



Just can't get enough

SKI Double Up Mixed Berries 185g

LOW FAT[†] VANILLA FLAVOURED YOGHURT WITH MIXED BERRIES

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)], MIXED BERRIES [FRUIT (STRAWBERRY, BLUEBERRY, BOYSENBERRY, RASPBERRY PUREE, BLACKBERRY) (14% MINIMUM), SUGAR, WATER, THICKENER (1442), ACIDITY REGULATORS (332, 330, 296), FLAVOUR].

CONTAINS: MILK AND MILK PRODUCTS.

MAY BE PRESENT: CEREALS CONTAINING GLUTEN, SOY PRODUCT, PEANUTS, TREE NUTS, SULPHITES 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: 185g			
	Average Quantity per 185g Serving	Percentage Daily Intake* (per Serving)	Average Quantity per 100g
Energy	903kJ (216Cal)	10%	488kJ (117Cal)
Protein	7.4g	15%	4.0g
Fat, total	1.1g	2%	0.6g
- saturated	0.7g	3%	0.4g
Carbohydrate	41.4g	13%	22.4g
- sugars	39.0g	43%	21.1g
Sodium	118mg	5%	64mg
Calcium	231mg (29% RDI ^{**})		125mg

*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.

