



Lactose-Free • Made with Milk

6 Live Active Cultures

Gluten-Free

Vitamins A & D3

Sweetened with Real Sugar

Yami® Lowfat Yogurt • Fruit on the Bottom

Buy it for nutrition, eat it for pleasure. Yami® Yogurt has been pleasing tummies for more than 60 years, always gluten-free and now lactose-free. Yet it is made with Grade A milk, so the nutritious benefits and delicious taste remain intact. Stir in the yummy fruits at the bottom for the full, scrumptious taste experience.

Benefit from probiotics and vitamins. Four of Yami's six live active cultures are probiotic, befriending your digestive system. And you'll get a nutritious boost from Vitamin A, Vitamin D and Calcium that may strengthen your immune system and support bone health.

Choose wisely. Enjoy Yami® Lowfat Yogurt for breakfast, lunch, snack or dessert. It's a brilliant choice, any time of day ...for your pleasure center and your body.



YAMI. LOWFAT YOGURT 6 oz

6-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	Vitamin D
Blueberry	1 container/170g	140	25	2.5g	1.5g	0g	10mg	100mg	24g	0g	22g	7g	10%	4%	25%	0%	25%
Marionberry	1 container/170g	140	25	2.5g	1.5g	0g	10mg	100mg	23g	0g	22g	7g	10%	4%	25%	2%	25%
Peach	1 container/170g	140	25	2.5g	1.5g	0g	10mg	100mg	24g	0g	22g	7g	10%	10%	25%	0%	25%
Raspberry	1 container/170g	140	25	2.5g	1.5g	0g	10mg	100mg	23g	0g	21g	7g	10%	4%	25%	0%	25%
Strawberry	1 container/170g	140	25	2.5g	1.5g	0g	10mg	100mg	22g	0g	21g	7g	10%	25%	25%	2%	25%
Vanilla	1 container/170g	120	25	3g	2g	0g	10mg	110mg	16g	0g	15g	8g	10%	2%	25%	0%	30%



BLUEBERRY: Grade A Pasteurized Milk and Skim Milk, Sugar, Blueberries, Modified Corn Starch, Blueberry Juice Concentrate, Natural Flavor, Kosher Gelatin, Lactase*, Fruit and Vegetable Juice (for color), Citric Acid, Vitamin A Palmitate, Vitamin D3 and Live Active Cultures (*S. thermophilus*, *L. bulgaricus*, *L. acidophilus*, *Bifido. lactis*, *L. rhamnosus*, *L. casei*.) CONTAINS MILK.



MARIONBERRY: Grade A Pasteurized Milk and Skim Milk, Sugar, Marionberries, Modified Corn Starch, Marionberry Juice Concentrate, Natural Flavor, Kosher Gelatin, Lactase*, Citric Acid, Vegetable and Fruit Juice (for color), Vitamin A Palmitate, Vitamin D3 and Live Active Cultures (*S. thermophilus*, *L. bulgaricus*, *L. acidophilus*, *Bifido. lactis*, *L. rhamnosus*, *L. casei*.) CONTAINS MILK.



PEACH: Grade A Pasteurized Milk and Skim Milk, Sugar, Peaches, Peach Juice Concentrate, Modified Corn Starch, Natural Flavor, Kosher Gelatin, Lactase*, Citric Acid, Annatto (for color), Vitamin A Palmitate, Vitamin D3 and Live Active Cultures (*S. thermophilus*, *L. bulgaricus*, *L. acidophilus*, *Bifido. lactis*, *L. rhamnosus*, *L. casei*.) CONTAINS MILK.



RASPBERRY: Grade A Pasteurized Milk and Skim Milk, Sugar, Raspberries, Raspberry Juice Concentrate, Modified Corn Starch, Natural Flavor, Kosher Gelatin, Lactase*, Citric Acid, Vegetable Juice (for color), Vitamin A Palmitate, Vitamin D3 and Live Active Cultures (*S. thermophilus*, *L. bulgaricus*, *L. acidophilus*, *Bifido. lactis*, *L. rhamnosus*, *L. casei*.) CONTAINS MILK.



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



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

* We use Lactase, an enzyme, to remove lactose from our yogurt, enabling us to minimize added sugars and making it ideal for lactose-sensitive people.

Yami. Lowfat Fruit-on-Bottom 6-oz.	ADP Code	Pkgs	Item Code	UPC Code
Blueberry	4901	12/6 oz		011384160013
Marionberry	4904	12/6 oz		011384160044
Peach	4905	12/6 oz		011384160051
Raspberry	4907	12/6 oz		011384160075
Strawberry	4908	12/6 oz		011384160082
Vanilla	4910	12/6 oz		011384160105



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Enjoy even more Yami. goodness—Organic Yami., L'il Yami., Yami. Quarts!

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