



MARKETING



Nutrition Facts

1 Servings per container
Serving Size 1 container
Amount Per Serving
Calories 160
 % Daily Value*

Total Fat 0	0%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 5 mg	2%
Sodium 150 mg	7%
Total Carbohydrates 31 g	11%
Dietary Fiber 0 g	0%
Total Sugars 24 g	
Includes 14 g Added Sugars	28%
Protein 7 g	
Vitamin D 8 mcg	40%
Calcium 640 mg	50%
Iron 0 mg	0%
Potassium 390 mg	8%

PRODUCT SPECIFICATIONS



Code	Dist Prod Code	GTIN	Calculated Pack
121053	227731	10078800113012	12 x 8 OZ

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
6.24 LBR	6 LBR	No		Undeclared	No

Shipping						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
12.75 INH	9.5 INH	3.5 INH	.26	14x8	90 Days	34 FAH / 40 FAH

* 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.

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
- Soy - N
- Wheat - N
- Sesame - N
- Peanuts - N
- Tree Nuts - N
- Fish - N
- Shellfish - 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, Tricalcium Phosphate, Purple Carrot Juice Concentrate (for color), Gellan Gum, Lemon Juice Concentrate, Natural Flavors, Potassium Sorbate (for freshness), Citric Acid, Annatto, Locust Bean Gum, Vitamin D3

HANDLING SUGGESTIONS



PREPARATION & COOKING SUGGESTIONS



Keep refrigerated until ready to serve.

MORE INFORMATION





NUTRITIONAL ANALYSIS



Calories	160
Protein	7 g
Total Carbohydrates	31 g
Sugars	24 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	14 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	5 mg
Vitamin D	8 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	150 mg
Calcium	640 mg
Iron	0 mg
Potassium	390 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

NUTRITIONAL CLAIMS



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