



Just can't get enough

SKI D'lite Honey Buzz 1kg

HONEY LOW FAT[†] 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: 5			
Serving size: 200g			
	Average Quantity per 200g Serving	Percentage Daily Intake* (per Serving)	Average Quantity per 100g
Energy	912kJ (218Cal)	10%	456kJ (109Cal)
Protein	10.4g	21%	5.2g
Fat, total	1.8g	3%	0.9g
- saturated	1.2g	5%	0.6g
Carbohydrate	37.8g	12%	18.9g
- sugars	37.0g	41%	18.5g
Sodium	170mg	7%	85mg
Calcium	326mg (41% RDI ^{**})		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.

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

