



**Upstate Niagara Cooperative Inc.**  
**1070772764 - Uf Van Nf Yog 5lb**

Contains Live and Active Cultures. Excellent Source of Protein and Calcium. Made with real fruit, and sweetened with real sugar, no HFCS, artificial colors or flavors or gelatin. Offers a smooth, delicious flavor without the tart aftertaste common in many other yogurts. 4oz. serving = one Meat Alternate.



**Nutrition Facts**

**Serving Size:** 170 Grams  
**Number of Servings per** 52

**Amount Per Serving**

**Calories:** 130 **Calories from Fat:** 0

**% Daily Value\***

<b>Total Fat</b>	0 g	0%
Saturated Fat	0 g	0%
Trans Fat	0 g	
<b>Cholesterol</b>	5 mg	1%
<b>Sodium</b>	80 mg	3%
<b>Total Carbohydrate</b>	28 g	10%
Dietary Fiber	0 g	0%
Sugars	22 g	%
<b>Protein</b>	5 g	%

<b>Vitamin A</b>	Per Srv 0%	<b>Vitamin C</b>	Per Srv 0%
------------------	---------------	------------------	---------------

<b>Calcium</b>	35%	<b>Iron</b>	0%
----------------	-----	-------------	----

\*Percent DailyValues are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie

	Calories	2,000	2,500
Total Fat	Less than		
Sat. Fat	Less than		
Cholesterol	Less than		
Sodium	Less than		
Total Carbohydrate			
Dietary Fiber			

Calories per gram		
Fat	Carbohydrate	Protein

**\* Benefits**

Contains Live & Active Cultures  
 Excellent Source of Calcium & Vitamin D  
 Good Source of Protein

**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

**⚠ Allergens**

**Contains:**



**Free From:**



**Handling Suggestions**

Keep refrigerated. DO NOT FREEZE.

**Serving Suggestions**

Ready to eat as is or delicious when mixed with fruit or granola. Our Upstate Farms Dispensing System makes parfait building easy by dispensing 1 oz. portions per pump.

**Prep & Cooking Suggestions**

Keep refrigerated until ready to serve.

**📄 Product Specifications**

Brand	Manufacturer	Product Category
Upstate Farms	Upstate Niagara Cooperative Inc.	Yogurt

MFG #	SPC #	GTIN	Pack	Pack Desc.
9886	1070772764	10078800113234		4/5 lbs

Gross Weight	Net Weight	Catch Weight	Country of Origin	Kosher	Child Nutrition
21.5 lb	20 lb	No	USA	Yes	

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
12.25 in	12.25 in	8.25 in	0.72 ft3	12x6	75 DAYS	34°F / 40°F



**Upstate Niagara Cooperative Inc.**  
**1070772764 - Uf Van Nf Yog 5lb**

Contains Live and Active Cultures. Excellent Source of Protein and Calcium. Made with real fruit, and sweetened with real sugar, no HFCS, artificial colors or flavors or gelatin. Offers a smooth, delicious flavor without the tart aftertaste common in many other yogurts. 4oz. serving = one Meat Alternate.

**Upstate Farms Vanilla Nonfat Yogurt 5lb**



Nutrition Analysis

Calories	130 D70	Total Fat	0 g	Sodium	80 mg
Protein	5 g	Trans Fats	0 g	Calcium	430 mg
Total Carbohydrates...	28 g	Saturated Fat	0 g	Iron	0 mg
Sugars	22 g	Polyunsaturated Fat		Potassium	230 mg
Dietary Fiber		Monounsaturated Fat		Zinc	
Lactose		Cholesterol	5 mg	Phosphorus	
Sucrose					
Vitamin A(IU)	0 µg	Vitamin D	6 mg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

Additional Images

