



Our yogurt is lightweight, boasting over 25 **non-fat** flavors.



All of our fruit yogurt is **vitamin C** fortified.



All of our yogurt has **calcium** benefits.



Fight those free-radicals with our wide selection of **antioxidant rich** flavors.

**REAL**

Real yogurt.  
Real innovation.  
**Real flavors.**



Our yogurt is **Gluten Free** with the exception of flavors that contain cookies.



\*Meets National Yogurt Association Criteria for **Live & Active Culture** Frozen Yogurt



Our yogurt is produced in a **Kosher certified** facility.

## Yogurt Nutritional Facts

	Calories per 1 fl. oz.	Calories per serving	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
Arctic Vanilla	25	110	0	0	0	0	65	24	0	16	3	0	2	15	0	
Blood Orange Tart	25	90	0	0	0	0	50	20	0	19	2	0	90	6	0	TART
Blueberry Tart	25	90	0	0	0	0	35	21	0	18	2	0	30	6	0	TART
Boysenberry	20	80	0	0	0	0	80	18	0	6	4	0	35	15	0	NO SUGAR ADDED
Chocolate Coconut Truffle	30	110	5	0.5	0	0	70	24	1	16	4	0	2	15	2	
Chocolate Twilight	20	80	5	0	0	0	95	17	1	5	4	0	2	15	4	NO SUGAR ADDED
Devil's Food Cupcake Batter	30	120	5	0	0	0	78	25	1	18	4	0	2	15	4	
Double Cookies & Cream	30	120	5	0.5	0	0	75	25	0	17	3	0	2	10	0	
Dutch Chocolate	25	110	5	0	0	0	50	25	1	16	3	2	2	8	0	
French Vanilla	20	80	0	0	0	0	80	17	0	6	4	0	2	15	0	NO SUGAR ADDED
Fresh Strawberry	25	110	0	0	0	0	60	24	0	17	3	0	60	10	0	
Green Apple Tart	20	80	5	0	0	0	40	18	0	16	2	0	40	6	0	TART
Guava Pineapple Tart	20	90	5	0	0	0	36	19	0	17	2	0	30	6	0	TART
Juicy Peach Tart	20	90	0	0	0	0	35	19	0	17	2	0	140	6	0	TART
Kona Coffee Blend	25	110	0	0	0	0	65	24	0	16	4	0	2	15	0	
Lychee Tart	20	80	0	0	0	0	35	18	0	16	2	0	40	6	0	TART
Madagascar Vanilla Bean	30	110	0	0	0	0	65	25	0	18	3	0	2	15	0	
Mango	25	100	0	0	0	0	35	23	0	19	2	2	40	6	0	
Matcha Green Tea	30	110	0	0	0	0	65	24	1	16	4	0	6	15	0	
New York Cheesecake	30	120	0	0	0	0	65	26	0	17	3	0	2	15	0	
Peanut Butter	30	120	10	1	0	0	75	25	0	20	4	0	2	15	0	
Pecans & Pralines	20	80	0	0	0	0	80	17	0	6	4	0	2	15	0	NO SUGAR ADDED
Pineapple Tart	25	100	0	0	0	0	35	23	0	22	2	0	35	6	0	TART
Pistachio	30	120	5	0	0	0	65	26	0	19	3	0	2	15	0	
Plain Tart	30	110	0	0	0	0	30	27	0	26	2	0	0	4	0	TART
Red Velvet Cupcake Batter	30	120	0	0	0	0	65	27	0	20	3	0	2	15	0	
Superfruit Tart	25	100	0	0	0	0	35	22	0	21	2	0	35	6	0	TART
Taro	30	110	0	0	0	0	65	25	0	18	4	0	2	15	0	
Toasted Coconut	30	120	5	0	0	0	65	25	0	18	4	0	2	15	0	
Vanilla Wafer	30	130	10	1	0	0	80	27	0	19	4	0	2	15	0	

Our yogurt is made from milk, various flavors and toppings may contain food allergens. Our yogurt is processed in a facility that processes wheat, soy, dairy, tree nuts & peanuts. Fat is naturally occurring in our low fat yogurt.

