



Goat Milk Yogurt

Ingredients and Nutrition Facts

■ **Plain Goat Milk Yogurt:** Pasteurized whole goat milk, tapioca, pectin, and live, active yogurt cultures—*L. bulgaricus*, *S. thermophilus*, *L. acidophilus* and *Bifidus*.

Nutrition Facts:
Serving Size 1 container (170g)
Calories: 100 Calories from fat: 40

	% daily value*
Total Fat 4.5g	7%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 80mg	3%
Total Carbohydrate 7g	2%
Dietary Fiber 0g	0%
Sugars 7g	
Protein 7g	
Vitamin A	2%
Vitamin C	0%
Calcium	20%
Iron	6%

■ **Vanilla Goat Milk Yogurt:** Pasteurized whole goat milk, pure maple syrup, natural vanilla flavor, tapioca, pectin, and live active cultures—*L. bulgaricus*, *S. thermophilus*, *L. acidophilus* and *Bifidus*.

Nutrition Facts:
Serving Size 1 container (170g)
Calories: 140 Calories from fat: 45

	% daily value*
Total Fat 5g	8%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 75mg	3%
Total Carbohydrate 16g	5%
Dietary Fiber 0g	0%
Sugars 14g	
Protein 7g	
Vitamin A	6%
Vitamin C	0%
Calcium	20%
Iron	2%

■ **Cranberry-Orange Goat Milk Yogurt:** Pasteurized whole goat milk, fruit (pineapple juice concentrate, pear juice concentrate, cranberries, water, orange peel, orange juice concentrate, vegetable juice [for color], natural flavors, lemon juice concentrate, locust bean gum, pectin, lemon pulp cells, sodium citrate, citric acid), tapioca, and live active cultures: *S. thermophilus*, *L. bulgaricus*, *L. acidophilus* & *Bifidus*.

Nutrition Facts:
Serving Size: 1 container (170g)
Calories: 150 Calories from fat 30

	% daily value*
Total Fat 3.5g	5%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 75mg	3%
Total Carbohydrate 24g	8%
Dietary Fiber 1g	4%
Sugars 21g	
Protein 6g	
Vitamin A	2%
Vitamin C	8%
Calcium	15%
Iron	6%

■ **Apricot-Mango Goat Milk Yogurt:** Pasteurized whole goat milk, fruit (water, apricots, pear concentrate, peach concentrate, pineapple concentrate, apricot concentrate, natural flavors, mango, pectin, locust bean gum, sodium citrate), tapioca, and live, active cultures: *S. thermophilus*, *L. bulgaricus*, *L. acidophilus* & *Bifidus*.

Nutrition Facts:
Serving Size: 1 container (170g)
Calories: 130 Calories from fat 30

	% daily value*
Total Fat 3.5g	5%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 130mg	5%
Total Carbohydrate 17g	6%
Dietary Fiber 0g	0%
Sugars 13g	
Protein 6g	
Vitamin A	6%
Vitamin C	10%
Calcium	15%
Iron	6%

■ **Strawberry Goat Milk Yogurt:** Pasteurized whole goat milk, fruit (honey, strawberries, water, apple juice concentrate, natural flavors, pectin, locust bean gum, vegetable juice [for color], citric acid), tapioca, and live, active cultures: *S. thermophilus*, *L. bulgaricus*, *L. acidophilus* & *Bifidus*.

Nutrition Facts:
Serving Size: 1 container (170g)
Calories: 150 Calories from fat 30

	% daily value*
Total Fat 3.5g	5%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 65mg	3%
Total Carbohydrate 24g	8%
Dietary Fiber 1g	4%
Sugars 20g	
Protein 6g	
Vitamin A	2%
Vitamin C	6%
Calcium	15%
Iron	6%

■ **Blueberry Goat Milk Yogurt:** Pasteurized whole goat milk, fruit (honey, blueberries, water, natural flavors, pectin, locust bean gum, citric acid), tapioca, and live, active cultures: *S. thermophilus*, *L. bulgaricus*, *L. acidophilus* & *Bifidus*.

Nutrition Facts:
Serving Size: 1 container (170g)
Calories: 140 Calories from fat 30

	% daily value*
Total Fat 3.5g	5%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 65mg	3%
Total Carbohydrate 23g	8%
Dietary Fiber 0g	0%
Sugars 20g	
Protein 6g	
Vitamin A	2%
Vitamin C mg	0%
Calcium	15%
Iron	6%

Uniquely Delicious.

Starting with our best-tasting goat milk, we add a special blend of living cultures that create a classic yogurt flavor and includes acidophilus and bifidus to promote healthy digestion. Handcrafted in small batches, our yogurt is completely natural and does not contain gelatin, refined sugar, preservatives, artificial colors or flavorings. The sugar listed in the nutritional panel for the plain yogurt is naturally occurring lactose or milk sugar. The additional sugar listed in the nutritional panel for the fruit and vanilla flavors comes from honey and the fruit juice concentrates. We do add a small amount of tapioca (natural from the cassava root) to slightly thicken our yogurt. Goat milk yogurt is delicious and can be enjoyed by many people who are allergic to cow milk products.

Recommended Daily Nutritional Values

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

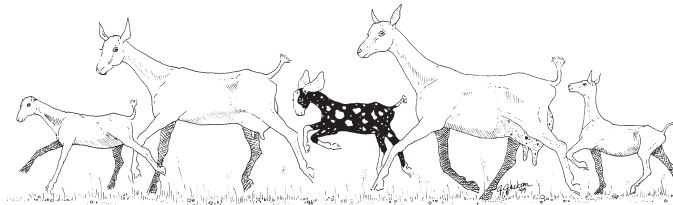
	Calories:	2,000	2,500
Total Fat	Less than	65 g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4			

Redwood Hill Farm yogurt is: Made with live, active cultures including: *s. thermophilus*, *l. bulgaricus*, *l. acidophilus* and *bifidus*, is completely natural, gluten free and kosher certified by the New England Rabbinical Council. Because of a recent book written by Jordan Rubin discounting the health benefits of *s. thermophilus*, some customers have asked us to make our yogurt without this beneficial digestive enzyme. It is FDA law, however, that *s. thermophilus* as well as *l. bulgaricus* be included in all yogurt sold as a standard of identity. We invite you to try all of our delicious flavors: Plain, Vanilla, Apricot-Mango, Blueberry, Strawberry and Cranberry-Orange.



Looking for a lower fat version? Our yogurt is made from unhomogenized goat milk, and the slight cream layer at the top can either be enjoyed or removed if you prefer a lower fat yogurt. Because the composition of goat milk changes seasonally, variations in texture are normal.

Are We Organic? Our creamery is certified organic and we use organic practices at our farm: no sprays, insecticides, pesticides, etc. are ever used. We use biological insects and trapping for fly control. However, our goat farm is not certified organic at this time. The grain mix that we feed the goats contains NO hormones, antibiotics, animal by-products, or preservatives. The grain is not genetically modified. Hay is 70% of our goats' diet and we are able to obtain hay at times that is organically grown. Our goats' feed source is the one stumbling block to being organic at this time. We do not believe in using hormones such as BST to increase milk production. We use medication only if necessary to save an animal's life; and if ever used, the milk from the treated doe is discarded for a long period of time to insure that no drugs ever enter the human food chain. We believe in a natural approach to animal husbandry and our dairy goats are raised "free range" and humanely.



Redwood Hill Farm & Creamery

NATURAL, ARTISAN GOAT MILK CHEESE AND YOGURT

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