

# Yami<sup>®</sup>

lowfat yogurt



CRAFTED IN THE NORTHWEST

— SINCE 1954 —

### Stir Up Lowfat Goodness

Though this yogurt is made with fresh Grade A milk from local dairies, it's wonderfully lactose-free. It's free of lots of other things too: no artificial flavors, no preservatives, no synthetic rBST in the milk, no gluten. Yet it's loaded with nutritious goodness! Yami Lowfat Yogurt dishes out live active cultures, calcium, protein, Vitamins D3 and A Palmitate to boost health. Mix the fruit on the bottom into the yogurt and enjoy every deliciously swirled spoonful.



LACTOSE-FREE | GLUTEN-FREE | PROBIOTIC CULTURES | VITAMINS A & D3

Yami Lowfat Yogurt	Serving Size	Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Total Sugars	Added Sugars	Protein	Calcium (% DV)	Iron (% DV)	Vitamin D (% DV)	Potassium (%)	Vitamin A (% DV)
Blueberry	1 container (170g)	170	2g	1.5g	0g	10mg	90mg	29g	0g	27g	20g	7g	20%	0%	15%	6%	20%
Peach	1 container (170g)	170	2g	1.5g	0g	10mg	90mg	29g	0g	28g	20g	7g	20%	0%	15%	6%	20%
Raspberry	1 container (170g)	160	2g	1.5g	0g	10mg	95mg	28g	0g	26g	19g	7g	20%	0%	15%	6%	20%
Strawberry	1 container (170g)	160	2g	1.5g	0g	10mg	95mg	28g	0g	26g	19g	7g	20%	0%	15%	6%	20%
Black Cherry	1 container (170g)	170	2g	1.5g	0g	10mg	95mg	28g	0g	27g	20g	7g	20%	0%	15%	6%	20%
Orange Vanilla	1 container (170g)	170	2g	1.5g	0g	10mg	95mg	30g	0g	29g	22g	7g	20%	0%	15%	6%	20%
Mango Strawberry	1 container (170g)	170	2g	1.5g	0g	10mg	90mg	28g	0g	27g	19g	7g	20%	0%	15%	6%	20%
Vanilla	1 container (170g)	140	2.5g	1.5g	0g	10mg	100mg	21g	0g	21g	13g	8g	20%	0%	15%	8%	20%
Vanilla	2/3 c / 170g	140	2.5g	1.5g	0g	10mg	100mg	21g	0g	21g	13g	8g	20%	0%	15%	8%	20%



**Blueberry:** Pasteurized Grade A Lowfat Milk, Cane Sugar, Blueberries, Modified Corn Starch, Gelatin, Natural Flavor, Blueberry Juice Concentrate, Lactase, Fruit and Vegetable Juice (for color), Culture, Vitamin A Palmitate, Vitamin D3.

**Orange Vanilla:** Pasteurized Grade A Lowfat Milk, Cane Sugar, Oranges, Natural Flavor, Orange Juice Concentrate, Orange Peel Zest, Gelatin, Modified Corn Starch, Lactase, Citric Acid Flavor, Lactase, Annatto Extract (for color), Culture, Vitamin A Palmitate, Vitamin D3.

**Raspberry:** Pasteurized Grade A Lowfat Milk, Cane Sugar, Raspberries, Modified Corn Starch, Natural Flavor, Gelatin, Lactase, Raspberry Juice Concentrate, Fruit and Vegetable Juice (for color), Culture, Vitamin A Palmitate, Vitamin D3.

**Peach:** Pasteurized Grade A Lowfat Milk, Cane Sugar, Peaches, Modified Corn Starch, Gelatin, Natural Flavor, Lactase, Annatto Extract (for color), Culture, Vitamin A Palmitate, Vitamin D3.



**Strawberry:** Pasteurized Grade A Lowfat Milk, Cane Sugar, Strawberries, Modified Corn Starch, Natural Flavor, Gelatin, Strawberry Juice Concentrate, Lactase, Fruit and Vegetable Juice (for color), Culture, Vitamin A Palmitate, Vitamin D3.

**Mango Strawberry:** Pasteurized Grade A Lowfat Milk, Cane Sugar, Mangos, Modified Corn Starch, Natural Flavor, Gelatin, Strawberry Juice Concentrate, Lactase, Citric Acid, Annatto Extract (For Color), Fruit and Vegetable Juice (For Color), Culture, Vitamin A Palmitate, Vitamin D3.

**Black Cherry:** Pasteurized Grade A Lowfat Milk, Cane Sugar, Black Cherries, Modified Corn Starch, Gelatin, Cherry Juice Concentrate, Lactase, Natural Flavor, Citric Acid, Fruit and Vegetable Juice (for color), Apple Juice Concentrate Culture, Vitamin A Palmitate, Vitamin D3.

**Vanilla:** Pasteurized Grade A Lowfat Milk, Cane Sugar, Natural Flavor, Gelatin, Lactase, Culture, Vitamin A Palmitate, Vitamin D3.

Yami Lowfat	ADP Code	Pkgs	Item Code	UPC Code
Peach	4905	12/6 oz		0 11384 16005 1
Raspberry	4907	12/6 oz		0 11384 16007 5
Strawberry	4908	12/6 oz		0 11384 16008 2
Vanilla	4910	12/6 oz		0 11384 16010 5
Vanilla	4925	6/32 oz		0 11384 13215 7

Yami Lowfat	ADP Code	Pkgs	Item Code	UPC Code
Blueberry	4901	12/6 oz		0 11384 16001 3
Orange Vanilla	4913	12/6 oz		0 11384 16013 6
Mango Strawberry	4912	12/6 oz		0 11384 16012 9
Black Cherry	4911	6/32 oz		0 11384 16011 2

**MADE WITH LIVE & ACTIVE PROBIOTIC CULTURES**  
*L. ACIDOPHILUS, B. LACTIS, L. RHAMNOSUS, L. CASEI*  
 All flavors contain milk.