



PLAIN SWEETENED SKIMMED YOGHURT

Source of Calcium



The Health Star Rating is used to assess the nutritional quality of products by giving a rating from 0.5 stars (lowest nutritional quality) to 5 stars (best nutritional quality).

TARGET AUDIENCE:

Family

AVAILABLE IN:

160g

FLAVOURS:

Plain

INGREDIENTS:

Water, sugar, milk solids, stabilizers & emulsifiers (E471, E401, E412), vegetable fat, native starch (Thickener), yoghurt culture (Lactobacillus bulgaricus and Streptococcus thermophilus).

TYPICAL NUTRITIONAL INFORMATION (AS PACKED)

	Per 100g
Energy (kJ)	342
Protein (g)	2.69
Fat (g)	1.88
Carbohydrate (g)	12.8
Calcium (mg)	101

