



MPC 9702

Upstate Farms - Blended Greek Yogurt - Strained - Nonfat - Strawberry (4 oz.)

Nutrition Facts	
Serving Size 4oz (113g)	
Serving Per Container 1	
Amount Per Serving	
Calories 100	Calories From Fat 0
% Daily Value *	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 35mg	1%
Potassium 135mg	4%
Total Carbohydrate 14g	5%
Dietary Fiber 0g	0%
Sugars 13g	
Protein 10g	20%
Vitamin A 0%	● Vitamin C 4%
Calcium 10%	● Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet.	

INGREDIENTS

Cultured Pasteurized Grade A Fat Free Milk,
Strawberries,
Sugar,
Fructose,
Corn Starch,
Vegetable Juice(For Color),
Natural Flavor,
Locust Bean Gum,
Malic Acid
Potassium Sorbate(For freshness)
Sodium Citrate

By my signature below, I certify the above is true.
Carolyn Podgurski, R.D.
Manager-Research & Development
Upstate Niagara Cooperative, Inc.
4/9/14



MPC 9704 Upstate Farms - Blended Greek Yogurt - Strained - Nonfat - Vanilla (4 oz.)

Nutrition Facts	
Serving Size	4oz (113g)
Serving Per Container	1
Amount Per Serving	
Calories	90
Calories From Fat	0
% Daily Value *	
Total Fat	0g 0%
Saturated Fat	0g 0%
Trans Fat	0g
Cholesterol	5mg 2%
Sodium	35mg 1%
Potassium	135mg 4%
Total Carbohydrate	14g 5%
Dietary Fiber	0g 0%
Sugars	13g
Protein	10g 20%
Vitamin A	0% ● Vitamin C 0%
Calcium	10% ● Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet.	

INGREDIENTS

Cultured Pasteurized Grade A Fat Free Milk,
Sugar,
Fructose,
Corn Starch,
Natural Flavor,
Locust Bean Gum,
Malic Acid
Potassium Sorbate(For freshness)

By my signature below, I certify the above is true.
Carolyn Podgurski, R.D.
Manager-Research & Development
Upstate Niagara Cooperative
4/9/14



MPC 9703 Upstate Farms - Blended Greek Yogurt - Strained - Nonfat - Blueberry (4 oz.)

Nutrition Facts	
Serving Size 4oz (113g)	
Serving Per Container 1	
Amount Per Serving	
Calories 100	Calories From Fat 0
% Daily Value *	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 45mg	2%
Potassium 120mg	3%
Total Carbohydrate 14g	5%
Dietary Fiber 0g	0%
Sugars 13g	
Protein 10g	20%
Vitamin A 0%	● Vitamin C 0%
Calcium 10%	● Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet.	

INGREDIENTS

Cultured Pasteurized Grade A Fat Free Milk,
Blueberries,
Sugar,
Fructose,
Corn Starch,
Vegetable Juice(For Color),
Locust Bean Gum,
Sodium Citrate,
Natural Flavor
Potassium Sorbate(For freshness)

By my signature below, I certify the above is true.
Carolyn Podgurski, R.D.
Manager-Research & Development
Upstate Niagara Cooperative, Inc.
4-9-14