

First Choice Low Fat Mixed Fruit Dairy Snack

TYPICAL NUTRITIONAL INFORMATION (as packed)

	Per 100 g	Per 150 g (single serving)
Energy (kJ)	245	368
Protein (g)	1.8	2.7
Glycaemic Carbohydrate (g)	10	15
of which total sugar (g)	9.4	14.1
Total Fat (g)	1.2	1.8
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)	5	7.5
Dietary Fibre* (g)	<0.5	<0.5
Total Sodium (mg)	28	42
Calcium (mg)	49.1	73.6

* AOAC991.43 method of analysis

INGREDIENTS: Cow's milk, Water, Sugar, Fruit preparation (Water, Pineapple (2%), Sugar, Guava (1.3%), Pear (1.3%), Peach (1.3%), Stabiliser, Strawberry (0.1%), Apricot (0.1%), Raspberry (0.1%), Flavourings, Acidity regulator, Pomegranate juice concentrate (0.01%), Colourant), Stabiliser (Contains: Gelatine), Yoghurt cultures, Preservative (Potassium Sorbate). Contains: Cow's milk