



SKI D'Lite Vanilla Crème 1 kg

LOW FAT+ VANILLA FLAVOURED YOGURT

INGREDIENTS: SKIM MILK, CONCENTRATED SKIM MILK, SUGAR, WATER, CREAM (FROM MILK), THICKENER (1442) (FROM MAIZE), GELATINE, FLAVOURS, ACIDITY REGULATORS (332, 270, 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	758 kJ (176 Cal)	9%	379 kJ (91 Cal)
PROTEIN	10 g	20%	5.0 g
FAT, TOTAL	1.8 g	3%	0.9 g
- SATURATED	1.2 g	5%	0.6 g
CARBOHYDRATE	30.2 g	10%	15.1 g
- SUGARS	28.0 g	31%	14.0 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 0.9g 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.

