

# Yarnell's<sup>®</sup> **LOWFAT FROZEN** Yogurt



Peach flavored frozen yogurt is mixed with fresh peaches and is a delicious addition to our healthy frozen yogurt line. Available now at local retailers with a suggested retail of \$5.49 for 1.5 qt.

## Benefits of Yarnell's Lowfat Frozen Yogurts

Yarnell's Frozen Yogurt was designed to be a healthy snack/dessert when consumed in moderation along with a healthy diet. Our Frozen Yogurt contains the following benefits to aid in your overall health and well-being.

- 1) **Natural Dairy Protein** from fresh milk, skim milk and cream. 3 grams protein per serving.
- 2) **Real Fruit and Natural Flavors.** Real strawberries, banana puree and blueberries are the main components of our fruit flavors. Pure vanilla extract and cocoa powder are the sources of the pure flavors in the Vanilla and Chocolate items.
- 3) **Probiotics** "Gut Friendly" Bacteria (*S. thermophilus*, *L. bulgaricus*, *L. acidophilus*, *Bifidobacteria*, *L. casei*). These yogurt bacteria are cultured after pasteurization in a skim milk base and added to the yogurt mix prior to freezing. This culturing process allows the bacteria to proliferate and add the beneficial micro flora to the digestive tract. Some strains of bacteria have been shown to boost the immune system and promote digestive health.
- 4) **Prebiotics** (Fiber) in the form of Inulin (Chicory Root Extract) is also a beneficial addition to Yarnell's Frozen Yogurt. This fiber promotes the growth and proliferation of the beneficial bacteria in the intestinal tract. These pro and pre-biotics work together symbiotically and have been shown to help the digestive system battle these conditions: lactose intolerance, constipation, diarrhea, colon cancer and IBS.
- 5) Added **Calcium** to aid in bone development and maintaining bone density. Calcium has been shown to decrease instance of Osteoporosis.

### Nutrition Facts

Serving Size 1/2cup (89g)	
Servings Per Container 12	
Amount Per Serving	
<b>Calories 100</b>	Calories from Fat 15
% Daily Value*	
<b>Total Fat 1.5g</b>	2%
Saturated Fat 1g	4%
Trans Fat 0g	
<b>Cholesterol 10mg</b>	4%
Sodium 35mg	2%
<b>Total Carbohydrate 22g</b>	7%
Dietary Fiber 2g	10%
Sugars 15g	
<b>Protein 3g</b>	
Vitamin A 2%	Vitamin C 2%
Calcium 10%	Iron 0%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

**For more information  
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