



SKI D'Lite Peach & Nectarine 1 kg

LOW FAT+ PEACH & NECTARINE YOGURT

INGREDIENTS: SKIM MILK, CONCENTRATED SKIM MILK, SUGAR, FRUIT (4.3%) (RECONSTITUTED NECTARINE PUREE (2.3%), PEACH (2.0%)), CREAM (FROM MILK), FRUIT JUICE (1.3%) (RECONSTITUTED PEACH JUICE), GELATINE, THICKENER (1442) (FROM TAPIOCA), FLAVOURS, VEGETABLE GUM (415), ACIDITY REGULATOR (330), 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	764 kJ (173 Cal)	9%	382kJ (91 Cal)
PROTEIN	10 g	20%	5.0 g
FAT, TOTAL	1.8g	3%	0.9 g
- SATURATED	1.2 g	5%	0.6 g
CARBOHYDRATE	30.6 g	10%	15.3 g
- SUGARS	28.6g	32%	14.3 g
SODIUM	108 mg	5%	54 mg
CALCIUM	316 mg (40% RDI ^{**})		158 mg
PROBIOTICS[^]	1,000,000,000 cfu [#]		500,000,000 cfu [#]

+CONTAINS .09 g FAT, TOTAL PER 100 g

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.