

Golden Valley Dairy

Olympic Dairy Products



Products

- Natural Probiotic Yogurt
- No Fat Probiotic Natural Yogurt
- Organic Yogurt
- Krema non-Organic
- Krema Greek Yogurt 0%
- Krema Greek Style Organic
- Premium Sour Cream
- Organic Sour Cream
- Organic Cream Cheese

Natural Probiotic Yogurt Plain 3.9%

SIZES:

650g.

DETAILS:

Serving Size: 175

Calories Per Serving: 120

		Daily Value %
Fat (g):	6	9
-Sat. Fat (g):	4	21
+Trans. Fat (g):	0.2	
Cholesterol (mg):	25	
Sodium (mg):	105	4
Carbohydrate (g):	10	3
Fiber (g):	0	
Sugar (g):	5	
Protein (g):	7	

Iron:0

Calcium:25

Vitamin C:6

Vitamin A:6

INGREDIENTS:

Milk, skim milk powder, active bacterial culture (including Lactobacillus acidophilus, Bifidobacteria & Lactobacillus Paracasei subsp. casei)



Varieties: Strawberry, Blueberry, Plain, Black Cherry, Raspberry, Plain 6%, 5% Vanilla, Plain 3.9%, Plain 2%.



No Fat Natural Probiotic Yogurt French Vanilla

SIZES:

650g family size, 8 x 100g multipack.

DETAILS:

Serving Size: 175

Calories Per Serving: 130

		Daily Value %
Fat (g):	0	0
-Sat. Fat (g):	0	
+Trans. Fat (g):	0	0
Cholesterol (mg):	5	1
Sodium (mg):	110	5
Carbohydrate (g):	25	8
Fiber (g):	0	0
Sugar (g):	24	
Protein (g):	7	

Iron:6%

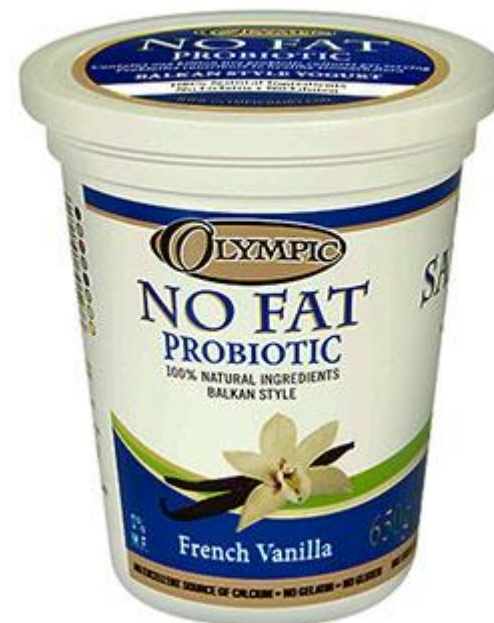
Calcium:20%

Vitamin C:0%

Vitamin A:2%

INGREDIENTS:

Skim milk ingredients, fruit juice concentrate (pear, pineapple, apple, peach), natural and organic vanilla, caramel, annatto, active bacterial culture. Diabetic approved. Olympic No fat yogurt is sweetened with fruit juice



Varieties: Plain, French Vanilla, Lemon.



Organic Yogurt Plain 2%

SIZES:

175g single serve, 6/115g multipack, 650g family size.

DETAILS:

Serving Size: 175

Calories Per Serving: 100

		Daily Value %
Fat (g):	3.5	5
-Sat. Fat (g):	2	11
+Trans. Fat (g):	0.2	
Cholesterol (mg):	15	
Sodium (mg):	90	4
Carbohydrate (g):	10	3
Fiber (g):	0	0
Sugar (g):	6	
Protein (g):	7	

Iron:0 Calcium:25
Vitamin C:2 Vitamin A:0

INGREDIENTS:

Partly skimmed organic milk, organic skim milk powder, active bacterial culture (*Streptococcus thermophilus*, *Lactobacillus Delbrueckii* subsp. *bulgaricus* & subsp. *lactis*, *Lactobacillus acidophilus*, *Bifidobacteria* & *Lactobacillus Paracasei* subsp. *casei*).



Varieties: Plain 2%, Strawberry, French Vanilla, Peach, Blueberry, Raspberry, Lemon, Coconut, Blackberry, Mango.



Krema Non Organic Vanilla

SIZES:

500g, 8 × 100g.

