

Yogurtland

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YOGURT BENEFITS



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Yogurtland Yogurt

All of our yogurt is proprietary which means that we make our own yogurt! At Yogurtland we make sure that we carry the best products always! We make sure that all of our yogurt is made with real ingredients! And we can taste the difference!

According to FDA Standards for a product to be called “yogurt”, it must be made by combining a dairy product with two specific bacteria:

Lactobacillus bulgaricus **Streptococcus thermophilus**

It is these two bacteria that convert pasteurized milk to yogurt during the fermentation process. The term culture refers to the living organisms that make yogurt, *yogurt*. The process is very similar to that of making cheese. This fermentation process of these two bacteria is what defines yogurt, with its unique tart taste, texture, and associated healthful attributes.

In addition to these two primary cultures, Yogurtland adds additional live and active probiotics to our yogurts. These include:

- **Lactobacillus acidophilus**
- **Lactobacillus rhamnosus**
- **Lactobacillus casei**
- **Bifidobacterium bifidum**

Probiotics

- Probiotics are edible microorganisms or friendly bacteria that convey a beneficial effect.
- The term “probiotic” was first introduced in 1953 and literally means “for life”.
- New scientific studies of probiotics are being conducted regularly.
- Their beneficial characteristics are still being discovered.

Yogurt's Healthy Bacteria

Name of Friendly Bacteria	Where it's Found	What it Does
Lactobacillus Acidophilus	Mouth Intestinal Tract	Produces an acid which may help to control the growth of fungus!
Lactobacillus Rhamnosus	Intestinal Tract	Inhibits the growth of harmful bacteria in the intestine
Lactobacillus Casei	Mouth Intestinal Tract	Assists in the spread of desirable bacteria
Bifidobacterium Bifidum	Intestinal Tract	Aids in digestion; associated with lowering incidence of allergies

Yogurt Culture

In the U.S, yogurt is made by introducing bacteria strains such as *Lactobacillus bulgaricus* and *Streptococcus thermophilus* into milk, which is then fermented under controlled temperatures and environmental conditions. The bacteria consume the natural milk sugars and then give off lactic acid. The increased acidity causes the milk proteins to mesh into a solid mass or curd.

Other lactic acid bacteria strains are sometimes added to yogurts for taste and added health benefits. These include species such as *L. acidophilus*, *L. casei* and *Bifidobacterium*. In most countries, a product may be called yogurt only if live bacteria are present in the final product.

Yogurt Debut

Historical evidence suggests that cultured milk, as food, had its start about 4,500 years ago. The word yogurt is Turkish in origin. The earliest yogurts were probably fermented unexpectedly from naturally occurring bacteria living in the goat skin bags carried by nomadic people migrating into Europe from parts of western Asia during the second century AD. Today, many different countries and cultures claim yogurt as their own despite no absolute evidence as to its origin.

Around 1900, a Russian biologist named Ilya Ilyich Mechnikov hypothesized that regular consumption of yogurt was responsible for the unusually long life spans of Bulgarian peasants. Believing that the *Lactobacillus* found in yogurt was essential for proper health, Mechnikov attempted to popularize yogurt throughout Europe. In 1919, an entrepreneur named Isaac Carasso, started a small yogurt business in Barcelona and named the business Danone ("little Daniel") after his son. Carasso immigrated to the United States during World War II and set up a business in New York City under an Americanized version of the name - Dannon.

The NSA Yogurt – No Sugar Added

To give sweetness to our NSA flavors we diligently seek out only the safest and most researched sugar alternatives. Some of these can be found naturally in stone fruits like nectarines and peaches. These sweeteners are a form of soluble fiber and are thoroughly tested and approved by the FDA. These may include Sorbitol, Sucralose, Aspartame, Polydextrose, and Acesulfame Potassium.

Sugar Substitutes

Acesulfame Potassium - 180-200 times sweeter than sucrose (table sugar), Acesulfame K is often blended with other sweeteners usually sucralose or aspartame. These blends are reputed to give a more sugar like taste. This blend is sweeter than its components.

Aspartame - An artificial sweetener that is 200 times sweeter than sugar, without the high energy value of sugar. FDA officials described the safety of aspartame as "clear cut" and stated that the product is one of the most thoroughly tested and studied food additives the agency has ever approved. Aspartame is known by the U.S. brand names Equal and NutraSweet.

Erythritol - Natural sugar alcohol with no diuretic effects.

Polydextrose- Commonly used as a replacement for sugar, starch, and fat in commercial beverages, cakes, candies, breakfast cereals, and frozen desserts. It is frequently used as an ingredient in diabetic cooking recipes, and is a form of soluble fiber. Polydextrose is known by the U.S. brand names Litesse, Sta-Lite, and Trimcal.

Sorbitol - It is a sugar substitute used in diet foods. This includes diet drinks, ice cream, and sugar-free chewing gum and mints. It may be listed under the inactive ingredients. Lastly, it occurs naturally in many stone fruits and berries, such as nectarines!

