



Lowfat Yogurt Nutritional Information

Yami Lowfat Yogurt	Serving Size	Calories	Calories from Fat	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron
Blackberry	1 container	230	35	3.5g	2.5g	20mg	150mg	39g	0g	33g	10g	6%	2%	35%	4%
Blueberry	1 container	230	35	3.5g	2.5g	20mg	150mg	39g	0g	33g	10g	6%	4%	35%	4%
Cherry	1 container	230	35	3.5g	2.5g	20mg	150mg	39g	0g	33g	10g	6%	4%	35%	2%
Lemon	1 container	230	35	3.5g	2.5g	20mg	150mg	39g	0g	33g	10g	6%	4%	35%	2%
Peach	1 container	230	35	3.5g	2.5g	20mg	150mg	39g	0g	33g	10g	6%	4%	35%	4%
Plain	1 container	165	40	4.5g	3g	20mg	180mg	17g	0g	10g	13g	6%	4%	45%	4%
Raspberry	1 container	230	35	3.5g	2.5g	20mg	150mg	39g	0g	33g	10g	6%	6%	35%	4%
Strawberry	1 container	210	35	3.5g	2.5g	20mg	150mg	36g	0g	30g	10g	6%	8%	35%	4%
Strawberry/Banana	1 container	230	35	3.5g	2.5g	20mg	150mg	39g	0g	33g	10g	6%	4%	35%	4%
Vanilla	1 container	210	40	4.5g	3g	20mg	160mg	34g	0g	28g	11g	6%	2%	40%	4%

BLACKBERRY INGREDIENTS: GRADE A PASTEURIZED LOWFAT MILK, NONFAT MILK, SUGAR, BLACKBERRIES, CORN SYRUP, MODIFIED FOOD STARCH, KOSHER GELATIN, NATURAL FLAVORS, CITRIC ACID, ACTIVE CULTURES (L. ACIDOPHILUS, L. BULGARICUS, S. THERMOPHILUS), CARMINE ADDED FOR COLOR.

BLUEBERRY INGREDIENTS: GRADE A PASTEURIZED LOWFAT MILK, NONFAT MILK, SUGAR, BLUEBERRIES, CORN SYRUP, MODIFIED FOOD STARCH, KOSHER GELATIN, NATURAL FLAVORS, CITRIC ACID, ACTIVE CULTURES (L. ACIDOPHILUS, L. BULGARICUS, S. THERMOPHILUS), RED CABBAGE ADDED FOR COLOR.

CHERRY INGREDIENTS: GRADE A PASTEURIZED LOWFAT MILK, NONFAT MILK, SUGAR, CHERRIES, CORN SYRUP, MODIFIED FOOD STARCH, KOSHER GELATIN, NATURAL FLAVORS, CITRIC ACID, ACTIVE CULTURES (L. ACIDOPHILUS, L. BULGARICUS, S. THERMOPHILUS), CARMINE ADDED FOR COLOR.

LEMON INGREDIENTS: GRADE A PASTEURIZED LOWFAT MILK, NONFAT MILK, SUGAR, LEMONS, CORN SYRUP, MODIFIED FOOD STARCH, KOSHER GELATIN, NATURAL FLAVORS, CITRIC ACID, ACTIVE CULTURES (L. ACIDOPHILUS, L. BULGARICUS, S. THERMOPHILUS), TURMERIC ADDED FOR COLOR.

PEACH INGREDIENTS: GRADE A PASTEURIZED LOWFAT MILK, NONFAT MILK, SUGAR, PEACHES, CORN SYRUP, MODIFIED FOOD STARCH, KOSHER GELATIN, NATURAL FLAVORS, CITRIC ACID, ACTIVE CULTURES (L. ACIDOPHILUS, L. BULGARICUS, S. THERMOPHILUS), ANNATTO ADDED FOR COLOR.

PLAIN INGREDIENTS: GRADE A PASTEURIZED LOWFAT MILK, NONFAT MILK, KOSHER GELATIN, ACTIVE CULTURES (L. ACIDOPHILUS, L. BULGARICUS, S. THERMOPHILUS).

RASPBERRY INGREDIENTS: GRADE A PASTEURIZED LOWFAT MILK, NONFAT MILK, SUGAR, RASPBERRIES, CORN SYRUP, MODIFIED FOOD STARCH, KOSHER GELATIN, NATURAL FLAVORS, CITRIC ACID, ACTIVE CULTURES (L. ACIDOPHILUS, L. BULGARICUS, S. THERMOPHILUS), CARMINE ADDED FOR COLOR.

STRAWBERRY INGREDIENTS: GRADE A PASTEURIZED LOWFAT MILK, NONFAT MILK, SUGAR, STRAWBERRIES, CORN SYRUP, MODIFIED FOOD STARCH, KOSHER GELATIN, NATURAL FLAVORS, CITRIC ACID, ACTIVE CULTURES (L. ACIDOPHILUS, L. BULGARICUS, S. THERMOPHILUS), CARMINE ADDED FOR COLOR.

STRAWBERRY/BANANA INGREDIENTS: GRADE A PASTEURIZED LOWFAT MILK, NONFAT MILK, SUGAR, STRAWBERRIES, BANANAS, CORN SYRUP, MODIFIED FOOD STARCH, KOSHER GELATIN, NATURAL FLAVORS, CITRIC ACID, ACTIVE CULTURES (L. ACIDOPHILUS, L. BULGARICUS, S. THERMOPHILUS), CARMINE ADDED FOR COLOR.

VANILLA INGREDIENTS: GRADE A PASTEURIZED LOWFAT MILK, NONFAT MILK, SUGAR, KOSHER GELATIN, VANILLA EXTRACT, ACTIVE CULTURES (L. ACIDOPHILUS, L. BULGARICUS, S. THERMOPHILUS).