



[Home](#)

[Our Products](#)

[Promotions](#)

[About Dannon](#)

[Dannon Cares](#)

[Healthy Lifestyles](#)

[Recipes](#)

[What's New](#)

[For Parents](#)

[Careers](#)

[Contact Us](#)

DannMail
Newsletters and more



eFAQs

Q: How long after the date is the yogurt good?

A: The date stamped on all Dannon products is a suggested "best if consumed by" date. The date on the package reflects the month and the day by which the yogurt should be consumed for the best quality experience. For example, May 05 represents the fifth of May or May fifth. This date is not the date the yogurt will "expire" or "go bad" and does not represent a food safety risk if the product has been properly sealed and refrigerated and shows no visible signs of mold. After the date, the product will gradually change in taste or texture, but the product may be wholesome and safe long after the date.

Q: What does "0% Plus" mean?

A: The "0% Plus" means that the Dannon Light & Fit 0% Plus has 0% fat plus 50% more fruit than regular Light & Fit nonfat yogurt and our best tasting Vanilla. Additionally, it is a good source of Calcium (10% DV), Vitamin D (10% DV) and Vitamin B2 (Riboflavin) (10% DV) per 4 ounces. This great tasting, reduced-calorie, nonfat yogurt was designed to help our consumers be smart about weight management and to provide consumers a tasty and healthy option.