



UPSTATE
00469820 - Yogurt, Strawberry/Banana

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 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.



NICHOLAS
AND COMPANY



* Benefits

Gluten Free
Certified Kosher
Calcium & Vitamin D Added

Ingredients

Cultured Pasteurized Grade A Nonfat Milk, Sugar, Modified Corn Starch, Strawberries, Banana Puree, Whey, Tricalcium Phosphate, Natural Flavors, Purple Carrot Juice Concentrate (for color), Gellan Gum, Citric Acid, Potassium Sorbate (for freshness), Locust Bean Gum, Vitamin D3

⚠ Allergens

Contains:



Free From:



crustaceans



eggs



fish



peanuts



sesame



soy



tree nuts



wheat

Nutrition Facts

Servings per Container 48
Serving size 4oz (113g)

Amount per serving
Calories 90

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 5mg 1%

Sodium 55mg 2%

Total Carbohydrate 19g 6%

Dietary Fiber 0g 0%

Total Sugars 14g

Includes 10g Added Sugars 20%

Protein 3g

Vitamin D 4µg 20%

Calcium 290mg 22%

Iron 0mg 0%

Potassium 160mg 3%

* The % Daily Value (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.

Handling Suggestions

Keep refrigerated. DO NOT FREEZE.

Serving Suggestions

Ready to eat as is or can be enjoyed when mixed with fruit or granola.

Prep & Cooking Suggestions

Keep refrigerated until ready to eat .



Product Specifications

Brand	Manufacturer	Product Category
UPSTATE	UPSTATE FARMS COOPERATIVE INC**	Yogurt

MFG #	SPC #	GTIN	Pack	Pack Desc.
982011295	00469820	10078800112954		48/4 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
13lb	12lb	USA	No	No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
13in	9.63in	7in	0.51INQ	14x8	90DAYS	34°F / 40°F

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Nutrition Analysis - By Serving

Calories	90kcal	Total Fat	0g	Sodium	55mg
Protein	3g	Trans Fats	0g	Calcium	290mg
Total Carbohydrates...	19g	Saturated Fat	0g	Iron	0mg
Sugars	14g	Added Sugars	10g	Potassium	160mg
Dietary Fiber	0g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	5mg		
Vitamin A(IU)•	0µg	Vitamin D	4µg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2•	
Monosodium		Sulphites		Nitrates	

Additional Images





UPSTATE
00469817 - Yogurt, Raspberry

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Serving size 4oz (113g)

Amount per serving
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	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	1%
Sodium 55mg	2%
Total Carbohydrate 19g	6%
Dietary Fiber 0g	0%
Total Sugars 14g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 4µg	20%
Calcium 290mg	22%
Iron 0mg	0%
Potassium 160mg	3%

* The % Daily Value (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.

* Benefits

Gluten Free
Contains live and active cultures
Certified Kosher

Ingredients

Cultured Pasteurized Grade A Nonfat Milk, Sugar, Modified Corn Starch, Raspberries, Whey, Purple Carrot Juice Concentrate (for color), Tricalcium Phosphate, Gellan Gum, Potassium Sorbate (for freshness), Citric Acid, Lemon Juice Concentrate, Natural Flavors, Locust Bean Gum, Vitamin D3

⚠ Allergens

Contains:



Free From:



Handling Suggestions

Keep refrigerated. DO NOT FREEZE.

Serving Suggestions

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Prep & Cooking Suggestions

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Magnesium		Vitamin B-6		Vitamin B-1 2•	
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Additional Images

