

2016 Back to School Shopping List

Daiya Greek Yogurt Alternative



WHY WE LOVE: Daiya makes deliciously dairy-free Greek yogurt alternative in four delightful flavors, all packed with protein, calcium and real piece of fruit, giving you the plant-based nutrition you want. Their creamy Peach Greek Yogurt Alternative takes that straight-from-the-orchard flavor and blends it into yogurty perfection. Bursting with red berry flavor, the creamy Strawberry variety has the ability to turn just about anyone into a morning person. Blueberry has a rich, velvety texture thanks to peak-season berries. And Black Cherry means cherries can be enjoyed all year round.

TIPS: Top with granola and some berries for a quick, filling breakfast. Blend with herbs for a healthy yogurt dip or sauce for chicken.

Nutrition Facts

Serving Size 1 cup (150g) **Peach**
 Servings Per Container 1

Amount Per Serving		% Daily Value*
Calories 150	Calories from Fat 40	
Total Fat 4.5g		7%
Saturated Fat 4g		20%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 115mg		5%
Total Carbohydrate 20g		7%
Dietary Fiber 3g		12%
Sugars 13g		

Protein 8g

Vitamin A 2% • Vitamin C 35%
 Calcium 20% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet.

Nutrition Facts

Serving Size 1 cup (150g) **strawberry**
 Servings Per Container 1

Amount Per Serving		% Daily Value*
Calories 150	Calones from Fat 40	
Total Fat 4.5g		7%
Saturated Fat 4g		20%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 115mg		5%
Total Carbohydrate 20g		7%
Dietary Fiber 3g		12%
Sugars 13g		

Protein 8g

Vitamin A 0% • Vitamin C 20%
 Calcium 20% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet.

Nutrition Facts

Serving Size 1 cup (150g) **Blueberry**
 Servings Per Container 1

Amount Per Serving		% Daily Value*
Calories 150	Calories from Fat 40	
Total Fat 4.5g		7%
Saturated Fat 4g		20%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 115mg		5%
Total Carbohydrate 20g		7%
Dietary Fiber 3g		12%
Sugars 13g		

Protein 8g

Vitamin A 0% • Vitamin C 2%
 Calcium 20% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet.

Nutrition Facts

Serving Size 1 cup (150g) **Black Cherry**
 Servings Per Container 1

Amount Per Serving		% Daily Value*
Calories 160	Calories from Fat 40	
Total Fat 4.5g		7%
Saturated Fat 4g		20%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 110mg		5%
Total Carbohydrate 22g		7%
Dietary Fiber 3g		12%
Sugars 15g		

Protein 8g

Vitamin A 0% • Vitamin C 4%
 Calcium 20% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet.



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<http://www.bestowed.com/collections/2016-back-to-school-shopping-list/products/daiya-greek-yogurt-alternative>