

Yami[®] yogurt

yogurt quarts

You'll love Yami's Bi-yo-Blend[®]

- Live probiotic cultures replenish good bacteria in your digestive system
- Vitamin A strengthens your body's immune system
- Vitamin D3 helps you absorb bone-building calcium
- Lactase lets us reduce added sugar, trimming the calories of our lactose-free yogurt
- Sweetened with natural sugar only—never high fructose corn syrup!
- Gluten-free

More is better. Get Yami by the quart!

To your tastebuds!

The smoothest, creamiest yogurt in the Pacific Northwest comes in efficient, versatile quarts. Think of it as a smart buy—you can easily scoop out individual servings at the size you choose or select the exact amount for a recipe. And you'll be conserving on packaging, too.

The unmistakably fresh taste you can expect from our yogurt starts with the sweet Grade A milk we get from small, local farms. These dairy farmers never use artificial hormones and are committed to humane, natural methods. And when adding flavors, Yami relies on only succulent fruits, real juice and natural flavors.

To your health!

Yami's **4 probiotic cultures** and 2 other live cultures befriend your digestive system, creating a nurturing environment for your naturally good bacteria to flourish. Count on *S. thermophilus*, *L. bulgaricus*, *L. acidophilus*, *B. lactis*, *L. casei*, and *L. rhamnosus* to give you a feel-good lift.

It's difficult to get enough of **Vitamins A and D** in your diet...let Yami help. Your immune system will get a helping hand, and you will be better able to absorb the bone-strengthening calcium in our yogurt.

Lactose-free, 100% dairy.

Lactose-free yogurt sounds like an unlikely possibility... it is made from milk, after all. But we are leading the way by using the natural enzyme lactase to remove lactose from our yogurt, and we are thrilled to tell you that this has reduced the sugars—and calories—in our recipe. Less sugar is good for everyone, and lactose-sensitive people get the added bonus of easy digestibility.

There are so many reasons to buy Yami in the biggest container possible!





32 oz Yami yogurt quarts

Lactose-free & 100% dairy*

Quarts 32-oz	Serving Size	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrate	Fiber	Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron
Blackberry	8 oz/227g	190	35	4g	2.5g	0	15mg	135mg	30g	0g	25g	10g	10%	2%	35%	0%
Plain Lowfat*	8 oz/227g	130	40	4g	2.5g	0	15mg	150mg	12g	0g	12g	11g	15%	2%	40%	0%
Raspberry	8 oz/227g	190	35	4g	2.5g	0	15mg	135mg	30g	0g	29g	10g	10%	2%	35%	0%
Strawberry	8 oz/227g	190	35	4g	2.5g	0	15mg	135mg	30g	0g	28g	10g	10%	6%	35%	0%
Vanilla	8 oz/227g	180	40	4.5g	2.5g	0	15mg	150mg	25g	0g	24g	10g	10%	2%	35%	0%
Plain Nonfat*	8 oz/227g	110	0	0g	0g	0	5mg	180mg	14g	0g	13g	12g	10%	4%	40%	0%

*Plain Lowfat and Plain Nonfat yogurts are not lactose-free

STRAWBERRY INGREDIENTS: Grade A Pasteurized Milk and Skim Milk, Sugar, Strawberries, Modified Corn Starch, Natural Flavor, Kosher Gelatin, Vegetable Juice (for color), Lactase**, Vitamin A Palmitate, Vitamin D3 and Live Active Cultures (*S. thermophilus*, *L. bulgaricus*, *L. acidophilus*, *Bifido. lactis*, *L. rhamnosus*, *L. casei*).

VANILLA INGREDIENTS: Grade A Pasteurized Milk and Skim Milk, Sugar, Turmeric and Annatto (for Color), Natural Flavor, Vanilla Extract, Kosher Gelatin, Lactase**, Vitamin A Palmitate, Vitamin D3 and Live Active Cultures (*S. thermophilus*, *L. bulgaricus*, *L. acidophilus*, *Bifido. lactis*, *L. rhamnosus*, *L. casei*).

****LACTOSE-FREE** We use Lactase, a natural enzyme, to remove lactose from our yogurt, minimizing added sugars and making it ideal for lactose-sensitive people.

GLUTEN-FREE

For ingredient statements on all flavors, please go to yamiyogurt.com.

Flavor	ADP Code	Pkgs	Item Code	UPC Code
Blackberry	4921	6/32 oz		011384132119
Plain Lowfat	4922	6/32 oz		011384132126
Raspberry	4923	6/32 oz		011384132133
Strawberry	4924	6/32 oz		011384132140
Vanilla	4925	6/32 oz		011384132157
Plain Nonfat	4931	6/32 oz		011384132218

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Try Auburn Dairy's full line of yogurt products, including:
Li'l Yami • Organic Yami • Lowfat Yami • Yami Quarts • Yami Light

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