Sucralose - Sucralose can be found in more than 4,500 food and beverage products. It is used because it is a no-calorie sweetener, does not promote dental decay, and is safe for consumption by diabetics. Sucralose is known by the U.S. brand name Splenda.



Flavor	Ingredient Statement
Arctic Vanilla	<p>Pasteurized and Cultured Skim Milk, Sugar, Corn Syrup, High Fructose Corn Syrup, Whey, Maltodextrin, Microcrystalline Cellulose, Vegetable Mono & Diglycerides, Guar Gum, Carrageenan, Cellulose Gum, Artificial Flavor, Caramel Color, Annatto Extract (Color).</p> <p>Contains Live and Active Cultures: <i>S. thermophilus</i>, <i>L. bulgaricus</i>, <i>L. acidophilus</i>, <i>Bifidobacterium ssp.</i>, <i>L. rhamnosus</i>, <i>L. casei</i></p> <p>Contains: Milk.</p>
Blackberry Lemon Mint Tart	<p>Pasteurized and Cultured Skim Milk, Water, Sugar, Whey, Dextrose, Marion Berry Juice Concentrate, Lemon Juice Concentrate, Vegetable Mono & Diglycerides, Guar Gum, Carrageenan, Natural Flavors, Citric Acid, Color added.</p> <p>Contains Live and Active Cultures: <i>S. thermophilus</i>, <i>L. bulgaricus</i>, <i>L. acidophilus</i>, <i>Bifidobacterium ssp.</i>, <i>L. rhamnosus</i>, <i>L. casei</i></p> <p>Contains: Milk.</p>
Blood Orange Tart	<p>Pasteurized and Cultured Skim Milk, Sugar, Concentrated Blood Orange Juice, Dextrose, Natural Flavors, Vegetable Mono & Diglycerides, Guar Gum, Carrageenan, Red 40, Yellow 6, Caramel Coloring, Ascorbic Acid.</p> <p>Contains Live and Active Cultures: <i>S. thermophilus</i>, <i>L. bulgaricus</i>, <i>L. acidophilus</i>, <i>Bifidobacterium ssp.</i>, <i>L. rhamnosus</i>, <i>L. casei</i></p> <p>Contains: Milk.</p>
Caramel Almond Bar	<p>Pasteurized and Cultured Skim Milk, Sugar, Corn Syrup, High Fructose Corn Syrup, Whey, Maltodextrin, Almonds, Cocoa Powder, Butter (Cream, Salt), Sweetened Condensed Milk (Condensed Skim Milk, Sugar), Microcrystalline Cellulose, Vegetable Mono & Diglycerides, Guar Gum, Carrageenan, Cellulose Gum, Natural and Artificial Flavors, Salt, Caramel Color, Annatto (Color).</p> <p>Contains Live and Active Cultures: <i>S. thermophilus</i>, <i>L. bulgaricus</i>, <i>L. acidophilus</i>, <i>Bifidobacterium ssp.</i>, <i>L. rhamnosus</i>, <i>L. casei</i></p> <p>Contains: Milk, Almonds.</p>
Chocolate Coconut Truffle	<p>Pasteurized and Cultured Skim Milk, Sugar, Corn Syrup, High Fructose Corn Syrup, Whey, Maltodextrin, Cocoa Processed with Alkali, Coconut, Microcrystalline Cellulose, Vegetable Mono & Diglycerides, Guar Gum, Carrageenan, Cellulose Gum, Natural Flavors.</p> <p>Contains Live and Active Cultures: <i>S. thermophilus</i>, <i>L. bulgaricus</i>, <i>L. acidophilus</i>, <i>Bifidobacterium ssp.</i>, <i>L. rhamnosus</i>, <i>L. casei</i></p> <p>Contains: Milk, Coconut</p>
Chocolate Milkshake	<p>Pasteurized and Cultured Skim Milk, Sugar, Corn Syrup, High Fructose Corn Syrup, Whey, Maltodextrin, Wheat and Malted Barley Extract, Cocoa Processed with Alkali, Milk Chocolate (Sugar, Milk, Chocolate, Cocoa Butter, Lactose, Milk Fat, Soy Lecithin), Microcrystalline Cellulose, Vegetable Mono & Diglycerides, Guar Gum, Carrageenan, Cellulose Gum, Partially Hydrogenated Coconut Oil, Salt, Natural and Artificial Flavors, Caramel Color.</p> <p>Contains Live and Active Cultures: <i>S. thermophilus</i>, <i>L. bulgaricus</i>, <i>L. acidophilus</i>, <i>Bifidobacterium ssp.</i>, <i>L. rhamnosus</i>, <i>L. casei</i></p> <p>Contains: Milk, Soy, Wheat.</p>



