

First Choice Low Fat Guava Dairy Snack with Custard Flavour

TYPICAL NUTRITIONAL INFORMATION (as packed)

	Per 100 g	Per 150 g (single serving)
Energy (kJ)	277	416
Protein (g)	1.8	2.7
Glycaemic Carbohydrate (g)	12	18
of which total sugar (g)	10.2	15.3
Total Fat (g)	1.1	1.7
of which Saturated Fat (g)	0.8	1.2
Trans Fat (g)	<0.1	<0.1
Monounsaturated Fat (g)	0.3	0.5
Polyunsaturated Fat (g)	<0.1	<0.1
Cholesterol (mg)	4	6
Dietary Fibre* (g)	<0.5	<0.5
Total Sodium (mg)	27	41
Calcium (mg)	58.2	87.3

* AOAC991.43 method of analysis

INGREDIENTS: Cow's milk, Water, Sugar, Fruit preparation (Guava (3.6%), Water, Guava puree (2.4%), Sugar, Stabiliser, Flavourings, Acidity regulator, Colourant), Stabiliser (Contains: Gelatine), Yoghurt cultures, Preservative (Potassium Sorbate)
Contains: Cow's milk