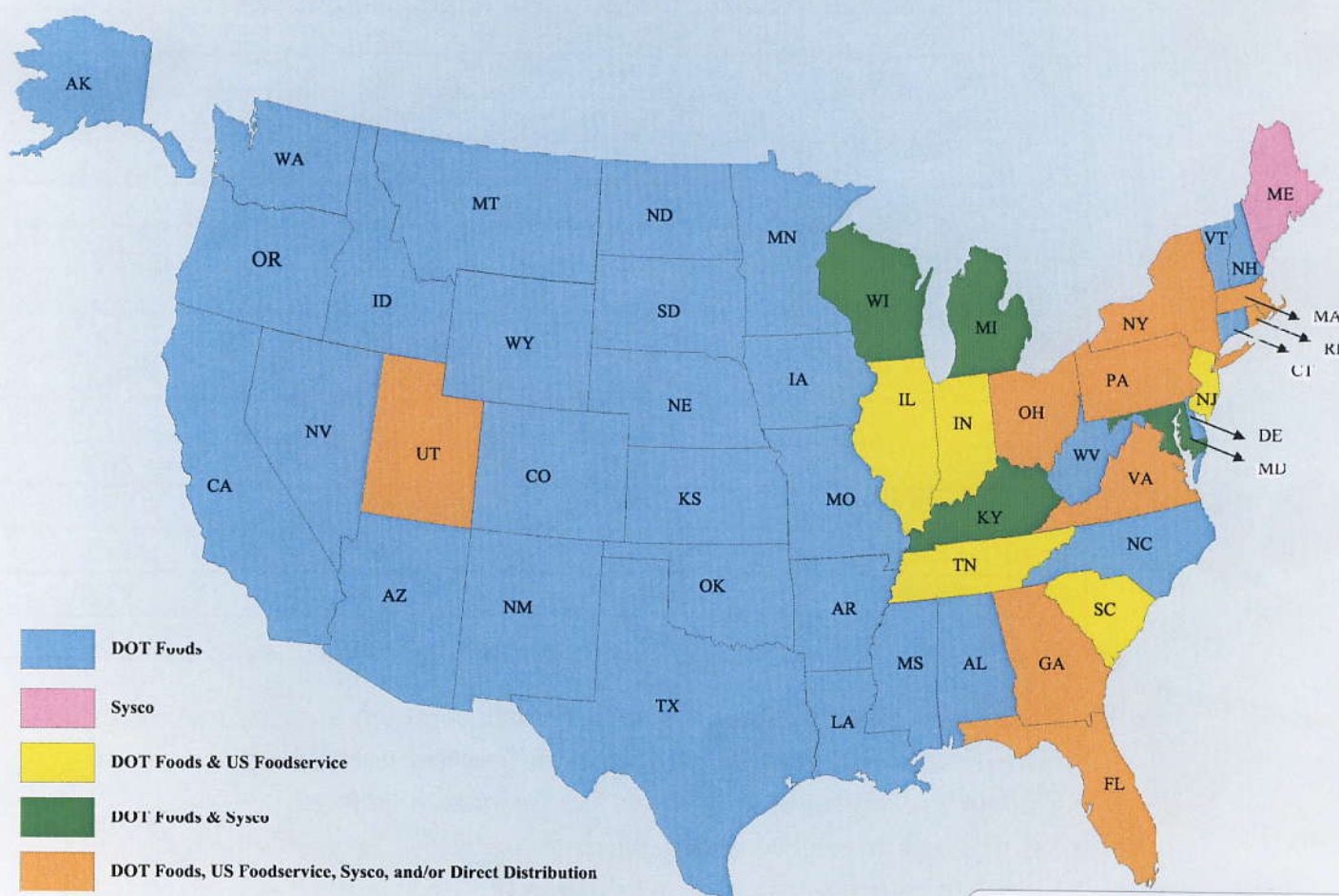


Upstate Farms Blended Nonfat Yogurt

SCHOOL SOLUTIONS

No Artificial Colors or Flavors

Shelf Life: 90 days – Longer than any other brand on the market!
Double the calcium and vitamin D content of non-fortified yogurts.
Widely Available Throughout the U.S. – from the Caribbean to Alaska.



Upstate Farms Cooperative, 25 Anderson Rd., Buffalo, NY 14225

• Phone: (716) 892-3156; Toll-Free: (866) 874-6455

• Customer Service Fax: (716) 896-4934

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Upstate Farms Blended Nonfat Yogurt

SCHOOL SOLUTIONS

**4 oz. Upstate Farms Nonfat Blended Yogurt =
1 Meat Alternate (MA)**



4 oz. serving	Upstate Farms	Danimals	Yoplait Trix
Calories	100	90	120
Fat Calories	0	20	10
Total Fat	0g	2g	1.5g
Saturated Fat	0g	1g	1g
Trans Fat	0g	0g	0g
Cholesterol	0mg	10mg	5mg
Sodium	75mg	55mg	55mg
Total Carbohydrate	22g	14g	23g
Dietary Fiber	0g	0g	0g
Sugar	20g	13g	17g
Protein	3g	5g	4g
Calcium	30%	30%	10%
Vitamin D	20%	15%	10%
Fruit	YES	NO	NO
Fructose	NO	YES	YES
Artificial Flavor	NO	NO	YES
Artificial Color	NO	NO	YES
Gelatin	NO	YES	YES

- Fresh, mild flavor without the tart aftertaste common in many other yogurts
- **No artificial colors or flavors, no high fructose corn syrup**
- Smooth, creamy texture; contains live and active cultures
- Fat free, not sweetened with aspartame
- Excellent source of calcium and vitamin D
- Contains no gelatin - so it's great for vegetarians
- Kosher certified 
- Available in the following flavors: Blueberry, Strawberry, Cherry Vanilla, Peach, Raspberry, and Strawberry Banana

