

# siggi's®

## what's inside

half the ingredients,  
40% less sugar,  
60% more protein,  
than leading yogurts\*

thoughtfully simple™



### simple 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.

### 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.

| Nutrition Facts               |                       |
|-------------------------------|-----------------------|
| Serving size                  | 1 container (150g)    |
| Amount Per Serving            |                       |
| <b>Calories</b>               | <b>110</b>            |
|                               | <b>% Daily Value*</b> |
| <b>Total Fat</b> 0g           | <b>0%</b>             |
| Saturated Fat 0g              | <b>0%</b>             |
| Trans Fat 0g                  |                       |
| <b>Cholesterol</b> 10mg       | <b>3%</b>             |
| <b>Sodium</b> 50mg            | <b>2%</b>             |
| <b>Total Carbohydrate</b> 13g | <b>5%</b>             |
| Dietary Fiber 0g              | <b>0%</b>             |
| Total Sugars 11g              |                       |
| Includes 7g Added Sugars      | <b>14%</b>            |
| <b>Protein</b> 15g            | <b>30%</b>            |
| Vitamin D                     | 0%                    |
| Calcium                       | 10%                   |
| Iron                          | 0%                    |
| Potassium                     | 4%                    |

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### protein

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

### not a lot of sugar

Mainstream yogurts can have up to 22g of sugar per serving. Our flavored varieties have 9-11 grams which includes the naturally occurring sugars from the lactose of milk, fruit, and a touch of agave nectar or cane sugar.

### no artificial ingredients

#### Ingredients:

Pasteurized Skim Milk, Strawberries, Cane Sugar, Fruit Pectin, Live Active Cultures

#### Live Active Cultures:

*S. thermophilus*, *L. delbrueckii subsp. bulgaricus*, *B. lactis*, *L. acidophilus*, *L. delbrueckii subsp. lactis*

- ✓ No artificial sweeteners
- ✓ No artificial flavors
- ✓ No preservatives
- ✓ No thickeners
- ✓ No artificial colors

\*on average, siggi's® single serve flavored yogurts have 6 ingredients, 1.8g sugar per oz., and 2.8g protein per oz. compared to an average of 12 ingredients, 3.2g sugar per oz., and 1.8g protein per oz. in leading single serve flavored yogurts made without low-calorie/no-calorie sweeteners.