



# WHOLE MILK YOGURT

Fresh, Local, Premium Quality Dairy from our ten family farms in Columbia, Dutchess, and Ulster Counties.

Product Code	Description	Unit Size	Pack size	Storage Info	Shelf Life	UPC #
WPLYGTQT	Plain Whole Milk Yogurt	32 oz.	5 units / case	35-38°F	35 days	746104555311
WBYGT6OZ	Blueberry Whole Milk Yogurt	6 oz.	12 units / case	35-38°F	35 days	746104555304
WCYGT6OZ	Red Cherry Whole Milk Yogurt	6 oz.	12 units / case	35-38°F	35 days	746104555267
WPLYGT6OZ	Plain Whole Milk Yogurt	6 oz.	12 units / case	35-38°F	35 days	746104555243
WPYGT6OZ	Peach Whole Milk Yogurt	6 oz.	12 units / case	35-38°F	35 days	746104555281
WRYGT6OZ	Raspberry Whole Milk Yogurt	6 oz.	12 units / case	35-38°F	35 days	746104555274
WSYGT6OZ	Strawberry Whole Milk Yogurt	6 oz.	12 units / case	35-38°F	35 days	746104555250
WVYGT6OZ	Vanilla Whole Milk Yogurt	6 oz.	12 units / case	35-38°F	35 days	746104555298
WMYGT6OZ	Mixed Whole Milk Yogurt	6 oz.	12 units / case	35-38°F	35 days	n/a

**No stabilizers or added sugars.**

**Packaging:** 6 oz yogurts packaged in corrugated boxes. 32 oz plain yogurt packaged in plastic milk crates, which are promptly to be returned.

For more information:  
[info@hudsonvalleyfresh.com](mailto:info@hudsonvalleyfresh.com)  
[www.hudsonvalleyfresh.com](http://www.hudsonvalleyfresh.com)





# WHOLE MILK YOGURT

Active Yogurt Cultures:

B. Lactis, L. Acidophilus, L. Bulgaricus, L. Lactis, S. Thermophilus

**WBYGT6OZ**

Blueberry

Nutrition Facts	
Serving size 1 container (170g)	
Amount per serving	
<b>Calories</b>	<b>160</b>
% Daily Value*	
Total Fat 5g	7%
Saturated Fat 3g	16%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 110mg	5%
Total Carbohydrate 21g	8%
Dietary Fiber 0g	0%
Total Sugars 19g	
Includes 7g Added Sugars	14%
<b>Protein 7g</b>	
Vitamin D 3mcg	15%
Calcium 252mg	20%
Iron 0mg	0%
Potassium 337mg	8%
Vitamin A 44mcg	4%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**WCYGT6OZ**

Cherry

Nutrition Facts	
Serving size 1 container (170g)	
Amount per serving	
<b>Calories</b>	<b>160</b>
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 3g	16%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 110mg	5%
Total Carbohydrate 23g	8%
Dietary Fiber 0g	0%
Total Sugars 23g	
Includes 12g Added Sugars	23%
<b>Protein 7g</b>	
Vitamin D 3mcg	15%
Calcium 252mg	20%
Iron 0mg	2%
Potassium 342mg	8%
Vitamin A 47mcg	6%

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**WPLYGT6OZ**

Plain

Nutrition Facts	
Serving size 1 container (170g)	
Amount per serving	
<b>Calories</b>	<b>150</b>
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 4g	19%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 130mg	6%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Total Sugars 12g	
Includes 0g Added Sugars	0%
<b>Protein 9g</b>	
Vitamin D 4mcg	20%
Calcium 306mg	25%
Iron 0mg	0%
Potassium 402mg	8%
Vitamin A 53mcg	6%

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**WPYGT6OZ**

Peach

Nutrition Facts	
Serving size 1 container (170g)	
Amount per serving	
<b>Calories</b>	<b>170</b>
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 105mg	4%
Total Carbohydrate 25g	9%
Dietary Fiber 0g	0%
Total Sugars 24g	
Includes 14g Added Sugars	28%
<b>Protein 7g</b>	
Vitamin D 3mcg	15%
Calcium 240mg	20%
Iron 0mg	0%
Potassium 325mg	6%
Vitamin A 45mcg	4%

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**WRYGT6OZ**

Raspberry

Nutrition Facts	
Serving size 1 container (170g)	
Amount per serving	
<b>Calories</b>	<b>160</b>
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 3g	16%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 110mg	5%
Total Carbohydrate 21g	8%
Dietary Fiber 0g	0%
Total Sugars 20g	
Includes 9g Added Sugars	19%
<b>Protein 7g</b>	
Vitamin D 3mcg	15%
Calcium 253mg	20%
Iron 0mg	2%
Potassium 328mg	8%
Vitamin A 44mcg	4%

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**WSYGT6OZ**

Strawberry

Nutrition Facts	
Serving size 1 container (170g)	
Amount per serving	
<b>Calories</b>	<b>150</b>
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 3g	16%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 105mg	5%
Total Carbohydrate 20g	7%
Dietary Fiber 0g	1%
Total Sugars 19g	
Includes 9g Added Sugars	17%
<b>Protein 7g</b>	
Vitamin D 3mcg	15%
Calcium 254mg	20%
Iron 0mg	2%
Potassium 346mg	8%
Vitamin A 44mcg	4%

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**WVYGT6OZ**

Vanilla

Nutrition Facts	
Serving size 1 container (170g)	
Amount per serving	
<b>Calories</b>	<b>150</b>
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 3g	16%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 110mg	5%
Total Carbohydrate 21g	8%
Dietary Fiber 0g	0%
Total Sugars 19g	
Includes 9g Added Sugars	17%
<b>Protein 7g</b>	
Vitamin D 3mcg	15%
Calcium 252mg	20%
Iron 0mg	0%
Potassium 329mg	8%
Vitamin A 44mcg	4%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.