



Just can't get enough

SKI D'lite Vanilla Crème

2 × 200g

VANILLA FLAVOURED LOW FAT[†] 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: 2			
Serving size: 200g			
	Average Quantity per 200g Serving	Percentage Daily Intake* (per Serving)	Average Quantity per 100g
Energy	814kJ (195Cal)	9%	407kJ (97Cal)
Protein	10.4g	21%	5.2g
Fat, total	1.8g	3%	0.9g
- saturated	1.2g	5%	0.6g
Carbohydrate	31.8g	10%	15.9g
- sugars	31.0g	34%	15.5g
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.

