

227762 - Upstate Farms Vanilla Nonfat Yogurt 4oz

The only national yogurt brand on the market produced with a 90-day shelf life, drastically reducing code-date issues. Excellent source of calcium. Offers a delicious flavor without the tart aftertaste common in many other yogurts and a smooth texture without particulates. Made with natural vanilla flavor and sweetened with real sugar, no HFCS, artificial colors or flavors or...



MARKETING

Gluten Free. Certified Kosher. Calcium & Vitamin D Added

Nutrition Facts

1 Servings per container	
Serving Size	4oz
Amount Per Serving	
Calories	90
% Daily Value*	
Total Fat 0	0%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 5 mg	1%
Sodium 50 mg	2%
Total Carbohydrates 19 g	7%
Dietary Fiber 0 g	0%
Total Sugars 14 g	
Includes 11 g Added Sugars	22%

Protein 3 g	
Vitamin D 4 mcg	20%
Calcium 290 mg	20%
Iron 0 mg	0%
Potassium 160 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
9822	227762	10078800113401	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	12.96 LBR	No	United States	Undeclared	No

Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
13.19 INH	9.94 INH	7.19 INH	875.875 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
- Peanuts - N
- Eggs - N
- Tree Nuts - N
- Soy - N
- Fish - N
- Wheat - N
- Shellfish - N
- Sesame - 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, Gellan Gum, Potassium Sorbate (for freshness), Natural Flavors, Citric Acid, Vitamin D3

HANDLING SUGGESTIONS

Keep Refrigerated. DO NOT FREEZE

PREPARATION & COOKING SUGGESTIONS

Keep refrigerated until ready to serve.

MORE INFORMATION

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NUTRITIONAL ANALYSIS



Calories	90
Protein	3 g
Total Carbohydrates	19 g
Sugars	14 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	11 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	5 mg
Vitamin D	4 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	50 mg
Calcium	290 mg
Iron	0 mg
Potassium	160 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

NUTRITIONAL CLAIMS



FREE_FROM_GLUTEN	YES
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KOSHER	YES
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KOSHER	YES
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MORE IMAGES

