

Yami



CRAFTED IN THE NORTHWEST
— SINCE 1954 —

Lowfat. Full of Flavor.

Yami Lowfat Yogurt begins with fresh Grade A milk from local dairies and is carefully crafted for a smooth, creamy texture and satisfying flavor in every spoonful. From bright fruit flavors to classic vanilla, every variety is lactose-free and gluten-free, with no artificial flavors or preservatives and no synthetic rBST in the milk. Each serving also provides live & active cultures, protein, calcium, and vitamins A and D₃. With Yami, choosing lowfat never means sacrificing great taste.



LACTOSE-FREE | GLUTEN-FREE | LIVE & ACTIVE 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 (% DV)	Vitamin A (% DV)
Black Cherry	1 container (170g)	140	2.5g	1.5g	0g	10mg	105mg	21g	0g	20g	12g	8g	20%	0%	15%	8%	20%
Blueberry	1 container (170g)	140	2.5g	1.5g	0g	10mg	105mg	21g	0g	21g	12g	8g	20%	0%	15%	8%	20%
Peach	1 container (170g)	140	2.5g	1.5g	0g	10mg	105mg	21g	0g	21g	12g	8g	20%	0%	15%	8%	20%
Raspberry	1 container (170g)	140	2.5g	1.5g	0g	10mg	105mg	21g	0g	20g	12g	8g	20%	0%	15%	8%	20%
Strawberry	1 container (170g)	140	2.5g	1.5g	0g	10mg	105mg	21g	0g	21g	12g	8g	20%	0%	15%	8%	20%
Vanilla	1 container (170g)	140	2.5g	1.5g	0g	10mg	105mg	21g	0g	20g	12g	8g	20%	0%	15%	8%	20%
Vanilla (32 oz Quart)	2/3 cup (170g)	140	2.5g	1.5g	0g	10mg	105mg	20g	0g	20g	12g	8g	20%	0%	10%	8%	20%



BLACK CHERRY: Pasteurized Grade A Lowfat Milk, Sugar, Gelatin, Cherry Juice Concentrate, Lactase, Apple Juice Concentrate, Fruit And Vegetable Juice (For Color), Culture, Natural Flavors, Vitamin A Palmitate, Vitamin D3.



BLUEBERRY: Pasteurized Grade A Lowfat Milk, Sugar, Gelatin, Blueberry Juice Concentrate, Lactase, Fruit And Vegetable Juice (For Color), Citric Acid, Culture, Natural Flavors, Vitamin A Palmitate, Vitamin D3.



PEACH: Pasteurized Grade A Lowfat Milk, Sugar, Gelatin, Lactase, Culture, Annatto Extract (For Color), Natural Flavors, Citric Acid, Vitamin A Palmitate, Vitamin D3.



RASPBERRY: Pasteurized Grade A Lowfat Milk, Sugar, Gelatin, Lactase, Raspberry Juice Concentrate, Fruit And Vegetable Juice (For Color), Culture, Natural Flavors, Citric Acid, Vitamin A Palmitate, Vitamin D3.



STRAWBERRY: Pasteurized Grade A Lowfat Milk, Sugar, Gelatin, Natural Flavors, Lactase, Fruit And Vegetable Juice (For Color), Culture, Citric Acid, Vitamin A Palmitate, Vitamin D3.



VANILLA: Pasteurized Grade A Lowfat Milk, Sugar, Natural Flavors, Gelatin, Lactase, Culture, Vitamin A Palmitate, Vitamin D3.



**MADE WITH
LIVE & ACTIVE
CULTURES**



**ALL FLAVORS
CONTAIN MILK.**

Yami Lowfat	ADP Code	Pkgs	Item Code	UPC Code
Vanilla	4910	12/6 oz		0 11384 16010 5
Black Cherry	4914	12/6 oz		0 11384 16014 3
Blueberry	4915	12/6 oz		0 11384 16015 0
Peach	4916	12/6 oz		0 11384 16016 7
Raspberry	4917	12/6 oz		0 11384 16017 4
Strawberry	4918	12/6 oz		0 11384 16018 1
Vanilla (Quart)	4925	6/32 oz		0 11384 13215 7

