



Just can't get enough

SKI D'lite Vanilla Black Cherry 1kg

VANILLA FLAVOURED CHERRY AND BLACKBERRY LOW FAT[†] FRUIT YOGHURT

INGREDIENTS: CONCENTRATED SKIM MILK, MILK, SKIM MILK, SUGAR, FRUIT [CHERRY, BLACKBERRY] (4% MINIMUM), LIVE ACIDOPHILUS AND BIFIDUS CULTURES, HALAL GELATINE, THICKENER (1442), FLAVOURS, ACIDITY REGULATORS (330, 332), NATURAL COLOURS (120, 163), 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	792kJ (190Cal)	9%	396kJ (95Cal)
Protein	10.4g	21%	5.2g
Fat, total	1.8g	3%	0.9g
- saturated	1.2g	5%	0.6g
Carbohydrate	30.4g	10%	15.2g
- sugars	29.8g	33%	14.9g
Sodium	170mg	7%	85mg
Calcium	332mg (41% RDI ^{**})		166mg

*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.

