



Just can't get enough

SKI D'lite Berry Basket 1kg

MIXED BERRY LOW FAT[†] FRUIT YOGHURT

INGREDIENTS: CONCENTRATED SKIM MILK, MILK, SKIM MILK, SUGAR, FRUIT [STRAWBERRY, CHERRY, RASPBERRY, BLACKCURRANT] (5% MINIMUM), LIVE ACIDOPHILUS AND BIFIDUS CULTURES, HALAL GELATINE, THICKENER (1442), FLAVOURS, ACIDITY REGULATOR (296).

CONTAINS: MILK AND MILK PRODUCTS.

NUTRITION INFORMATION			
Servings per package: 5			
Serving size: 200g			
	Average Quantity per 200g Serving	Percentage Daily Intake* (per Serving)	Average Quantity per 100g
Energy	814kJ (195Cal)	9%	407kJ (97Cal)
Protein	10.6g	21%	5.3g
Fat, total	1.8g	3%	0.9g
- saturated	1.2g	5%	0.6g
Carbohydrate	31.6g	10%	15.8g
- sugars	31.2g	35%	15.6g
Sodium	170mg	7%	85mg
Calcium	328mg (41% RDI ^{**})		164mg

*Percentage Daily Intakes are based on an average adult daily diet of 8700kJ. Your daily intakes may be higher or lower depending on your energy needs.

**Recommended Dietary Intake.

[†]Low fat contains 0.9g fat, Total per 100g.

