



Just can't get enough

SKI Divine Berry Heaven 1kg

MIXED BERRY FRUIT YOGHURT

INGREDIENTS: MILK, CONCENTRATED SKIM MILK, SUGAR, **CREAM** (FROM MILK), FRUIT [STRAWBERRY, CHERRY, RASPBERRY, BLACKCURRANT] (5% MINIMUM), SKIM MILK, LIVE ACIDOPHILUS AND BIFIDUS CULTURES, HALAL GELATINE, THICKENER (1442), FLAVOURS, ACIDITY REGULATOR (296).

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	976kJ (234Cal)	11%	488kJ (117Cal)
Protein	8.6g	17%	4.3g
Fat, total	7.6g	11%	3.8g
- saturated	5.0g	21%	2.5g
Carbohydrate	30.0g	10%	15.0g
- sugars	29.4g	33%	14.7g
Sodium	138mg	6%	69mg
Calcium	268mg (34% RDI**)		134mg

*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.

