



Lactose-Free • Made with Milk

6 Live Active Cultures

Gelatin-Free • Gluten-Free

Vitamins A & D3

Real Sugar — no HFCS

## Yami® Gelatin-Free Lowfat Yogurt

**Single servings that are double delicious!** Made with Grade A milk from local farms and premium fruits, the smooth creaminess of Yami® Yogurt pleases palates of all ages.

**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.

**Popular flavors, convenient sizes.** Both the 4-ounce and 8-ounce servings are ideal for breakfast or brunch, a smart choice on a lunch menu, ideal for an afternoon snack and just perfect for dessert.





# LOWFAT • GELATIN-FREE • LACTOSE-FREE 4 oz & 8 oz

4-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
Raspberry	1 container/113g	100	10	1g	.5g	0g	0mg	60mg	19g	0g	15g	4g	0%	2%	10%	0%	0%
Strawberry	1 container/113g	100	10	1g	.5g	0g	0mg	60mg	20g	0g	15g	4g	0%	25%	15%	0%	0%
Strawberry Banana	1 container/113g	110	10	1g	.5g	0g	0mg	60mg	20g	0g	15g	4g	0%	6%	10%	0%	0%

8-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
Peach	1 container/227g	200	20	2g	1.5g	0g	5mg	125mg	39g	0g	30g	7g	0%	8%	25%	0%	0%
Raspberry	1 container/227g	200	20	2g	1.5g	0g	5mg	125mg	39g	0g	30g	7g	0%	8%	25%	0%	0%
Strawberry	1 container/227g	210	20	2g	1.5g	0g	5mg	125mg	39g	0g	30g	7g	0%	45%	25%	2%	0%
Strawberry Banana	1 container/227g	210	20	2g	1.5g	0g	5mg	125mg	41g	0g	30g	7g	0%	10%	25%	0%	0%
Vanilla	1 container/227g	210	20	2g	1.5g	0g	5mg	125mg	40g	0g	31g	7g	0%	4%	25%	0%	0%

**PEACH:** Grade A Pasteurized Lowfat Milk, Sugar, Peach Puree, Modified Corn Starch, Carrageenan, Pectin, Natural Flavors, Lactase\*, Annatto (for color), and Live Active Cultures (*S. thermophilus*, *L. bulgaricus*, *L. acidophilus*, *Bifido. lactis*, *L. rhamnosus*, *L. casei*). CONTAINS MILK.

**STRAWBERRY:** Grade A Pasteurized Lowfat Milk, Sugar, Strawberry Puree, Modified Corn Starch, Carrageenan, Pectin, Natural Flavors, Lactase\*, Red Cabbage Extract (for color), and Live Active Cultures (*S. thermophilus*, *L. bulgaricus*, *L. acidophilus*, *Bifido. lactis*, *L. rhamnosus*, *L. casei*). CONTAINS MILK.

**VANILLA:** Grade A Pasteurized Lowfat Milk, Sugar, Modified Corn Starch, Carrageenan, Pectin, Tapioca Starch, Vanilla, Natural Flavors, Lactase\*, Citric Acid, and Live Active Cultures (*S. thermophilus*, *L. bulgaricus*, *L. acidophilus*, *Bifido. lactis*, *L. rhamnosus*, *L. casei*). CONTAINS MILK.

**RASPBERRY:** Grade A Pasteurized Lowfat Milk, Sugar, Raspberries, Modified Corn Starch, Carrageenan, Pectin, Natural Flavors, Fruit and Vegetable Juice (for color), Lactase\*, Citric Acid, and Live Active Cultures (*S. thermophilus*, *L. bulgaricus*, *L. acidophilus*, *Bifido. lactis*, *L. rhamnosus*, *L. casei*). CONTAINS MILK.

**STRAWBERRY BANANA:** Grade A Pasteurized Lowfat Milk, Sugar, Strawberries, Bananas, Modified Corn Starch, Carrageenan, Pectin, Natural Flavors, Lactase\*, Citric Acid, Red Cabbage Extract (for color), and Live Active Cultures (*S. thermophilus*, *L. bulgaricus*, *L. acidophilus*, *Bifido. lactis*, *L. rhamnosus*, *L. casei*). CONTAINS MILK.

YAMI YOGURT IS MADE WITH GRADE A MILK THAT DOES NOT CONTAIN THE ARTIFICIAL HORMONE rBST.\*\*

\*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.

\*\* The FDA states that no significant difference has been shown between milk derived from rBST-treated and non-rBST-treated cows.

4-oz Flavor	ADP Code	Pkgs	Item Code	UPC Code
Raspberry	4476	48/4 oz		11384 10421
Strawberry	4477	48/4 oz		11384 10420
Strawberry Banana	4478	48/4 oz		11384 10422

8-oz Flavor	ADP Code	Pkgs	Item Code	UPC Code
Peach	4468	24/8 oz		11384 10887
Raspberry	4466	24/8 oz		11384 10881
Strawberry	4465	24/8 oz		11384 10880
Strawberry Banana	4469	24/8 oz		11384 10888
Vanilla	4467	24/8 oz		11384 10886



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Enjoy even more Yami. goodness—

Organic Yami, Yami. Fruit-on-Bottom, L'il Yami, Yami. Quarts!

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