DETAILS:

Serving Size: 175

Calories Per Serving: 290

		Daily Value %
Fat (g):	17	26
-Sat. Fat (g):	11	57
+Trans. Fat (g):	0.5	
Cholesterol (mg):	55	
Sodium (mg):	115	5
Carbohydrate (g):	26	9
Fiber (g):	0	0
Sugar (g):	21	8
Protein (g):	8	

Iron:0

Calcium:25

Vitamin C:6

Vitamin A:15

INGREDIENTS:

Milk, cream, skim milk powder, cane sugar, natural vanilla flavour, active bacterial culture.



Varieties: Lemon, Caffè Latté,
Coconut, Mango, Black
Cherry, Vanilla, Strawberry,
Honey, Maple Syrup, Plain.



Krema Greek yogurt 0% m.f. Plain

SIZES:

500g, 8 x 100g.

DETAILS:

Serving Size: 175

Calories Per Serving: 120

		Daily Value %
Fat (g):	0.4	1
-Sat. Fat (g):	0.4	2
+Trans. Fat (g):	0	
Cholesterol (mg):	15	
Sodium (mg):	80	
Carbohydrate (g):	9	
Fiber (g):	0	
Sugar (g):	4	
Protein (g):	21	

Iron:0 Calcium:60

Vitamin C:0 Vitamin A:0

INGREDIENTS:

Skim milk, milk protein concentrate, active bacterial culture (including Bifidobacteria).



Varieties: Plain, Vanilla, Coconut.



Krema greek style organic Vanilla

SIZES:

500g.

DETAILS:

Serving Size: 175

Calories Per Serving: 270

		Daily Value %
Fat (g):	16	25
-Sat. Fat (g):	10	52
+Trans. Fat (g):	0.4	
Cholesterol (mg):	50	
Sodium (mg):	95	4
Carbohydrate (g):	24	8
Fiber (g):	0	0
Sugar (g):	19	
Protein (g):	8	

Iron:0

Calcium:25

Vitamin C:4

Vitamin A:15

INGREDIENTS:

Organic milk, organic cream, organic cane sugar, organic skim milk powder, organic milk protein concentrate, natural vanilla flavour, active bacterial culture (including *Lactobacillus acidophilus*, *Bifidobacterium lactis*).



Varieties: Strawberry, Vanilla, Plain.



Premium Sour Cream Premium Sour Cream

SIZES:

15 litre, 250 ml, 4 litre, 500 ml.

DETAILS:

Serving Size: 30

Calories Per Serving: 50

		Daily Value %
Fat (g):	4.5	7
-Sat. Fat (g):	2.5	12
+Trans. Fat (g):	0	
Cholesterol (mg):	15	
Sodium (mg):	15	1
Carbohydrate (g):	3	1
Fiber (g):	0	0
Sugar (g):	2	
Protein (g):	1	

Iron:0%

Calcium:4%

Vitamin C:0%

Vitamin A:2%

INGREDIENTS:

Milk, cream, skim milk powder, tapioca starch, natural gums (guar, carrageenan, locust bean) and active bacterial culture including probiotic lactobacillus acidophilus and lactobacillus rhamnosus. Milk ingredients, tapioca starch, guar gum, carrageenan, locust bean gum, active bacterial culture.



Organic Sour Cream Organic Sour Cream

SIZES:

500 ml.

DETAILS:

Serving Size: 30

Calories Per Serving: 50

		Daily Value %
Fat (g):	5	8
-Sat. Fat (g):	2.5	14
+Trans. Fat (g):	0	
Cholesterol (mg):	15	
Sodium (mg):	15	1
Carbohydrate (g):	4	1
Fiber (g):	0	0
Sugar (g):	2	
Protein (g):	1	

Iron:4%

Calcium:0%

Vitamin C:0%

Vitamin A:2%

INGREDIENTS:

Milk, cream, skim milk powder, tapioca starch, guar gum, carrageenan, locust bean gum, active bacterial cultures (including Lactobacillus acidophilus and Lactobacillus rhamnosus)



Organic Cream Cheese Plain

SIZES:

250g.

DETAILS:

Serving Size: 30

Calories Per Serving: 100

		Daily Value %
Fat (g):	10	15
-Sat. Fat (g):	7	34
+Trans. Fat (g):	0.3	
Cholesterol (mg):	30	
Sodium (mg):	80	3
Carbohydrate (g):	1	
Fiber (g):	0	0
Sugar (g):	2	
Protein (g):	1	

Iron:0

Calcium:4

Vitamin C:0

Vitamin A:10

INGREDIENTS:

Organic cream, organic skim milk powder, salt, guar gum, locust bean gum, xanthan gum, carrageenan and active bacterial culture including lactobacillus rhamnosus.

