the Bottom Lowfat Yogurt, 6 oz	
Carbohydrate or Milk Servings*	2
DANACTIVE Cultured Dairy Drink, 3.1 fl oz	
Carbohydrate or Milk Servings*	1
DANACTIVE LIGHT Cultured Dairy Drink, 3.1 fl oz	
Carbohydrate or Milk Servings*	1/2
DANNON ACTIVIA, 4 oz	
Carbohydrate or Milk Servings*	1
DANNON ACTIVIA LIGHT, 4 oz	
Carbohydrate or Milk Servings*	1
DANNON ACTIVIA, 8 oz	
Carbohydrate or Milk Servings*	2 1/2
DANNON ACTIVIA LIGHT, 8 oz	
Carbohydrate or Milk Servings*	1
DANNON ACTIVIA FIBER, 4oz	
Carbohydrate or Milk Servings*	1
DANNON ACTIVIA Drinks, 5.75 fl oz	
Carbohydrate or Milk Servings*	2

\*1 serving = 11- 20 g carbohydrates  
\*\*8 oz serving from a 32 oz container

**REFERENCES:**

- 1) *Exchange Lists for Meal Planning* by The American Diabetes Association and The American Dietetic Association. 2003
- 2) *Basic Carbohydrate Counting* by The American Diabetes Association and The American Dietetic Association. 2003