



Just can't get enough

## SKI D'Lite Favourites

12 x 100g

Honey Buzz, Vanilla Crème and Wild Strawberry

### Honey Buzz

#### HONEY LOW FAT<sup>†</sup> YOGHURT

**INGREDIENTS:** CONCENTRATED SKIM MILK, MILK, SKIM MILK, SUGAR, HONEY (6% MINIMUM), LIVE ACIDOPHILUS AND BIFIDUS CULTURES, HALAL GELATINE, THICKENER (1442), ACIDITY REGULATOR (330).

**CONTAINS:** MILK, MILK PRODUCTS AND HONEY.

NUTRITION INFORMATION			
Servings per package: 4			
Serving size: 100g			
	Average Quantity per 100g Serving	Percentage Daily Intake* (per Serving)	Average Quantity per 100g
Energy	456kJ (109Cal)	5%	456kJ (109Cal)
Protein	5.2g	10%	5.2g
Fat, total	0.9g	1%	0.9g
- saturated	0.6g	3%	0.6g
Carbohydrate	18.9g	6%	18.9g
- sugars	18.5g	21%	18.5g
Sodium	85mg	4%	85mg
Calcium	163mg (20% RDI <sup>**</sup> )		163mg

\*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.

<sup>†</sup>Low fat contains 0.9g fat, Total per 100g.





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### Vanilla Crème

#### VANILLA FLAVOURED LOW FAT<sup>†</sup> YOGHURT

**INGREDIENTS:** CONCENTRATED SKIM MILK, MILK, SKIM MILK, SUGAR, LIVE ACIDOPHILUS AND BIFIDUS CULTURES, HALAL GELATINE, THICKENER (1442), FLAVOURS, ACIDITY REGULATORS (270, 330, 332).

**CONTAINS: MILK AND MILK PRODUCTS.**

NUTRITION INFORMATION			
Servings per package: 4			
Serving size: 100g			
	Average Quantity per 100g Serving	Percentage Daily Intake* (per Serving)	Average Quantity per 100g
Energy	407kJ (97Cal)	5%	407kJ (97Cal)
Protein	5.2g	10%	5.2g
Fat, total	0.9g	1%	0.9g
- saturated	0.6g	3%	0.6g
Carbohydrate	15.9g	5%	15.9g
- sugars	15.5g	17%	15.5g
Sodium	85mg	4%	85mg
Calcium	163mg (20% RDI <sup>**</sup> )		163mg

\*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.

<sup>†</sup>Low fat contains 0.9g fat, Total per 100g.





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## SKI D'Lite Favourites 12 x 100g

Honey Buzz, Vanilla Crème and Wild Strawberry

### Wild Strawberry

#### STRAWBERRY LOW FAT<sup>†</sup> FRUIT YOGHURT

**INGREDIENTS:** CONCENTRATED SKIM MILK, MILK, SKIM MILK, SUGAR, FRUIT [STRAWBERRY] (7% MINIMUM), LIVE ACIDOPHILUS AND BIFIDUS CULTURES, HALAL GELATINE, THICKENER (1442), FLAVOUR, ACIDITY REGULATORS (296, 330, 331), NATURAL COLOUR (120).

**CONTAINS: MILK AND MILK PRODUCTS.**

NUTRITION INFORMATION			
Servings per package: 4			
Serving size: 100g			
	Average Quantity per 100g Serving	Percentage Daily Intake* (per Serving)	Average Quantity per 100g
Energy	389kJ (93Cal)	5%	389kJ (93Cal)
Protein	5.3g	11%	5.3g
Fat, total	0.9g	1%	0.9g
- saturated	0.6g	3%	0.6g
Carbohydrate	14.7g	5%	14.7g
- sugars	14.5g	16%	14.5g
Sodium	85mg	4%	85mg
Calcium	164mg (21% RDI <sup>**</sup> )		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.

<sup>†</sup>Low fat contains 0.9g fat, Total per 100g.