Flavor	Ingredient Statement
Chocolate Mint Cookie	<p>Pasteurized and Cultured Skim Milk, Sugar, Corn Syrup, High Fructose Corn Syrup, Chocolate Cookie (Enriched Wheat Flour [Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Sugar, Palm Oil, Cocoa [Processed with Alkali], High Fructose Corn Syrup, Corn Flour, Caramel Color, Whey, Salt, Baking Soda, Soy Lecithin), Whey, Maltodextrin, Microcrystalline Cellulose, Vegetable Mono & Diglycerides, Guar Gum, Carrageenan, Cellulose Gum, Natural Flavors.</p> <p>Contains Live and Active Cultures: <i>S. thermophilus</i>, <i>L. bulgaricus</i>, <i>L. acidophilus</i>, <i>Bifidobacterium ssp.</i>, <i>L. rhamnosus</i>, <i>L. casei</i></p> <p>Contains: Milk, Soy, Wheat.</p>
Chocolate Twilight	<p>Pasteurized And Cultured Skim Milk, Maltodextrin, Whey, Sorbitol, Cocoa Processed With Alkali, Polydextrose, Vegetable Mono & Diglycerides, Guar Gum, Cellulose Gum, Aspartame, Acesulfame Potassium, Locust Bean Gum, Carrageenan, Salt, Vanilla, Yellow 6, Red 40, Blue 1.</p> <p>Contains Live and Active Cultures: <i>S. thermophilus</i>, <i>L. bulgaricus</i>, <i>L. acidophilus</i>, <i>Bifidobacterium ssp.</i>, <i>L. rhamnosus</i>, <i>L. casei</i></p> <p>Phenylketonurics: Contains Phenylalanine.</p> <p>Contains: Milk.</p>
Cinnamon Graham Cracker	<p>Pasteurized and Cultured Skim Milk, Sugar, Corn Syrup, High Fructose Corn Syrup, Whey, Graham Crumb (Enriched Wheat Flour [Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Graham Flour, Sugar, Palm Oil, Brown Sugar, Honey, Salt, Baking Soda, Artificial Flavor), Maltodextrin, Microcrystalline Cellulose, Vegetable Mono & Diglycerides, Guar Gum, Carrageenan, Cellulose Gum, Cinnamon, Natural and Artificial Flavors, Caramel Color, Sulfites.</p> <p>Contains Live and Active Cultures: <i>S. thermophilus</i>, <i>L. bulgaricus</i>, <i>L. acidophilus</i>, <i>Bifidobacterium ssp.</i>, <i>L. rhamnosus</i>, <i>L. casei</i></p> <p>Contains: Milk, Wheat.</p>
Devil's Food Cupcake Batter	<p>Pasteurized and Cultured Skim Milk, Sugar, Corn Syrup, High Fructose Corn Syrup, Whey, Maltodextrin, Cocoa Processed with Alkali, Microcrystalline Cellulose, Vegetable Mono & Diglycerides, Guar Gum, Carrageenan, Cellulose Gum, Natural and Artificial Flavors, Caramel Color, Yellow 6, Red 40, Blue 1.</p> <p>Contains Live and Active Cultures: <i>S. thermophilus</i>, <i>L. bulgaricus</i>, <i>L. acidophilus</i>, <i>Bifidobacterium ssp.</i>, <i>L. rhamnosus</i>, <i>L. casei</i></p> <p>Contains: Milk.</p>
Double Cookies & Cream	<p>Pasteurized and Cultured Skim Milk, High Fructose Corn Syrup, Sugar, Corn Syrup, Maltodextrin, Chocolate Cookie Crumb (Enriched Flour [Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Sugar, Vegetable Oil Shortening [Partially Hydrogenated Soybean and/or Cottonseed Oils], Cocoa Processed with Alkali, High Fructose Corn Syrup, Corn Flour, Salt, Dextrose, Sodium Bicarbonate, Soy Lecithin), Whey, Cocoa Processed with Alkali, Microcrystalline Cellulose, Vegetable Mono & Diglycerides, Guar Gum, Carrageenan, Cellulose Gum, Natural And Artificial Flavors.</p> <p>Contains Live and Active Cultures: <i>S. thermophilus</i>, <i>L. bulgaricus</i>, <i>L. acidophilus</i>, <i>Bifidobacterium ssp.</i>, <i>L. rhamnosus</i>, <i>L. casei</i></p> <p>Contains: Milk, Soy, Wheat.</p>



