



SKI Yoghurt & Grains Mixed Berry 200 g

MIXED BERRY LOW FAT⁺ FRUIT YOGHURT WITH GRAINS

INGREDIENTS: MILK, MILK SOLIDS, SUGAR, FRUITS (4.6%) (STRAWBERRY, BLACKBERRY, RASPBERRY & BLUEBERRY), 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 STARCH & TAPIOCA), HALAL GELATINE, FLAVOURS, LIVE YOGHURT CULTURES (ACIDOPHILUS, CASEI & BIFIDUS), NATURAL COLOUR (163), ACIDITY REGULATOR (331), EMULSIFIER (471), 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	898 kJ (215 Cal)	10%	449 kJ (107 Cal)
PROTEIN	9.0 g	18%	4.5 g
FAT, TOTAL	5.8 g	8%	2.9 g
- SATURATED	3.4 g	14%	1.7 g
CARBOHYDRATE	30.8 g	10%	15.4
- SUGARS	26.8 g	30%	13.4 g
SODIUM	134 mg	6%	67 mg
CALCIUM	288 mg (36% RDI*)		144 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.

