



Just can't get enough

SKI D'lite Peach & Nectarine 1kg

PEACH AND NECTARINE LOW FAT[†] FRUIT YOGHURT

INGREDIENTS: CONCENTRATED SKIM MILK, MILK, SKIM MILK, SUGAR, FRUIT [PEACH, NECTARINE] (6% MINIMUM), LIVE ACIDOPHILUS AND BIFIDUS, HALAL GELATINE, THICKENER (1442), FLAVOUR, ACIDITY REGULATOR (330), VEGETABLE GUM (415).

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	816kJ (195Cal)	9%	408kJ (98Cal)
Protein	10.4g	21%	5.2g
Fat, total	1.6g	2%	0.8g
- saturated	1.2g	5%	0.6g
Carbohydrate	32.0g	10%	16.0g
- sugars	31.6g	35%	15.8g
Sodium	168mg	7%	84mg
Calcium	322mg (40% RDI ^{**})		161mg

*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.

