



SKI Yoghurt & Grains Tropical 200 g

TROPICAL FRUIT LOW FAT⁺ YOGHURT WITH GRAINS

INGREDIENTS: MILK, MILK SOLIDS, SUGAR, FRUITS (3.5%) (ORANGE, MANGO & PAPAYA), 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), FRUIT JUICE (1.6%) (RECONSTITUTED PASSIONFRUIT JUICE), THICKENERS (MAIZE & TAPIOCA STARCH), HALAL GELATINE, ACIDITY REGULATORS (331 & 330), LIVE YOGHURT CULTURES (ACIDOPHILUS, CASEI & BIFIDUS), FLAVOURS, PRESERVATIVE (202), EMULSIFIER (471), NATURAL COLOUR (160b).

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	932 kJ (222 Cal)	11%	466 kJ (111 Cal)
PROTEIN	9.0 g	18%	4.5 g
FAT, TOTAL	5.8 g	8%	2.9g
- SATURATED	3.6 g	15%	1.8 g
CARBOHYDRATE	31.4 g	10%	15.7 g
- SUGARS	27.8 g	31%	13.9 g
SODIUM	138 mg	6%	69 mg
CALCIUM	304 mg (38 %RDI**)		152 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.

