

BLENDING NONFAT YOGURT

UPSTATE FARMS

CALCIUM AND VITAMIN D ADDED

slim down with yogurt

*SEE BACK FOR DETAILS

U D GRADE A

LIVE & ACTIVE CULTURES

NET. WT. 8 OZ (227g)

no artificial colors

STRAWBERRY

with other natural flavors

Nutrition Facts

Serving Size 1 Container 8oz. (227g)

Amount Per Serving

Calories 210 Calories from Fat 0

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 5mg 2%

Sodium 150mg 6%

Total Carbohydrate 45g 15%

Dietary Fiber 0g 0%

Sugars 36g

Protein 6g 12%

Vitamin A 0% • Vitamin C 4%

Calcium 60% • Iron 0% • Vitamin D 40%

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

KEEP REFRIGERATED

EXCELLENT SOURCE OF CALCIUM

INGREDIENTS: CULTURED PASTEURIZED GRADE A NONFAT MILK, SUGAR, HIGH FRUCTOSE CORN SYRUP, MODIFIED CORN STARCH, STRAWBERRIES, WHEY, NATURAL FLAVORS, POTASSIUM SORBATE (TO PRESERVE FRESHNESS), CAROB BEAN GUM, CITRIC ACID, GELLAN GUM, TRICALCIUM PHOSPHATE, VITAMIN D3, PURPLE CARROT CONCENTRATE.

MANUFACTURED BY UPSTATE FARMS COOPERATIVE, INC., BUFFALO, NY 14225 AT PLANT NO. 36-8016 ©2005 Upstate Farms Coop., Inc.

MAY BE SOLD UNTIL DATE STAMPED ON PACKAGE.



Gluten free

Questions or comments? 1-800-835-8423 www.upstatefarms.com



*Including 3 servings of calcium-rich dairy products such as yogurt in your reduced-calorie diet, naturally provides calcium and protein to support healthy, effective weight loss.