



**NUTRITIONAL FACTS** based on 125mL (100g) serving. Last updated 09/26/14

Our yogurt is made from 100% Canadian milk. While stringent precautions are taken, various flavours may contain food allergens.

	Calories (per serving)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fibre (g)	Sugars (g)	Protein (g)	Calcium (%DV)	Iron (%DV)	Vitamin A (%DV)	Vitamin C (%DV)	Gluten Free (GF)	Kosher (K)
<b>LOW FAT FLAVOURS</b>																
Almond Cookies	130	3	1	0	8	42	23	0	21	3.5	9	0	0	0	GF	K
Amaretto	130	2.5	1	0	8	42	24	0	22	3	9	0	0	0	GF	
Banana Split	120	1.5	1	0	8	44	24	0	22	3	9	0	0	0	GF	K
Belgian Hot Chocolate	120	1.5	1	0	6	39	24	0	21	3.5	8	3	0	0	GF	K
Birthday Cake	130	2	1	0	15	44	25	0	21	3	9	0	0	0		K
Blackberry Avalanche™	120	1.5	1	0	8	42	25	0	22	3	9	0	0	0		
Brownie Blast	120	2	1	0	6	39	25	0	22	3.5	8	3	0	0	GF	K
Bubble Gum	120	1.5	1	0	8	42	25	0	22	3	9	0	0	0	GF	K
Cappuccino	120	1	0	8	8	49	24	0	22	3	9	0	0	0		K
Caramel Latte	130	1.5	1	0	8	56	25	0	22	3	9	0	0	0	GF	K
Caramel Popcorn	130	1.5	1	0	8	68	25	0	23	3	9	0	0	0	GF	K
Chocolate (Truffle Explosion)	110	1.5	1	0	6	35	23	0	20	3.5	8	3	0	0	GF	K
Chocolate Bananarama	120	1.5	1	0	7	38	24	0	21	3	8	0	0	0	GF	K
Chocolate Coconut Bar	120	2	1	0	6	34	24	0	21	3	8	3	0	0	GF	K
Chocolate Hazelnut	120	3	1	0	6	34	22	0	20	3.5	8	3	0	0	GF	K
Chocolate Hazelnut Spread	140	3.5	1.5	0	7	38	24	0	22	3.5	9	2	0	0	GF	
Chocolate Mocha	120	1.5	1	0	6	35	24	0	21	3	8	3	0	0	GF	K
Chocolate Oreo	130	2	1	0	6	55	25	0	21	3.5	8	4	0	0		
Chocolate Peanut Butter Chunk™	120	2.5	1	0	7	38	23	0	20	3.5	8	0	0	0	GF	
Chocolate Raspberry Cupcake	120	1.5	1	0	6	34	24	0	21	3	8	3	0	0	GF	K
Cinnamon À Bon Bon™	120	1.5	1	0	8	44	25	0	22	3	9	0	0	0	GF	K
Coconut Madness™	120	2	1	0	8	43	25	0	22	3	9	0	0	0	GF	K
Cookies N Cream (with Oreo®)	130	2	1	0	8	63	26	0	22	3	9	0	0	0		K
Cotton Candy	120	1.5	1	0	8	44	25	0	22	3	9	0	0	0	GF	K
Crème Brûlée	120	2	1	0	13	44	25	0	21	3	9	0	0	0	GF	K
Deep Dish Apple Pie™	120	1.5	1	0	8	42	25	0	22	3	9	0	0	0	GF	K
Dulce De Leche Heaven™	130	1.5	1	0	8	44	25	0	23	3	9	0	0	0	GF	K
Espresso Coffee	120	1.5	1	0	8	43	25	0	22	3	9	0	0	0	GF	K
French Vanilla	120	1.5	1	0	8	51	25	0	22	3	9	0	0	0	GF	K
Ginger Spiced Cookie	120	1.5	1	0	8	71	24	0	22	3	9	0	0	0	GF	K
Give Me S'mores™	120	1.5	1	0	8	40	25	0	22	3	9	0	0	0	GF	K
Hazelnut	130	3	1	0	8	42	23	0	21	3.5	9	0	0	0	GF	K
Key Lime Meringue Pie	130	1.5	1	0	8	44	25	0	23	3	9	0	0	9		
Lucky Mint White Chocolate	130	1.5	1	0	8	42	25	0	23	3	9	0	0	0	GF	K
Maple Bacon	120	1.5	1	0	8	44	25	0	22	3	9	0	0	0		