Flavor	Ingredient Statement
Dragon Passion Tart	<p>Pasteurized and Cultured Skim Milk, Sugar, Strawberries, Dextrose, Passion Fruit Concentrate, Passion Fruit Juice, Dragon Fruit Juice Concentrate, Vegetable Mono & Diglycerides, Guar Gum, Carrageenan, Beetroot Juice (Color), Natural Flavors, Citric Acid.</p> <p>Contains Live and Active Cultures: <i>S. thermophilus</i>, <i>L. bulgaricus</i>, <i>L. acidophilus</i>, <i>Bifidobacterium ssp.</i>, <i>L. rhamnosus</i>, <i>L. casei</i></p> <p>Contains: Milk.</p>
Dutch Chocolate	<p>Pasteurized and Cultured Skim Milk, High Fructose Corn Syrup, Sugar, Corn Syrup, Maltodextrin, Cocoa Processed with Alkali, Whey, Microcrystalline Cellulose, Vegetable Mono & Diglycerides, Guar Gum, Carrageenan, Cellulose Gum, Natural and Artificial Flavors, Caramel Color.</p> <p>Contains Live and Active Cultures: <i>S. thermophilus</i>, <i>L. bulgaricus</i>, <i>L. acidophilus</i>, <i>Bifidobacterium ssp.</i>, <i>L. rhamnosus</i>, <i>L. casei</i></p> <p>Contains: Milk.</p>
French Vanilla	<p>Pasteurized and Cultured Skim Milk, Maltodextrin, Whey, Sorbitol, Polydextrose, Vegetable Mono & Diglycerides, Guar Gum, Cellulose Gum, Aspartame, Acesulfame Potassium, Locust Bean Gum, Carrageenan, Natural and Artificial Flavors, Caramel Color, Yellow 5, Red 40.</p> <p>Contains Live and Active Cultures: <i>S. thermophilus</i>, <i>L. bulgaricus</i>, <i>L. acidophilus</i>, <i>Bifidobacterium ssp.</i>, <i>L. rhamnosus</i>, <i>L. casei</i></p> <p>Phenylketonurics: Contains Phenylalanine.</p> <p>Contains: Milk.</p>
Fresh Strawberry	<p>Pasteurized and Cultured Skim Milk, Strawberries, Sugar, Corn Syrup, High Fructose Corn Syrup, Whey, Maltodextrin, Microcrystalline Cellulose, Vegetable Mono & Diglycerides, Guar Gum, Carrageenan, Cellulose Gum, Natural Flavors, Ascorbic Acid, Red 40.</p> <p>Contains Live and Active Cultures: <i>S. thermophilus</i>, <i>L. bulgaricus</i>, <i>L. acidophilus</i>, <i>Bifidobacterium ssp.</i>, <i>L. rhamnosus</i>, <i>L. casei</i></p> <p>Contains: Milk.</p>
Guava Pineapple Tart	<p>Pasteurized and Cultured Skim Milk, Sugar, Guava, Dextrose, Pineapple Juice Concentrate, Vegetable Mono & Diglycerides, Guar Gum, Carrageenan, Natural Flavors, Ascorbic Acid, Citric Acid.</p> <p>Contains Live and Active Cultures: <i>S. thermophilus</i>, <i>L. bulgaricus</i>, <i>L. acidophilus</i>, <i>Bifidobacterium ssp.</i>, <i>L. rhamnosus</i>, <i>L. casei</i></p> <p>Contains: Milk.</p>
Irish Mint Creme	<p>Pasteurized and Cultured Skim Milk, Sugar, Corn Syrup, High Fructose Corn Syrup, Whey, Maltodextrin, Microcrystalline Cellulose, Vegetable Mono & Diglycerides, Guar Gum, Carrageenan, Cellulose Gum, Caramel Color, Natural and Artificial Flavors, Yellow 5, Blue 1.</p> <p>Contains Live and Active Cultures: <i>S. thermophilus</i>, <i>L. bulgaricus</i>, <i>L. acidophilus</i>, <i>Bifidobacterium ssp.</i>, <i>L. rhamnosus</i>, <i>L. casei</i></p> <p>Contains: Milk.</p>
Kona Coffee Blend	<p>Pasteurized and Cultured Skim Milk, Sugar, Corn Syrup, High Fructose Corn Syrup, Whey, Maltodextrin, Coffee, Microcrystalline Cellulose, Vegetable Mono & Diglycerides, Guar Gum, Carrageenan, Cellulose Gum.</p> <p>Contains Live and Active Cultures: <i>S. thermophilus</i>, <i>L. bulgaricus</i>, <i>L. acidophilus</i>, <i>Bifidobacterium ssp.</i>, <i>L. rhamnosus</i>, <i>L. casei</i></p> <p>Contains: Milk.</p>



