



AUTHENTIC ORGANIC  
*yogurt*

**5% Complete and 2%  
Lowfat (6oz)**

Plain, Vanilla,  
Strawberry,  
Raspberry,  
Blueberry, Peach

**5% Complete and 2%  
Lowfat (24oz)**

Plain, Vanilla

## A Yogurt with Revolutionary Difference

Cultural Revolution Organic Yogurt was inspired by our passion to create a uniquely healthful yogurt with the purest flavor and texture imaginable.

That quest led to an organic yogurt that is lower in sugar, calories, carbs, and sodium than other leading organic yogurts, with a taste and texture beyond compare. The Cultural Revolution was born!

### **True European style texture**

Cultural Revolution Organic Yogurt looks different because it is different! We wanted to create a true European style yogurt. In order to do this it was essential to avoid using the un-necessary stabilizers or thickeners that are in most other yogurts. The result is that our yogurt has a clean, natural marbled texture that tends to be thinner (looser) than most American made yogurts.

Typically, yogurts made in the U.S., have textures that are smooth, thick, or whipped. You see these textures because thickeners or stabilizers are added to mask the natural marbled texture of cultured milk. Over

processing of foods, like yogurt, brings confusion to what we expect is normal in food. We make it easy to demystify food, by bringing you yogurt in its truly natural state.

### **True European Style Taste**

European yogurts rely little on sugar or substitute sweeteners to create great taste. Like the simple texture of European yogurt, the flavor is simple to allow the pure taste of cultured milk to stand out. In that tradition, Cultural Revolution is in low in sugar (as much as 1/3 less sugar than other yogurts), giving it remarkably clean and pure cultured milk taste. What makes our yogurt delicious is also what makes it healthy for you!

We've searched high and low to find an alternative to the major brands, all of which seem to be filled with high fructose corn syrup, artificial colors and flavors, and who knows what else. We were pleased to discover such a wonderful alternative. We've tried several flavors of your lowfat variety and enjoy them all.

M. LARSON

5% Complete Peach



5% Complete Raspberry



5% Complete Strawberry



5% Complete Blueberry



CERTIFIED  
ORGANIC BY:  
MIDWEST  
ORGANIC SERVICES  
ASSOCIATION, INC.  
(MOSA)

**NUTRITION FACTS**

	Percentage of Daily Value (grams)			
	Peach 5% Complete	Raspberry 5% Complete	Strawberry 5% Complete	Blueberry 5% Complete
Serving Size	1 container	1 container	1 container	1 container
Calories	143	143	144	147
Calories from Fat	70	70	70	70
Sat Fat	25% (5g)	25% (5g)	25% (5g)	25% (8g)
Trans Fat	0% (0g)	0% (0g)	0% (0g)	0% (0g)
Total Fat	12% (8g)	12% (8g)	12% (8g)	12% (8g)
Cholesterol	10% (30mg)	10% (30mg)	10% (30mg)	10% (30mg)
Sodium	3% (66mg)	3% (66mg)	3% (66mg)	3% (66mg)
Carbohydrates	5% (13g)	5% (13g)	5% (13g)	5% (14g)
Protein	(6g)	(6g)	(6g)	(6g)
Vitamin A	34%	17%	9%	8%
Vitamin C	0%	0%	2%	0%
Calcium	38%	22%	22%	20%
Iron	2%	2%	2%	2%



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