



Just can't get enough

SKI Double Up Crunchy Muesli 165g

LOW FAT† VANILLA FLAVOURED YOGHURT WITH MUESLI

INGREDIENTS: LOW FAT VANILLA FLAVOURED YOGHURT [CONCENTRATED SKIM MILK, MILK, SKIM MILK, SUGAR, LIVE ACIDOPHILUS AND BIFIDUS CULTURES, HALAL GELATINE, THICKENER (1442), FLAVOURS, ACIDITY REGULATORS (270, 330, 332)], MUESLI MIX [COATED ROLLED OATS (ROLLED OATS, SUGAR, CANOLA OIL), PAPAYA (CONTAINS SULPHITES), SULTANAS, YOGHURT COATED CURRANTS (MILK SOLIDS, YOGHURT POWDER (FROM MILK) {8% MINIMUM}, SOY LECITHIN, ACIDITY REGULATOR (300), MAIZE FLOUR), APPLE (CONTAINS SULPHITES)] (15% MINIMUM).

CONTAINS: MILK AND MILK PRODUCTS, CEREALS CONTAINING GLUTEN, SULPHITES AND SOY PRODUCT.

MAY BE PRESENT: PEANUTS, TREE NUTS AND SESAME SEEDS.

THIS PRODUCT MAY CONTAIN: BEE POLLEN AND PROPOLIS, AND ROYAL JELLY WHICH CAN CAUSE SEVERE ALLERGIC REACTION.

NUTRITION INFORMATION			
Servings per package: 1			
Serving size: 165g			
	Average Quantity per 165g Serving	Percentage Daily Intake* (per Serving)	Average Quantity per 100g
Energy	954kJ (228Cal)	11%	578kJ (138Cal)
Protein	8.9g	18%	5.4g
Fat, total	3.8g	5%	2.3g
- saturated	1.2g	5%	0.7g
Carbohydrate	37.0g	12%	22.4g
- sugars	25.7g	29%	15.6g
Sodium	153mg	7%	93mg
Calcium	228mg (29% RDI**)		138mg

*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.