Flavor	Ingredient Statement
Lychee Tart	<p>Pasteurized and Cultured Skim Milk, Sugar, Lychee Concentrate, Dextrose, Lychee Juice, Vegetable Mono & Diglycerides, Guar Gum, Carrageenan, Natural Flavors, Ascorbic Acid, Red 40, Citric Acid.</p> <p>Contains Live and Active Cultures: <i>S. thermophilus</i>, <i>L. bulgaricus</i>, <i>L. acidophilus</i>, <i>Bifidobacterium ssp.</i>, <i>L. rhamnosus</i>, <i>L. casei</i></p> <p>Contains: Milk, Lychee.</p>
Madagascar Vanilla	<p>Pasteurized and Cultured Skim Milk, Sugar, Corn Syrup, High Fructose Corn Syrup, Whey, Maltodextrin, Microcrystalline Cellulose, Vegetable Mono & Diglycerides, Guar Gum, Carrageenan, Cellulose Gum, Pure Vanilla Extract, Vanilla Beans, Natural Flavors.</p> <p>Contains Live and Active Cultures: <i>S. thermophilus</i>, <i>L. bulgaricus</i>, <i>L. acidophilus</i>, <i>Bifidobacterium ssp.</i>, <i>L. rhamnosus</i>, <i>L. casei</i></p> <p>Contains: Milk.</p>
Mango	<p>Pasteurized and Cultured Skim Milk, Sugar, Mango, Dextrose, Maltodextrin, Citric Acid, Vegetable Mono & Diglycerides, Guar Gum, Carrageenan, Natural Flavors, Ascorbic Acid.</p> <p>Contains Live and Active Cultures: <i>S. thermophilus</i>, <i>L. bulgaricus</i>, <i>L. acidophilus</i>, <i>Bifidobacterium ssp.</i>, <i>L. rhamnosus</i>, <i>L. casei</i></p> <p>Contains: Milk.</p>
Matcha Green Tea	<p>Pasteurized and Cultured Skim Milk, Sugar, Corn Syrup, High Fructose Corn Syrup, Whey, Maltodextrin, Green Tea, Microcrystalline Cellulose, Vegetable Mono & Diglycerides, Guar Gum, Carrageenan, Cellulose Gum, Caramel Color, Artificial Flavor.</p> <p>Contains Live and Active Cultures: <i>S. thermophilus</i>, <i>L. bulgaricus</i>, <i>L. acidophilus</i>, <i>Bifidobacterium ssp.</i>, <i>L. rhamnosus</i>, <i>L. casei</i></p> <p>Contains: Milk.</p>
Milk Chocolate Hazelnut	<p>Pasteurized and Cultured Skim Milk, Sugar, Corn Syrup, High Fructose Corn Syrup, Whey, Maltodextrin, Hazelnut Butter, Cocoa Processed With Alkali, Microcrystalline Cellulose, Vegetable Mono & Diglycerides, Guar Gum, Carrageenan, Cellulose Gum, Natural Artificial Flavor, Salt, Caramel Color.</p> <p>Contains Live and Active Cultures: <i>S. thermophilus</i>, <i>L. bulgaricus</i>, <i>L. acidophilus</i>, <i>Bifidobacterium ssp.</i>, <i>L. rhamnosus</i>, <i>L. casei</i></p> <p>Contains: Milk, Hazelnut.</p>
New York Cheesecake	<p>Pasteurized And Cultured Skim Milk, Sugar, Corn Syrup, High Fructose Corn Syrup, Maltodextrin, Whey, Microcrystalline Cellulose, Vegetable Mono & Diglycerides, Guar Gum, Carrageenan, Cellulose Gum, Modified Food Starch, Skim Milk Cheese [Pasteurized Nonfat Milk & Enzymes], Natural And Artificial Flavor, Titanium Dioxide And Turmeric [Color], Yellow 6.</p> <p>Contains Live and Active Cultures: <i>S. thermophilus</i>, <i>L. bulgaricus</i>, <i>L. acidophilus</i>, <i>Bifidobacterium ssp.</i>, <i>L. rhamnosus</i>, <i>L. casei</i></p> <p>Contains: Milk.</p>



