

# what's inside

a guide to getting to know your skyr

## crafted with less

- no added artificial or natural flavorings
- no added colors
- no artificial sweeteners
- no gums or starches
- no preservatives
- no stevia

## less sugar

Our flavored varieties have 9-11 grams which includes the naturally occurring sugars from the lactose of milk, fruit, and a touch of cane sugar.

## full of protein

siggi's flavored yogurt varieties have up to 15 grams of protein per serving - that's more protein than sugar in each container.



## icelandic skyr

Like milk, regular yogurt is mostly water - but with skyr, that water is strained away, creating a thick and creamy consistency. While there are various styles of strained yogurt, skyr is particularly high in protein.

## less ingredients

siggi's does not try to fake deliciousness. siggi's nonfat strawberry skyr is made with pasteurized skim milk, strawberries, cane sugar, fruit pectin (from citrus fruits), and live active cultures - that's it. siggi's uses only natural and real food ingredients, nothing artificial.

### ingredients:

Pasteurized Skim Milk, Berries (Raspberry Puree, Blackberry Puree, Strawberry Puree, Acai Berry Puree), Cane Sugar, Fruit Pectin, Live Active Cultures

### live active cultures:

*S. thermophilus*, *L. delbrueckii subsp. bulgaricus*, *Bifidobacterium*, *L. acidophilus*, *L. paracasei*

**Nutrition Facts**  
**Serv. size: 1 - 5.3oz (150g) cup**, Amount per serving: **Calories 120**, **Total Fat 0g** (0% DV), **Sat. Fat 0g** (0% DV), **Trans Fat 0g**, **Cholest.** 10mg (3% DV), **Sodium 60mg** (3% DV), **Total Carb.** 14g (5% DV), **Fiber 0g** (0% DV), **Total Sugars 11g** (Incl. 7g Added Sugars, 14% DV), **Protein 15g** (30% DV), **Vit. D** (0% DV), **Calcium** (10% DV), **Iron** (0% DV), **Potas.** (4% DV).