



Substitute with Mountain High Yoghurt

Per 8 oz.	Total Fat	Sat. Fat.	Calories
Regular Mayonnaise	160g	19g	1440
Light Mayonnaise	56g	8g	640
Regular Sour Cream	40g	26g	480
Light Sour Cream	20g	15g	320
Regular Cream Cheese	72g	48g	800
Light Cream Cheese	48g	24g	560
Heavy Cream	88g	55g	821
Half-n-Half	28g	17g	315
Light Whipping Cream	74g	46g	699
Original Style Mountain High	8g	5g	180
Lowfat Mountain High	2.5g	1.5g	140
Fat Free Mountain High	0g	0g	120