Flavor	Ingredient Statement
Oatmeal Cookies	<p>Pasteurized and Cultured Skim Milk, Sugar, Corn Syrup, High Fructose Corn Syrup, Whey, Oatmeal Cookie (Brown Sugar, Oats, Butter [Cream, Salt], Enriched Flour [Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Natural Flavor, Salt, Baking Powder [Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate]), Maltodextrin, Molasses, Microcrystalline Cellulose, Vegetable Mono & Diglycerides, Guar Gum, Carrageenan, Cellulose Gum, Natural and Artificial Flavor, Salt, Cinnamon.</p> <p>Contains Live and Active Cultures: <i>S. thermophilus</i>, <i>L. bulgaricus</i>, <i>L. acidophilus</i>, <i>Bifidobacterium ssp.</i>, <i>L. rhamnosus</i>, <i>L. casei</i></p> <p>Contains: Milk, Wheat.</p>
Peanut Butter	<p>Pasteurized and Cultured Skim Milk, Sugar, Corn Syrup, High Fructose Corn Syrup, Whey, Peanut Butter (Peanuts, Flax Seed, Salt), Microcrystalline Cellulose, Vegetable Mono & Diglycerides, Guar Gum, Carrageenan, Cellulose Gum.</p> <p>Contains Live and Active Cultures: <i>S. thermophilus</i>, <i>L. bulgaricus</i>, <i>L. acidophilus</i>, <i>Bifidobacterium ssp.</i>, <i>L. rhamnosus</i>, <i>L. casei</i></p> <p>Contains: Milk, Peanut.</p>
Peanut Butter Cookie	<p>Pasteurized and Cultured Skim Milk, Sugar, Corn Syrup, High Fructose Corn Syrup, Cookie Crumb (Enriched Flour [Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Graham Flour, Sugar, Palm Oil, Brown Sugar, Honey, Dextrose, Whey, Salt, Baking Soda, Natural and Artificial Flavor), Whey, Maltodextrin, Peanut Butter (Peanuts, Peanut Oil, Sugar, Salt), Microcrystalline Cellulose, Vegetable Mono & Diglycerides, Guar Gum, Carrageenan, Cellulose Gum.</p> <p>Contains Live and Active Cultures: <i>S. thermophilus</i>, <i>L. bulgaricus</i>, <i>L. acidophilus</i>, <i>Bifidobacterium ssp.</i>, <i>L. rhamnosus</i>, <i>L. casei</i></p> <p>Contains: Milk, Peanut, Wheat.</p>
Peanut Butter & Jelly	<p>Pasteurized and Cultured Skim Milk, Sugar, Strawberries, Corn Syrup, High Fructose Corn Syrup, Whey, Peanut Butter (Peanuts, Peanut Oil, Sugar, Salt), Maltodextrin, Microcrystalline Cellulose, Vegetable Mono & Diglycerides, Guar Gum, Carrageenan, Cellulose Gum, Natural Flavors, Color added.</p> <p>Contains Live and Active Cultures: <i>S. thermophilus</i>, <i>L. bulgaricus</i>, <i>L. acidophilus</i>, <i>Bifidobacterium ssp.</i>, <i>L. rhamnosus</i>, <i>L. casei</i></p> <p>Contains: Milk, Peanut.</p>
Pecans Praline	<p>Pasteurized and Cultured Skim Milk, Maltodextrin, Whey, Sorbitol, Polydextrose, Vegetable Mono & Diglycerides, Guar Gum, Cellulose Gum, Aspartame, Acesulfame Potassium, Locust Bean Gum, Carrageenan, Natural and Artificial Flavors, Caramel Color.</p> <p>Contains Live and Active Cultures: <i>S. thermophilus</i>, <i>L. bulgaricus</i>, <i>L. acidophilus</i>, <i>Bifidobacterium ssp.</i>, <i>L. rhamnosus</i>, <i>L. casei</i></p> <p>Phenylketonurics: Contains Phenylalanine.</p> <p>Contains: Milk.</p>
Pistachio	<p>Pasteurized and Cultured Skim Milk, Sugar, Corn Syrup, High Fructose Corn Syrup, Whey, Maltodextrin, Roasted Pistachio, Microcrystalline Cellulose, Vegetable Mono & Diglycerides, Guar Gum, Carrageenan, Cellulose Gum, Natural and Artificial Flavors, Lecithin, Pectin, Yellow 5, Blue 1, Caramel Color.</p> <p>Contains Live and Active Cultures: <i>S. thermophilus</i>, <i>L. bulgaricus</i>, <i>L. acidophilus</i>, <i>Bifidobacterium ssp.</i>, <i>L. rhamnosus</i>, <i>L. casei</i></p> <p>Contains: Milk, Soy, Pistachio.</p>



