

# Yami<sup>®</sup> yogurt

## lowfat gelatin-free yogurt

### To your health!

- Gelatin-free
- Gluten-free
- Lactose-free—the natural enzyme lactase removes lactose from our all-dairy yogurt, allowing us to reduce added sugars
- Live probiotic cultures replenish good bacteria in your digestive system
- Sweetened with natural sugar—never high fructose corn syrup!
- New natural vanilla flavor
- Convenient single-serving cups in 4 oz and 8 oz

### Single servings that are double delicious!



### A Pacific Northwest natural

The unmistakably fresh taste you expect from Yami yogurt begins with sweet Grade A milk from small, local farms, and no antibiotics or artificial growth hormones. For added flavor Yami relies on rich fruit purees—no seeds or chunks, real juice, and natural flavors.

### Serve Yami with pride for everything it is...and is not!

In its creamy, smooth, delicious yogurt, Yami delivers live probiotic cultures that befriend digestive systems, creating a nurturing environment for naturally good bacteria to flourish. This is good news for everyone.

But Yami may be most remarkable for what it does not have. It has no gelatin...none, period. It is gluten-free. You will find no high fructose corn syrup, no artificial flavors or colors. And thanks to a new, natural process, it is also lactose-free!

Lactose-free yogurt does sound like an unlikely possibility...it is made from milk, after all. But we have led 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.

### Convenient cup sizes

Yami Yogurt is a healthful food for any time of day—a smart choice for meals, snacks or desserts. The most popular flavors are available in our quick and easy mini 4-oz. size, and also in the more substantial 8-oz containers. These single-serving cups are ideal for schools, airlines, hospitals, deli counters, vending machines and caterers. It's an easy choice, since Yami leads to happy customers, every time.



## 4 oz and 8 oz lowfat gelatin-free, lactose-free



Lowfat 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
Raspberry	1 container/113g	100	10	1.5g	1g	0	5mg	50mg	19g	0g	15g	4g	2%	2%	15%	0%
Strawberry	1 container/113g	100	10	1.5g	1g	0	5mg	50mg	19g	0g	15g	4g	2%	20%	15%	0%
StrawberryBanana	1 container/113g	110	10	1.5g	1g	0	5mg	55mg	20g	0g	15g	4g	2%	2%	15%	0%
Vanilla	1 container/113g	100	10	1.5g	1g	0	5mg	50mg	20g	0g	16g	4g	2%	2%	15%	0%

Lowfat 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
Raspberry	1 container/227g	200	25	2.5g	1.5g	0	15mg	105mg	38g	0g	31g	7g	2%	6%	25%	0%
Strawberry	1 container/227g	200	25	2.5g	1.5g	0	15mg	105mg	38g	0g	31g	7g	2%	40%	25%	2%
Vanilla	1 container/227g	210	25	2.5g	1.5g	0	15mg	105mg	39g	0g	32g	7g	2%	4%	25%	0%

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

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

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

**RASPBERRY INGREDIENTS:** Grade A Pasteurized Lowfat Milk, Sugar, Raspberry Puree, Modified Corn Starch, Red Cabbage Extract (for color), Natural Flavors, Whey Protein Concentrate, Carageenan, Pectin, Lactase\*, Citric Acid, 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**

Flavor	Pkgs	ADP Code	UPC Code	Distributor Item Code
Raspberry	48/4 oz	4476	11384 10421	
Strawberry	48/4 oz	4477	11384 10420	
Strawberry-Banana	48/4 oz	4478	11384 10422	
Vanilla	48/4 oz	4479	11384 10426	
Raspberry	24/8 oz	4466	11384 10881	
Strawberry	24/8 oz	4465	11384 10880	
Vanilla	24/8 oz	4467	11384 10886	

**Yami**<sup>®</sup>  
yogurt