



MARKETING

# Nutrition Facts

1 Servings per container

Serving Size

1 container

Amount Per Serving

Calories

80

% Daily Value\*

Total Fat 0

0%

Saturated Fat 0 g

0%

Trans Fat 0 g

Cholesterol 0 mg

0%

Sodium 75 mg

3%

Total Carbohydrates 15 g

5%

Dietary Fiber 0 g

0%

Total Sugars 12 g

Includes 7 g Added Sugars

14%

Protein 3 g

Vitamin D 4 mcg

20%

Calcium 320 mg

25%

Iron 0 mg

0%

Potassium 190 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			
121029	227545	10078800116877	48/4oz UPFARM VANILLA			
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	
13.5 LBR	12 LBR	No		Undeclared	No	
Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
13.19 INH	9.94 INH	7.19 INH	.52	14x8	90 Days	34 FAH / 40 FAH
Traceability Regulation						
Regulation Type Code	Regulatory Act	Trade Item Regulation Compliant	Regulation Restrictions and Descriptors			
N/A	N/A	N/A	N/A			

HANDLING SUGGESTIONS

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

Eggs - N

Soybean - N

Wheat - N

Sesame - N

Mustard - N

Peanuts - N

Tree - N

Fish - N

Shellfish - N

Crustaceans - N

Molluscs - N

INGREDIENTS

Cultured Pasteurized Grade A Nonfat Milk, Sugar, Modified Corn Starch, Whey, Tricalcium Phosphate, Gellan Gum, Potassium Sorbate (For Freshness), Natural Vanilla Flavor, Natural Flavors, Citric Acid, Vitamin D3

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PREPARATION & COOKING SUGGESTIONS

Keep refrigerated until ready to serve.

SERVING SUGGESTIONS

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

MORE INFORMATION

NUTRITIONAL ANALYSIS

Calories	80	Total Fat	0	Sodium	75 mg
Protein	3 g	Trans Fat	0 g	Calcium	320 mg
Total Carbohydrates	15 g	Saturated Fat	0 g	Iron	0 mg
Sugars	12 g	Added Sugars	7 g	Potassium	190 mg
Dietary Fiber	0 g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0 mg		
Vitamin A (IU)	0	Vitamin D	4 mcg	Thiamin	
Vitamin A (RE)	0	Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

NUTRITIONAL CLAIMS

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