

227730 - Upstate Farms Nonfat Blueberry Blended Yogurt 8oz

The only national yogurt brand on the market produced with a 90-day shelf life, drastically reducing code-date issues. Offers a smooth, delicious flavor without the tart aftertaste common in many other yogurts. Made with real fruit, and sweetened with real sugar, no HFCS, artificial colors or flavors or gelatin. 4oz. serving = one Meat Alternate.



MARKETING

Live & Active Cultures. Gluten Free.
Calcium & Vitamin D Added

Nutrition Facts

1 Servings per container

Serving Size	8oz
Amount Per Serving	
Calories	180
% Daily Value*	
Total Fat 0	0%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 5 mg	2%
Sodium 105 mg	5%
Total Carbohydrates 38 g	14%
Dietary Fiber 0 g	0%
Total Sugars 29 g	
Includes 22 g Added Sugars	44%
Protein 6 g	
Vitamin D 8.1 mcg	40%
Calcium 580 mg	45%
Iron 0 mg	0%
Potassium 310 mg	6%

* 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	
9832	227730		10078800112985		12/8oz UPFARM BLUE	
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	United States		Yes	No
Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
12.75 INH	9.5 INH	3.5625 INH	431.51 INQ	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

Keep Refrigerated. DO NOT FREEZE.

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

AU - N

Peanuts - N

Tree - N

Fish - N

Shellfish - NI

Crustaceans - N

Mustard - N

INGREDIENTS

Cultured Pasteurized Grade A Nonfat Milk, Sugar, Modified Corn Starch, Whey, Blueberry Juice Concentrate, Tricalcium Phosphate, Natural Flavors, Elderberry Juice Concentrate (for color), Gellan Gum, Lemon Juice Concentrate, Potassium Sorbate (for freshness), Citric Acid, Locust Bean Gum, 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	180
Protein	6 g
Total Carbohydrates	38 g
Sugars	29 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	22 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	5 mg
Vitamin D	8.1 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	105 mg
Calcium	580 mg
Iron	0 mg
Potassium	310 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



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