Flavor	Ingredient Statement
Plain Tart	Water, Sugar, Pasteurized and Cultured Skim Milk, Whey, Dextrose, Vegetable Mono & Diglycerides, Guar Gum, Carrageenan, Natural Flavors. Contains Live and Active Cultures: <i>S. thermophilus</i> , <i>L. bulgaricus</i> , <i>L. acidophilus</i> , <i>Bifidobacterium ssp.</i> , <i>L. rhamnosus</i> , <i>L. casei</i> Contains: Milk.
Pumpkin Pie	Pasteurized and Cultured Skim Milk, Sugar, Pumpkin, Corn Syrup, High Fructose Corn Syrup, Whey, Maltodextrin, Microcrystalline Cellulose, Vegetable Mono & Diglycerides, Molasses, Salt, Spices, Guar Gum, Carrageenan, Cellulose Gum. Contains Live and Active Cultures: <i>S. thermophilus</i> , <i>L. bulgaricus</i> , <i>L. acidophilus</i> , <i>Bifidobacterium ssp.</i> , <i>L. rhamnosus</i> , <i>L. casei</i> Contains: Milk.
Red Velvet Cupcake Batter	Pasteurized and Cultured Skim Milk, Sugar, Corn Syrup, High Fructose Corn Syrup, Whey, Maltodextrin, Cocoa Processed with Alkali, Microcrystalline Cellulose, Vegetable Mono & Diglycerides, Guar Gum, Carrageenan, Cellulose Gum, Natural and Artificial Flavors, Red 40, Blue 1. Contains Live and Active Cultures: <i>S. thermophilus</i> , <i>L. bulgaricus</i> , <i>L. acidophilus</i> , <i>Bifidobacterium ssp.</i> , <i>L. rhamnosus</i> , <i>L. casei</i> Contains: Milk.
Rootbeer Float	Pasteurized and Cultured Skim Milk, Sugar, Corn Syrup, High Fructose Corn Syrup, Whey, Maltodextrin, Microcrystalline Cellulose, Vegetable Mono & Diglycerides, Guar Gum, Carrageenan, Cellulose Gum, Natural and Artificial Flavors, Caramel Color. Contains Live and Active Cultures: <i>S. thermophilus</i> , <i>L. bulgaricus</i> , <i>L. acidophilus</i> , <i>Bifidobacterium ssp.</i> , <i>L. rhamnosus</i> , <i>L. casei</i> Contains: Milk.
Superfruit Tart	Pasteurized and Cultured Skim Milk, Sugar, Pomegranate Juice Concentrate, Dextrose, Whey, Acai, Cranberry Juice Concentrate, Blueberry Juice Concentrate, Vegetable Mono & Diglycerides, Guar Gum, Carrageenan, Natural Flavors, Pectin, Citric Acid, Ascorbic Acid, Red 40. Contains Live and Active Cultures: <i>S. thermophilus</i> , <i>L. bulgaricus</i> , <i>L. acidophilus</i> , <i>Bifidobacterium ssp.</i> , <i>L. rhamnosus</i> , <i>L. casei</i> Contains: Milk.
Taro	Pasteurized and Cultured Skim Milk, Sugar, Corn Syrup, High Fructose Corn Syrup, Whey, Maltodextrin, Microcrystalline Cellulose, Vegetable Mono & Diglycerides, Guar Gum, Carrageenan, Cellulose, Natural And Artificial Flavors, Color Added. Contains Live and Active Cultures: <i>S. thermophilus</i> , <i>L. bulgaricus</i> , <i>L. acidophilus</i> , <i>Bifidobacterium ssp.</i> , <i>L. rhamnosus</i> , <i>L. casei</i> Contains: Milk.
Toasted Coconut	Pasteurized and Cultured Skim Milk, Sugar, Corn Syrup, High Fructose Corn Syrup, Whey, Maltodextrin, Coconut, Microcrystalline Cellulose, Vegetable Mono & Diglycerides, Guar Gum, Carrageenan, Cellulose Gum, Natural and Artificial Flavor, Caramel Color. Contains Live and Active Cultures: <i>S. thermophilus</i> , <i>L. bulgaricus</i> , <i>L. acidophilus</i> , <i>Bifidobacterium ssp.</i> , <i>L. rhamnosus</i> , <i>L. casei</i> Contains: Milk, Coconut.



Flavor	Ingredient Statement
Vanilla Wafer	<p>Pasteurized and Cultured Skim Milk, Sugar, Corn Syrup, High Fructose Corn Syrup, Vanilla Wafer (Enriched Flour [Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Sugar, Palm Oil, Dextrose, Whey, Salt, Natural And Artificial Flavor, Baking Soda), Whey, Maltodextrin, Microcrystalline Cellulose, Vegetable Mono & Diglycerides, Guar Gum, Carrageenan, Cellulose Gum, Caramel Color, Artificial Flavor, Annatto Extract (Color).</p> <p>Contains Live and Active Cultures: <i>S. thermophilus</i>, <i>L. bulgaricus</i>, <i>L. acidophilus</i>, <i>Bifidobacterium ssp.</i>, <i>L. rhamnosus</i>, <i>L. casei</i></p> <p>Contains: Milk, Wheat.</p>

Flavor	Ingredient Statement
Almond Midnight Mocha	<p>Pasteurized and Cultured Skim Milk, Sugar, Corn Syrup, High Fructose Corn Syrup, Cocoa Processed with Alkali, Whey, Maltodextrin, Almonds, Microcrystalline Cellulose, Vegetable Mono & Diglycerides, Guar Gum, Carrageenan, Cellulose Gum, Caramel Color, Coffee, Natural Flavors, Salt, Yellow 6, Red 40, Blue 1.</p> <p>Contains Live and Active Cultures: <i>S. thermophilus</i>, <i>L. bulgaricus</i>, <i>L. acidophilus</i>, <i>Bifidobacterium ssp.</i>, <i>L. rhamnosus</i>, <i>L. casei</i></p> <p>Contains: Milk, Almonds.</p>
Blue Lychee Bliss Tart	<p>Pasteurized and Cultured Skim Milk, Water, Sugar, Blueberry Puree, Whey, Dextrose, Vegetable Mono & Diglycerides, Guar Gum, Carrageenan, Natural Flavors, Citric Acid, Ascorbic Acid, Lychee Extract.</p> <p>Contains Live and Active Cultures: <i>S. thermophilus</i>, <i>L. bulgaricus</i>, <i>L. acidophilus</i>, <i>Bifidobacterium ssp.</i>, <i>L. rhamnosus</i>, <i>L. casei</i></p> <p>Contains: Milk.</p>
Raspberry Tart	<p>Pasteurized and Cultured Skim Milk, Water, Sugar, Red Raspberry Puree, Whey, Dextrose, Vegetable Mono & Diglycerides, Guar Gum, Carrageenan, Natural Flavors, Citric Acid, Ascorbic Acid.</p> <p>Contains Live and Active Cultures: <i>S. thermophilus</i>, <i>L. bulgaricus</i>, <i>L. acidophilus</i>, <i>Bifidobacterium ssp.</i>, <i>L. rhamnosus</i>, <i>L. casei</i></p> <p>Contains: Milk.</p>