## Toppings Nutritional Facts

	Calories per oz.	Calories from Fat	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
Almonds	160	130	14	1	0	0	6	3	1	6	0	0	8	6	
Andes Mints®	150	90	10	9	0	0	15	17	1	15	2	0	0	4	4
Apples	15	0	0	0	0	0	4	1	3	0	0	2	0	0	
Banana	25	0	0	0	0	0	6	1	3	0	0	4	0	0	
Blackberries	10	0	0	0	0	0	3	1	1	0	2	10	0	2	
Blueberries	15	0	0	0	0	0	4	1	3	0	0	4	0	0	
Brownie Bites	130	50	6	2.5	0	20	160	17	1	10	2	4	0	2	6
Butterfinger®	130	45	5	2.5	0	0	65	20	1	13	2	0	0	2	2
Cantaloupe	10	0	0	0	0	0	2	0	2	0	20	15	0	0	
Cap'n Crunch®	110	15	1.5	1	0	0	210	24	1	12	1	0	0	0	30
Carob Chips	130	50	6	5	0	0	0	22	2	20	0	0	0	2	0
Cheesecake Bites	90	60	6	4	0	25	90	10	0	7	2	4	0	2	6
Chocolate Covered Peanut Butter Cookies	160	90	10	5	0	0	105	15	1	9	2	0	0	0	4
Chocolate Sprinkles	120	20	2.5	2	0	0	35	24	0	10	0	0	0	0	2
Coconut Flakes	140	80	9	8	0	0	60	15	3	11	1	0	0	0	0
Cookie Dough Minis	120	45	5	2.5	0.5	15	30	18	0	9	1	2	0	2	2
Cookies and Cream	130	50	5	2	0	0	130	20	1	11	1	0	0	0	6
Frosted Animal Cookies	130	60	6	5	0	0	50	18	0	10	1	0	0	0	2
Fruity Pebbles Cereal®	110	10	1	1	0	0	180	25	0	10	1	15	10	0	10
Ghirardelli Chocolate Chips®	140	80	8	5	0	0	0	19	2	15	1	0	0	0	8
Ghirardelli White Chocolate Chips®	150	80	9	8	0	5	40	16	0	16	3	0	2	10	0
Gourmet Jelly Beans	100	0	0	0	0	0	10	26	0	20	0	0	0	0	0
Graham Crackers	130	30	3.5	1	0	0	160	22	1	7	2	0	0	10	6
Grapefruit	10	0	0	0	0	0	3	1	2	0	2	15	0	0	
Gummi Bears	90	0	0	0	0	0	5	21	0	14	2	0	0	0	0
Honeydew	10	0	0	0	0	0	5	3	0	2	0	0	8	0	0
Jelly (All Flavors)	80	40	4.5	4	0	0	9	0	9	0	0	0	0	0	2
Kit Kat®	140	70	7	4.5	0	5	20	18	1	14	2	0	0	4	2
Kiwi	15	0	0	0	0	0	4	1	3	0	0	45	2	0	
Lychee	20	0	0	0	0	0	5	0	4	0	0	35	0	0	
Macadamia Nuts	200	190	21	3.5	0	0	0	4	2	1	2	0	0	2	6
Malt Balls	130	45	5	4.5	0	0	80	21	0	18	1	0	0	6	0
Mandarin Oranges	15	0	0	0	0	0	4	1	3	0	4	15	2	0	
Mango	20	0	0	0	0	0	5	1	4	0	4	15	0	0	
Maraschino Cherries	45	0	0	0	0	0	0	12	1	11	0	0	0	2	0
Mini Chocolate Caramel Cups	140	70	8	7	0	5	30	17	1	14	1	0	0	4	2
Mini Chocolate Chips Cookies	140	60	7	2.5	0	5	100	19	1	9	2	0	0	0	2
Mini M&M's®	140	60	7	4	0	5	20	19	1	18	1	2	0	4	2
Mochi	110	0	0	0	0	0	60	26	0	9	1	0	0	0	0
Nilla Wafers®	130	40	4.5	2.5	0	0	100	21	1	9	1	0	0	0	4
NSA Dark Chocolate Bits	130	90	9	8	0	0	0	14	2	0	1	0	0	0	6
Nutter Butter Cookies®	140	50	6	1	0	0	110	19	1	8	2	0	0	0	4
Oats & Honey Granola	120	40	4.5	0.5	0	0	110	20	2	8	3	0	0	2	4
Oranges	15	0	0	0	0	0	3	1	3	0	2	30	2	0	
Organic Granola w/ Pumpkin Seeds	130	45	5	1	0	0	25	19	3	5	3	0	0	2	6
Peaches	10	0	0	0	0	0	3	0	2	0	2	4	0	0	
Peanut Butter Cups	150	90	10	8	0	0	80	14	1	13	3	0	0	4	2
Peanuts	170	130	14	2	0	0	0	6	2	1	7	0	0	2	4
Pineapple	15	0	0	0	0	0	4	0	3	0	0	25	0	0	
Pomegranate	25	5	0	0	0	0	5	1	4	0	0	4	0	0	
Popping Boba (All Flavors)	35	0	0	0	0	0	9	0	6	0	0	0	0	25	2
Raspberries	15	0	0	0	0	0	3	2	1	0	0	10	0	2	
Red Bean	60	0	0	0	0	0	40	12	0	9	5	0	0	0	2
Reese's Pieces®	150	60	7	4.5	0	0	55	17	1	15	4	0	0	2	0
Seedless Grapes	20	0	0	0	0	0	5	0	4	0	0	6	0	0	
Snickers®	140	60	7	2.5	0	5	70	17	1	14	2	0	0	2	2
Sour Gummi Worms	80	0	0	0	0	0	15	19	0	16	2	0	0	0	0
Strawberries	10	0	0	0	0	0	2	1	1	0	0	30	0	0	
Toffee Crunch	150	70	8	5	0	20	125	20	0	16	0	4	0	0	0
Walnuts	190	170	18	1.5	0	0	0	4	2	1	4	0	0	2	4
Watermelon	10	0	0	0	0	0	2	0	2	0	4	4	0	0	
Yogurt Chips	140	60	7	6	0	0	20	20	0	20	1	0	0	2	0
Yogurtland Sprinkles	110	10	1	0	0	0	24	0	13	1	0	0	0	0	
Yogurtland Sunflower Bursts	140	70	8	5	0	0	15	16	2	13	3	0	0	2	4
York Peppermint Patties®	110	20	2	1	0	0	10	23	1	18	1	0	0	0	2

## 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](http://yogurt-land.com).

For more information about a balanced diet, visit:

[www.mypyramid.gov](http://www.mypyramid.gov)  
[www.aboutyogurt.com](http://www.aboutyogurt.com)  
[www.americanheart.org](http://www.americanheart.org)  
[www.nationaldairycouncil.org](http://www.nationaldairycouncil.org)  
[www.realcaliforniamilk.com](http://www.realcaliforniamilk.com)  
[www.gotmilk.com](http://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](http://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](http://yogurt-land.com)

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## Nutritional Facts

