



MARKETING

# Nutrition Facts

1 Servings per container

**Serving Size**1 container

**Amount Per Serving**

**Calories**80

% Daily Value\*

**Total Fat** 00%

Saturated Fat 0 g0%

Trans Fat 0 g

**Cholesterol** 0 mg0%

**Sodium** 75 mg3%

**Total Carbohydrates** 15 g5%

Dietary Fiber 0 g0%

Total Sugars 12 g

Includes 7 g Added Sugars14%

**Protein** 3 g

Vitamin D 4 mcg20%

Calcium 320 mg25%

Iron 0 mg0%

Potassium 190 mg4%

\* 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	TlxHl	Shelf Life	Storage Temp From/To
13.19 INH	9.94 INH	7.19 INH	.52	14x8	90 Days	34 FAH / 40 FAH

HANDLING SUGGESTIONS

SERVING SUGGESTIONS

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

PREPARATION & COOKING SUGGESTIONS

Keep refrigerated until ready to serve.

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

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

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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