



SKI D'Lite Honey Buzz 1 kg

LOW FAT+ HONEY YOGHURT

INGREDIENTS: SKIM MILK, CONCENTRATED SKIM MILK, HONEY (6.0%), SUGAR, CREAM (FROM MILK), GELATINE, THICKENER (1442) (FROM TAPIOCA), FRUCTOSE, ACIDITY REGULATORS (330, 331), LIVE CULTURES (S. THERMOPHILUS, B. LACTIS, L. ACIDOPHILUS).

CONTAINS: MILK AND MILK PRODUCTS.

NUTRITION INFORMATION			
SERVINGS PER PACKAGE:	5		
SERVING SIZE:	200 g		
	AVERAGE QUANTITY PER SERVING	% DAILY INTAKE [†] PER SERVING	AVERAGE QUANTITY PER 100 g
ENERGY	822 kJ (197 Cal)	9%	411kJ (98 Cal)
PROTEIN	10.0 g	20%	5.0 g
FAT, TOTAL	1.8 g	3%	0.9 g
- SATURATED	1.2 g	5%	0.6 g
CARBOHYDRATE	34.0 g	11%	17.0 g
- SUGARS	30.8 g	34%	15.4 g
SODIUM	108 mg	5%	54 mg
CALCIUM	318 mg (40% RDI ^{**})		159 mg
PROBIOTICS [^]	1,000,000,000 cfu [#]		500,000,000 cfu [#]

**RECOMMENDED DIETARY INTAKE. [^]B. LACTIS, L. ACIDOPHILUS. #COLONY FORMING UNITS.

[†]PERCENTAGE DAILY INTAKES ARE BASED ON AN AVERAGE ADULT DIET OF 8700 kJ.

YOUR DAILY INTAKES MAY BE HIGHER OR LOWER DEPENDING ON YOUR ENERGY NEEDS.