



# SKI Yoghurt & Grains Banana Honey 200 g

## BANANA HONEY LOW FAT<sup>+</sup> FRUIT YOGHURT WITH GRAINS

INGREDIENTS: MILK, MILK SOLIDS, SUGAR, FRUIT (4.2%) (BANANA), OAT CLUSTERS (3.1%) (OAT BRAN, ROLLED OATS, BROWN SUGAR, PUFFED RICE, OAT FLOUR, OAT MEAL, CANOLA OIL, GLUCOSE (FROM MAIZE), HONEY, COCONUT, PRESERVATIVE (220), SALT), WATER, THICKENERS (MAIZE & TAPIOCA STARCH), HONEY (0.3%), HALAL GELATINE, LIVE YOGHURT CULTURES (ACIDOPHILUS, CASEI & BIFIDUS), ACIDITY REGULATORS (330, 331, 300), EMULSIFIER (471), FLAVOURS, PRESERVATIVE (202).

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	950 kJ (227 Cal)	11%	475 kJ (113 Cal)
PROTEIN	9.0 g	18%	4.5 g
FAT, TOTAL	5.8 g	8%	2.9 g
- SATURATED	3.5 g	14%	1.7 g
CARBOHYDRATE	33.8 g	11%	16.9 g
- SUGARS	30.0 g	33%	15.0 g
SODIUM	130 mg	6%	65 mg
CALCIUM	291 mg (36% RDI *)		145 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 2.9 g fat, total per 100 g.