Flavor	Ingredient Statement
Strawberry Lemonade Sorbet	Water, Sugar, Strawberries, Dextrose, Concentrated Lemon Juice, Vegetable Mono Diglycerides, Citric Acid, Guar Gum, Natural Flavors, Carrageenan, Potassium Sorbate (Preservative), Ascorbic Acid.
Salted Carmel Pecan	<p>Pasteurized and Cultured Skim Milk, Sugar, Corn Syrup, High Fructose Corn Syrup, Whey, Maltodextrin, Toasted Pecans, Butter (Cream, Salt), Water, Natural & Artificial Flavors, Salt, Vegetable Mono & Diglycerides, Guar Gum, Cellulose Gum, Garrageenan, Caramel Color, Annatto (For Color).</p> <p>Contains Live and Active Cultures: <i>S. thermophilus</i>, <i>L. bulgaricus</i>, <i>L. acidophilus</i>, <i>Bifidobacterium ssp.</i>, <i>L. rhamnosus</i>, <i>L. casei</i></p> <p>Contains: Milk, pecans.</p>
Mango Pina Colada	<p>Pasteurized and Cultured Skim Milk, Sugar, Mango, Dextrose, Whey, Coconut Water, Pineapple Juice Concentrate, Natural Flavors, Vegetable Mono Diglycerides, Guar Gum, Carrageenan, Citric Acid, Ascorbic Acid.</p> <p>Contains Live and Active Cultures: <i>S. thermophilus</i>, <i>L. bulgaricus</i>, <i>L. acidophilus</i>, <i>Bifidobacterium ssp.</i>, <i>L. rhamnosus</i>, <i>L. casei</i></p> <p>Contains: Milk, coconut, mangos.</p>

You Rule

At Yogurtland, there's no such thing as small, medium or large. You determine your own serving size and choose as many flavors and toppings as you like — all priced per ounce. So whatever you're into, our message is the same. At Yogurtland, you rule.

*You already know
it's better,
but here's why...*

Real Yogurt

Proprietary recipes
made only by
Yogurtland.

Real Flavors

With real pistachios,
real mango, real
cookies, etc.

Real Innovation

Surprising new flavors
all the time.

Keeping up on Nutrition

To find nutrition information for your favorite Yogurtland flavors, including seasonal and limited-time offerings that aren't found here, please visit our website at yogurt-land.com.

For more information about a balanced diet, visit:
www.mypyramid.gov
www.aboutyogurt.com
www.americanheart.org
www.nationaldairycouncil.org
www.realcaliforniamilk.com
www.gotmilk.com

Percent Daily Values (DV) are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. Recommended limits for a 2,000 calorie daily diet are 20 grams of saturated fat and 2,300 milligrams of sodium.

Yogurtland

Yogurtland CARES

From 100% biodegradable spoons to recyclable cups and lids, Yogurtland cares about our environment and is committed to sustainable business practices — After all, this land was made for you and me.



Own A Franchise

Welcome to an exciting new land where you rule the portions, the choices, and the scene. Yogurtland is pioneering the customer-created frozen yogurt experience, and it's quickly spreading in neighborhoods across the country. And across the globe.

But we're not just creating yogurt. We're also creating an irresistible business opportunity that's immediately enjoyable. Easily repeatable. And simply ingenious.

Visit our website at yogurt-land.com

Yogurtland's nutritional analysis is comprised of data from Brooker Laboratories, LLC, (an independent testing facility commissioned by Yogurtland) combined with data from our suppliers. Yogurtland attempts to provide nutrition information regarding its products that is as complete as possible. Variations may exist due to periodic changes in formulations. Some products may not be available at all locations. New product introduction, product changes or limited time only items may not be included in this publication. This publication is continuously updated in an attempt to reflect the current status of our products. All data is rounded to meet current US FDA NLEA guidelines.

Promotional and limited time only products are provided separately on yogurt-land.com

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Nutritional Facts

