

# 227734 - Upstate Farms Strawberry Blended Yogurt



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

Fat Free Yogurt. Excellent Source of Calcium & Vitamin D. Contains Live & Active Cultures

## Nutrition Facts

1 Servings per container	
<b>Serving Size</b>	<b>8oz</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>180</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 0 g	<b>0%</b>
Saturated Fat 0 g	<b>0%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 5 mg	<b>2%</b>
<b>Sodium</b> 105 mg	<b>5%</b>
<b>Total Carbohydrates</b> 38 g	<b>14%</b>
Dietary Fiber 2 g	<b>7%</b>
Total Sugars 30 g	
Includes 15 g Added Sugars	<b>30%</b>
<b>Protein</b> 6 g	
Vitamin D 8.1 mcg	40%
Calcium 580 mg	45%
Iron 0 mg	0%
Potassium 290 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
9831	227734	10078800112978	12/8oz UF Straw 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
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

### 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 - NI

### 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, Strawberries, Whey, Tricalcium Phosphate, Natural Flavors, Gellan Gum, Potassium Sorbate (For freshness), Citric Acid, Purple Carrot Juice Concentrate (for color), Locust Bean Gum, Vitamin D3

### HANDLING SUGGESTIONS

Keep refrigerated. DO NOT FREEZE.

### PREPARATION & COOKING SUGGESTIONS

Keep refrigerated until ready to eat.

### MORE INFORMATION

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## NUTRITIONAL ANALYSIS



Calories	180
Protein	6 g
Total Carbohydrates	38 g
Sugars	30 g
Dietary Fiber	2 g
Lactose	
Sucrose	
Vitamin A (IU)	0
Vitamin A (RE)	0
Vitamin C	0 mg
Magnesium	
Monosodium	

Total Fat	0 g
Trans Fat	0 g
Saturated Fat	0 g
Added Sugars	15 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	290 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

