

227588 - Upstate Farms Blueberry Yogurt

For our dairy cooperative of 340 family farms, going above and beyond is what we do every day. We like to think of it as having good values. And for Upstate Farms, having good values is what making quality yogurt is all about. It means we know every single cow that produces our milk and only the finest ingredients go into our yogurt. It means better tasting, higher quality ...



MARKETING

Gluten Free . Calcium and Vitamin D Added. Certified Kosher



Nutrition Facts

13 Servings per container	
Serving Size	3/4 cup
Amount Per Serving	
Calories	140
% Daily Value*	
Total Fat 0	0%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 5 mg	1%
Sodium 80 mg	3%
Total Carbohydrates 29 g	11%
Dietary Fiber 0 g	4%
Total Sugars 22 g	
Includes 16 g Added Sugars	32%

Protein 5 g	
Vitamin D 6 mcg	30%
Calcium 430 mg	35%
Iron 0 mg	0%
Potassium 230 mg	4%

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

PRODUCT SPECIFICATIONS



Code	Dist Prod Code	GTIN	Calculated Pack
9881	227588	10078800113333	4/5lb UPFRM BLUE YOG

Brand	Brand Owner	GPC Description
Upstate Farms	Upstate Niagara Cooperative, Inc.	Yogurt (Perishable)

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
21.5 LBR	20 LBR	No	United States	Undeclared	No

Shipping						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
12.25 INH	12.25 INH	8.25 INH	1238.02 INQ	12x6	75 Days	34 FAH / 40 FAH

ALLERGENS



C = 'Contains'; MC = 'May Contain'; N = 'Free From'; UN = 'Undeclared'; 30 = 'Free From Not Tested'; 50 = 'Derived from Ingredients'; 60 = 'Not Derived From Ingredients'; NI = 'No Info'

- Milk - C
- Peanuts - N
- Eggs - N
- Tree Nuts - N
- Soy - N
- Fish - N
- Wheat - N
- Shellfish - N
- Sesame - N

SERVING SUGGESTIONS



Ready to eat as is or delicious when mixed with fruit or granola.

INGREDIENTS



Cultured Pasteurized Grade A Nonfat Milk, Sugar, Modified Corn Starch, Whey, Blueberry Juice Concentrate, Tricalcium Phosphate, Natural Flavors, Elderberry Juice (for color), Gellan Gum, Lemon Juice Concentrate, Potassium Sorbate (for freshness), Citric Acid, Locust Bean Gum, Vitamin D3

HANDLING SUGGESTIONS



Keep refrigerated. DO NOT FREEZE.

PREPARATION & COOKING SUGGESTIONS



Keep refrigerated until ready to serve.

MORE INFORMATION



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NUTRITIONAL ANALYSIS



Calories	140
Protein	5 g
Total Carbohydrates	29 g
Sugars	22 g
Dietary Fiber	0 g
Lactose	
Sucrose	
Vitamin A (IU)	0
Vitamin A (RE)	0
Vitamin C	
Magnesium	
Monosodium	

Total Fat	0
Trans Fat	0 g
Saturated Fat	0 g
Added Sugars	16 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	5 mg
Vitamin D	6 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	80 mg
Calcium	430 mg
Iron	0 mg
Potassium	230 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

NUTRITIONAL CLAIMS



KOSHER	YES
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FREE_FROM_GLUTEN	YES
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MORE IMAGES