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Marshmallow	120	1.5	1	0	8	42	25	0	22	3	9	0	0	0		
Mint	120	1.5	1	0	8	43	25	0	22	3	9	0	0	0	GF	K
Mint Chocolate	120	1.5	1	0	7	39	25	0	22	3	8	0	0	0	GF	K
Neapolitan	120	1.5	1	0	8	43	25	0	22	3	9	0	0	4	GF	K
Orangecream	130	1.5	1	0	8	47	25	0	22	3	9	0	0	4	GF	K
Peach Crème Brûlée	120	1.5	1	0	10	43	25	0	22	3	9	0	0	0	GF	K
Peanut Butter	130	3	1.5	0	8	42	23	0	21	4	9	0	0	0	GF	
Peanut Butter & Jelly	140	3	1.5	0	8	42	24	0	21	4	9	0	0	0	GF	
Peppermint Snowflake	130	1.5	1	0	8	42	25	0	23	3	9	0	0	0	GF	K
Piña Colada	120	1.5	1	0	8	42	25	0	22	3	9	0	0	0	GF	K
Pistachio	130	2.5	1	0	8	42	24	0	22	3	9	0	0	0	GF	
Pumpkinstein	120	1.5	1	0	8	49	24	0	22	3	9	0	0	0		
Red Velvet	120	1.5	1	0	7	37	24	0	22	3	8	2	0	0	GF	K
Roasted Almonds	130	2.5	1	0	8	42	24	0	21	3.5	9	0	0	0	GF	
Roasted Marshmallow	120	1.5	1	0	8	42	25	0	22	3	9	0	0	0		
Root Beer	120	1.5	1	0	8	44	25	0	22	3	9	0	0	0	GF	K
Salted Caramel	120	1.5	1	0	8	56	25	0	22	3	9	0	0	0	GF	K
Snickers	130	2.5	1.5	0	7	45	24	0	21	3.5	8	0	0	0	GF	
Snowball	130	1.5	1	0	8	42	25	0	23	3	9	0	0	0	GF	K
Strawberry Bananarama™	120	1.5	1	0	8	42	25	0	22	3	9	0	0	0	GF	K
Strawberry Cheesecake	120	2.5	1.5	0	11	85	21	0	19	4.5	12	0	2	2	GF	K
Strawberry Fields™	120	1.5	1	0	8	43	25	0	22	3	9	0	0	0	GF	K
Taro	130	2	1	0	9	46	25	0	22	3	9	0	0	0		
Tiramisu	120	2	1	0	9	45	24	0	22	3	9	0	0	0	GF	K
Triple Butter Pecan™	120	1.5	1	0	8	43	25	0	22	3	9	0	0	0	GF	K
Waffle Cone	130	2.5	1	0	8	43	24	0	21	3	9	0	0	0		K
White Chocolate Macademia	130	2	1	0	8	42	25	0	23	3	9	0	0	0	GF	K
White Chocolate Truffle	130	1.5	1	0	8	42	25	0	23	3	9	0	0	0	GF	K

**NON FAT FLAVOURS**

Bananarama™	120	0	0	0	6	48	26	0	23	3.5	10	0	0	0	GF	K
Blueberry	120	0	0	0	6	49	26	0	23	3.5	10	0	0	0	GF	K
Blue Ribbon Berry Pie™ (Boysenberry)	120	0	0	0	6	52	26	0	23	3.5	10	0	0	0	GF	K
Greek Style Yogurt	110	0	0	0	6	47	25	0	21	3.5	10	0	0	0	GF	
Kiwi	120	0	0	0	6	48	26	0	23	3.5	10	0	0	0	GF	
Mandarin Orange	120	0	0	0	6	48	26	0	23	3.5	10	0	0	0	GF	



