



Upstate Farms  
87450000 - Uf Blue Nf Blnd Yog 4oz

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 delicious flavor without the tart aftertaste common in many other yogurts and a smooth texture without particulates. Made with real fruit juice, and sweetened with real sugar, no HFCS, artificial colors or flavors or gelatin. 4oz. serving = one Meat Alternate.



\* Benefits

Nonfat Yogurt  
Calcium & Vitamin D Added  
Grade A

Ingredients

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

⚠ Allergens

Contains:



Free From:



Nutrition Facts

Servings per Container	1
Serving size	4oz (113g)
Amount per serving	
Calories	90
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 55mg	2%
Total Carbohydrate 19g	7%
Dietary Fiber 0g	0%
Total Sugars 14g	
Includes 11g Added Sugar	22%
Protein 3g	
Vitamin D 4mcg	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			
Upstate Farms			UPSTATE NIAGARA COOPERATIVE INC.			
MFG #	SPC #	GTIN	Pack	Pack Desc.		
9816	87450000	10078800112909		cs		
Gross Weight		Net Weight	Country of Origin	Kosher	Child Nutrition	
13.5lb		12.5lb	USA	Yes	No	
Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
13in	9.63in	7in	875.88INQ	14x8	90DAYS	34°F / 40°F



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Nutrition Analysis - By Serving

Calories	90	Total Fat	0g	Sodium	55mg
Protein	3	Trans Fats	0g	Calcium	290mg
Total Carbohydrates...	19g	Saturated Fat	0g	Iron	0mg
Sugars	14g	Added Sugars	11g	Potassium	160mg
Dietary Fiber	0g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	5mg		
Vitamin A(IU)•	0	Vitamin D	4mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12•	
Monosodium		Sulphites		Nitrates	

Additional Images

