

# First Choice Low Fat Mixed Berry Dairy Snack

## TYPICAL NUTRITIONAL INFORMATION (as packed)

	Per 100 g	Per 150 g (single serving)
Energy (kJ)	276	414
Protein (g)	1.9	2.9
Glycaemic Carbohydrate (g)	12	18
of which total sugar (g)	10.5	15.8
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)	29	44
Calcium (mg)	59.1	88.7

\* AOAC991.43 method of analysis

**INGREDIENTS:** Cow's milk, Water, Sugar, Fruit preparation (Strawberry (4.1%), Water, Strawberry puree (1.3%), Sugar, Blackberry (0.7%), Blueberry (0.7%), Stabiliser, Raspberry (0.3%), Flavourings, Acidity regulator, Colourant), Stabiliser (Contains: Gelatine), Yoghurt cultures, Preservative (Potassium Sorbate). Contains: Cow's milk