



Lactose-Free • Made with Milk

6 Live Active Cultures

Gluten-Free

Vitamins A & D3

Sweetened with Real Sugar

Li'l Yami® Yogurt

It's little only in size. Cultured Grade A milk, cream and skim milk—all from local, family farms—combine to make a yogurt that's big on flavor. It delivers an old-fashioned richness that pleases all ages, from babies to school kids to retirees. An easy grab for breakfast at home, but perfectly sized to pop into a lunch box.

It's big on nutrition too. Four of Li'l Yami's six live active cultures are probiotic, befriending your digestive system. And it's a delicious way to get a start on your Vitamin A, Vitamin D and Calcium for the day. A true dairy product, Li'l Yami is lactose-free which may make it easier for many people to enjoy this smooth, delicious treat.

Nutritious and yummy are now synonymous...just spoon into Li'l Yami Yogurt.



Li'L YAMI[®] YOGURT 4 oz multi-pack

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
Kool Key Lime	1 container/113g	130	45	5g	3.5g	0g	15mg	50mg	18g	0g	15g	3g	10%	2%	10%	0%	30%
Orange Cream	1 container/113g	140	45	5g	3.5g	0g	15mg	50mg	19g	0g	17g	3g	10%	2%	10%	0%	30%
Peaches 'n Cream	1 container/113g	130	45	5g	3g	0g	15mg	45mg	18g	0g	15g	4g	10%	4%	10%	0%	30%
Raspberries 'n Cream	1 container/113g	130	45	5g	3g	0g	15mg	45mg	18g	0g	15g	4g	10%	2%	10%	0%	30%
Strawberries 'n Cream	1 container/113g	140	45	5g	3g	0g	15mg	45mg	18g	0g	15g	4g	10%	30%	10%	2%	30%
Vanilla Cream	1 container/113g	140	45	5g	3g	0g	15mg	50mg	19g	0g	16g	3g	10%	0%	10%	0%	30%



KOOL KEY LIME: Cultured Grade A Milk, Cream and Skim Milk, Sugar, Lime Puree, Modified Corn Starch, Whey Protein Concentrate, Natural Flavor, Kosher Gelatin, Lactase*, Lactic Acid, Yellow 5, Blue 1, Vitamin A Palmitate, Vitamin D3, and Live Active Cultures (*S. thermophilus*, *L. bulgaricus*, *L. acidophilus*, Bifido. lactis, *L. rhamnosus*, *L. casei*.) CONTAINS MILK.

ORANGE CREAM: Cultured Grade A Milk, Cream and Skim Milk, Sugar, Orange Puree, Modified Corn Starch, Whey Protein Concentrate, Natural Flavor, Kosher Gelatin, Citric Acid, Lactase*, Annatto (for color), Vitamin A Palmitate, Vitamin D3, and Live Active Cultures (*S. thermophilus*, *L. bulgaricus*, *L. acidophilus*, Bifido. lactis, *L. rhamnosus*, *L. casei*.) CONTAINS MILK.

PEACHES 'N CREAM: Cultured Grade A Milk, Cream and Skim Milk, Sugar, Peach Puree, Modified Corn Starch, Whey Protein Concentrate, Natural Flavor, Kosher Gelatin, Lactase*, Annatto (for color), Vitamin A Palmitate, Vitamin D3, and Live Active Cultures (*S. thermophilus*, *L. bulgaricus*, *L. acidophilus*, Bifido. lactis, *L. rhamnosus*, *L. casei*.) CONTAINS MILK.

STRAWBERRIES 'N CREAM: Cultured Grade A Milk, Cream and Skim Milk, Sugar, Strawberry Puree, Modified Corn Starch, Whey Protein Concentrate, Tapioca Starch, Natural Flavor, Kosher Gelatin, Vegetable Juice (for color), Lactase*, Vitamin A Palmitate, Vitamin D3, and Live Active Cultures (*S. thermophilus*, *L. bulgaricus*, *L. acidophilus*, Bifido. lactis, *L. rhamnosus*, *L. casei*.) CONTAINS MILK.

RASPBERRIES 'N CREAM: Cultured Grade A Milk, Cream and Skim Milk, Sugar, Raspberry Puree, Modified Corn Starch, Whey Protein Concentrate, Kosher Gelatin, Lactase*, Red Cabbage Extract (for color), Natural Flavor, Citric Acid, Vitamin A Palmitate, Vitamin D3, and Live Active Cultures (*S. thermophilus*, *L. bulgaricus*, *L. acidophilus*, Bifido. lactis, *L. rhamnosus*, *L. casei*.) CONTAINS MILK.

VANILLA CREAM: Cultured Grade A Milk, Cream and Skim Milk, Sugar, Modified Corn Starch, Whey Protein Concentrate, Tapioca Starch, Kosher Gelatin, Natural Flavor, Vanilla Extract, Lactase*, Vitamin A Palmitate, Vitamin D3, and Live Active Cultures (*S. thermophilus*, *L. bulgaricus*, *L. acidophilus*, Bifido. lactis, *L. rhamnosus*, *L. casei*.) CONTAINS MILK.

* We use Lactase, an enzyme, to remove lactose from our yogurt, enabling us to minimize added sugars and making it ideal for lactose-sensitive people.

Li'l Yami [®] 4 oz multi-pack	ADP Code	Pkgs	Item Code	UPC Code
Strawberries 'n Cream/Peaches 'n Cream	4942	8-6/4 oz		011384141241
Orange Cream/Kool Key Lime	4941	8-6/4 oz		011384141258
Raspberries 'n Cream/Vanilla Cream	4943	8-6/4 oz		011384141265



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Enjoy even more Yami goodness—Organic Yami[®], Lowfat Yami[®], Yami[®] Quarts!

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