

First Choice Vanilla Flavoured Low Fat Dairy Snack

Typical Nutritional Information (as packed)			
		Per 100g	Per 150g serving
Energy	kJ	330	495
Protein	g	1.8	2.7
Glycaemic Carbohydrates	g	15	23
of which total Sugars	g	7.6	11.4
Total Fat	g	1.5	2.3
of which Saturated Fat	g	1.2	1.8
of which Trans Fat	g	<0.1	<0.1
of which Monounsaturated Fat	g	0.4	0.6
of which Polyunsaturated Fat	g	<0.1	<0.1
Cholesterol	mg	9	14
Dietary Fibre*	g	<1.0	<1.0
Total Sodium	mg	29	44
* A0AC 985.29 method			
Ingredients: Cow's Milk, Water, Sugar, Sypur (Flavouring, Acidity Regulator), Stabiliser (Contains: Gelatine), Yoghurt Cultures, Preservative (Potassium sorbate).			
Contains: Cow's Milk.			