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Orange	120	0	0	0	6	48	25	0	23	3.5	10	0	0	4	GF	
Peachy Keen™	120	0	0	0	6	48	26	0	23	3.5	10	0	0	0	GF	K
Pomegranate Power™	120	0	0	0	6	48	26	0	24	3.5	10	0	0	0	GF	K
Raspberry	120	0	0	0	6	48	26	0	23	3.5	10	0	0	0	GF	K
Red Orange	120	0	0	0	6	49	25	0	22	3.5	10	0	0	0	GF	
Tropical Storm	120	0	0	0	6	48	26	0	23	3.5	10	0	0	0	GF	
Wild Watermelon™	120	0	0	0	6	48	26	0	23	3.5	10	0	0	0	GF	

**NON FAT TART**

Ginger Lemon Tart	110	0	0	0	0	55	23	0	21	4.5	12	0	3	2	GF	
Green Apple Tart	120	0	0	0	6	51	26	0	23	3.5	10	0	0	10	GF	K
Green Tea Tart	110	0	0	0	0	55	22	0	20	4.5	12	0	3	3	GF	
Hello Honey™ Tart	110	0	0	0	0	55	23	0	21	4.5	12	0	3	2		
Lemon Tart	110	0	0	0	0	55	23	0	21	4.5	12	0	3	12	GF	K
Lemon Meringue Pie Tart	120	2	0	0	0	56	22	0	20	4.5	12	0	3	2	GF	
Lime Tart	110	0	0	0	0	55	23	0	21	4.5	12	0	3	3	GF	
Lychee Green Tea Tart	100	0	0	0	0	54	21	0	19	4.5	12	0	3	3		
Mangolicious™ Tart	110	0	0	0	0	55	23	0	21	4.5	12	0	3	2	GF	K
Passion Fruit Tart	110	0	0	0	0	57	23	0	21	4.5	12	0	3	11	GF	K
Pear Tart	110	0	0	0	0	55	23	0	21	4.5	12	0	3	2	GF	
Superfruit (Açaí Blueberry Tart)	110	0	0	0	0	53	23	0	21	4	12	0	3	3	GF	
Tart	110	0	0	0	0	56	22	0	20	4.5	12	0	3	2	GF	K

**SHERBET**

Mandarin Orange Sherbet	120	0	0	0	0	16	29	0	22	1	3	0	0	2	GF	
Tropical Storm Sherbet	120	0	0	0	0	16	29	0	22	1	3	0	0	0	GF	

**SORBET (DAIRY FREE)**

Lime Sorbet	120	0	0	0	0	0	31	0	22	0	0	0	0	0		
Mandarin Orange Sorbet	120	0	0	0	0	0	31	0	22	0	0	0	0	0		
Mangolicious™ Sorbet	120	0	0	0	0	0	31	0	22	0	0	0	0	0		
Mojito Sorbet	100	0	0	0	0	0	31	0	22	0	0	0	0	0		
Orange Sorbet	120	0	0	0	0	0	31	0	22	0	0	0	0	9	GF	
Passion Fruit Sorbet	120	0	0	0	0	0	31	0	22	0	0	0	0	0		
Peach Mango Sunset™ Sorbet	120	0	0	0	0	0	31	0	22	0	0	0	0	0	GF	
Pear Sorbet	120	0	0	0	0	0	31	0	22	0	0	0	0	0	GF	



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Pink Grapefruit Sorbet	120	0	0	0	0	0	31	0	22	0	0	0	0	0	GF	
Pomegranate Power™ Sorbet	120	0	0	0	0	0	31	0	23	0	0	0	0	0	GF	K
Raspberry Sorbet	120	0	0	0	0	0	31	0	22	0	0	0	0	0	GF	
Raspberry Sorbet (no sugar added)	100	0	0	0	0	0	25	2	2	0	0	0	0	0	GF	
Strawberry Daiquiri Sorbet	100	0	0	0	0	0	26	0	20	0	0	0	29	5		
Verry Berry Sorbet	120	0	0	0	0	0	31	0	22	0	0	0	0	0	GF	
Wild Watermelon™ Sorbet	100	0	0	0	0	0	25	0	17	0	0	0	17	0		