



SKI DOUBLE UP Mixed Berries 185g

LOW FAT⁺ VANILLA FLAVOURED YOGHURT WITH MIXED BERRY TOPPING

INGREDIENTS: Low Fat Vanilla Flavoured Yoghurt (73%) (Skim **Milk**, Sugar, **Milk** Solids, Water, Cream (From **Milk**), Thickener (1442) (From Maize), Vegetable Gums (406, 440), Flavours, Acidity Regulators (332, 270, 330), Live Cultures (*S. thermophilus*, *B. lactis*, *L. acidophilus*)), Mixed Berry Topping (27%) (Fruit (Strawberry (5.0%), Blueberry (4.0%), Boysenberry (2.7%), Raspberry Puree (1.3%), Blackberry (1.3%)), Sugar, Water, Thickener (1442 (From Maize Or Tapioca), Acidity Regulators (330, 296, 332), Flavours).

Contains: Milk and Milk Products

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NUTRITION INFORMATION			
SERVINGS PER PACKAGE: 1			
SERVING SIZE: 185 g			
	AVERAGE QUANTITY PER SERVING	% DAILY INTAKE [†] PER SERVING	AVERAGE QUANTITY PER 100 g
ENERGY	919 kJ (220 Cal)	11%	497 kJ (119 Cal)
PROTEIN	6.7 g	13%	3.6 g
FAT, TOTAL	1.3 g	2%	0.7 g
- SATURATED	0.7 g	3%	0.4 g
CARBOHYDRATE	44.4 g	14%	24.0 g
- SUGARS	38.7 g	43%	20.9 g
SODIUM	85 mg	4%	46 mg
CALCIUM	240 mg (30% RDI*)		130 mg
PROBIOTICS [^]	1,000,000,000 cfu [#]		541,000,000 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.

⁺LOW FAT CONTAINS 0.7 g FAT, TOTAL PER 100g.

