



Upstate Farms
87452000 - Uf Blue Nf Blnd Yog 8oz

The only national yogurt brand on the market produced with a 90-day shelf life, drastically reducing code-date issues. 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.



Nutrition Facts

Servings per Container 1
Serving size 8oz (227g)

Amount per serving
Calories 180

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 105mg	5%
Total Carbohydrate 38g	14%
Dietary Fiber 0g	0%
Total Sugars 29g	
Includes 22g Added Sugar	44%
Protein 6g	
Vitamin D 8.4mcg	42%
Calcium 580mg	45%
Iron 0mg	0%
Potassium 310mg	7%

* 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

Live & Active Cultures
Gluten Free
Calcium & Vitamin D Added

Ingredients

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

⚠ Allergens

Contains:



Free From:



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.
9832	87452000	10078800112985		cs

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
6.75lb	6lb	USA	Yes	No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
12.75in	9.5in	3.56in	431.51INQ	14x8	90DAYS	34°F / 40°F



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Nutrition Analysis - By Serving

Calories	180	Total Fat	0g	Sodium	105mg
Protein	6	Trans Fats	0g	Calcium	580mg
Total Carbohydrates...	38g	Saturated Fat	0g	Iron	0mg
Sugars	29g	Added Sugars	22g	Potassium	310mg
Dietary Fiber	0g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	5mg		
Vitamin A(IU)•	0	Vitamin D	8.4mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2•	
Monosodium		Sulphites		Nitrates	

Additional Images

