



SKI Yoghurt & Grains Apple Cinnamon

200 g

APPLE AND CINNAMON LOW FAT⁺ FRUIT YOGHURT WITH GRAINS

INGREDIENTS: MILK, MILK SOLIDS, SUGAR, FRUIT (6%) (APPLE), OAT CLUSTERS (3%) (OAT BRAN, ROLLED OATS, BROWN SUGAR, PUFFED RICE, OAT FLOUR, OAT MEAL, CANOLA OIL, GLUCOSE (FROM MAIZE), HONEY, COCONUT, PRESERVATIVE (220), SALT), WATER, THICKENER (MAIZE STARCH), HALAL GELATINE, LIVE YOGHURT CULTURES (ACIDOPHILUS, CASEI & BIFIDUS), CINNAMON (0.05 %), FLAVOURS, ACIDITY REGULATORS (332, 330 & 296), VEGETABLE GUM (415), EMULSIFIER (471), PRESERVATIVE (202), ANTIOXIDANT (300).

CONTAINS: MILK AND OATS (GLUTEN).

MAY BE PRESENT: PEANUTS AND TREE NUTS.

NUTRITION INFORMATION			
SERVINGS PER PACKAGE: 1			
SERVING SIZE: 200 g			
	AVERAGE QUANTITY PER 200 g SERVING	% DAILY INTAKE* (PER SERVING)	AVERAGE QUANTITY PER 100 g
ENERGY	906 kJ (216 Cal)	10%	453 kJ (108 Cal)
PROTEIN	8.8 g	18%	4.4 g
FAT, TOTAL	5.6 g	8%	2.8 g
- SATURATED	3.4 g	14%	1.7 g
CARBOHYDRATE	31.6 g	10%	15.8 g
- SUGARS	27.8 g	31%	13.9 g
SODIUM	130 mg	6%	65 mg
CALCIUM	284 mg (36%RDI**)		142 mg

*Percentage Daily Intakes are based on an average adult daily diet of 8700 kJ. Your daily intakes may be higher or lower based on your energy needs.

**RDI—Recommended Dietary Intake.

*Contains 2.8 g fat, total per 100 g.

