

## NUTRITIONAL INFORMATION

<b>YOGHURT &amp; MUESLI</b>		
Serving size: 210g		
	<b>Express</b>	<b>Av. Qty per 100g</b>
Energy (kJ)	1651	786
Protein (g)	16.6	7.9
Fat (g)	12.2	5.8
- Sat.Fat (g)	6.1	2.9
Carbohydrate (g)	53.1	25.3
- Sugar (g)	32.1	15.3
Sodium (mg)	471	224

<b>YOGHURT &amp; MUESLI – TRAY</b>			
Serving size: medium 341g, large 455g			
	<b>Av. Qty per med</b>	<b>Av. Qty per lrg</b>	<b>Av. Qty per 100g</b>
Energy (kJ)	2670	3563	783
Protein (g)	26.9	35.9	7.9
Fat (g)	19.4	25.9	5.7
- Sat.Fat (g)	9.9	13.2	2.9
Carbohydrate (g)	85.6	114.2	25.1
- Sugar (g)	52.2	69.6	15.3
Sodium (mg)	767	1024	225

<b>PASSIONFRUIT YOGHURT</b>		
Serving size: 210g		
	<b>Express</b>	<b>Av. Qty per 100g</b>
Energy (kJ)	1289	614
Protein (g)	14.3	6.8
Fat (g)	7.4	3.5
- Sat.Fat (g)	4.9	2.3
Carbohydrate (g)	44.2	21.0
- Sugar (g)	35.2	16.8
Sodium (mg)	426	203

<b>PASSIONFRUIT YOGHURT – TRAY</b>			
Serving size: medium 341g, large 455g			
	<b>Av. Qty per med</b>	<b>Av. Qty per lrg</b>	<b>Av. Qty per 100g</b>
Energy (kJ)	2094	2794	614
Protein (g)	24.9	33.2	7.3
Fat (g)	13.3	17.7	3.9
- Sat.Fat (g)	8.5	11.4	2.5
Carbohydrate (g)	68.9	91.9	20.2
- Sugar (g)	53.2	71.0	15.6
Sodium (mg)	757	1010	222

<b>YOGHURT &amp; BERRIES</b>		
Serving size: 210g		
	<b>Express</b>	<b>Av. Qty per 100g</b>
Energy (kJ)	1405	603
Protein (g)	14.0	6.6
Fat (g)	7.5	3.5
- Sat.Fat (g)	4.9	2.3
Carbohydrate (g)	52.3	21.0
- Sugar (g)	42.9	16.7
Sodium (mg)	423	201

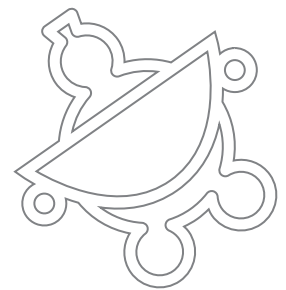
<b>YOGHURT &amp; BERRIES – TRAY</b>			
Serving size: medium 341g, large 455g			
	<b>Av. Qty per med</b>	<b>Av. Qty per lrg</b>	<b>Av. Qty per 100g</b>
Energy (kJ)	2077	2771	609
Protein (g)	24.6	32.8	7.2
Fat (g)	13.0	17.3	3.8
- Sat.Fat (g)	8.5	11.4	2.5
Carbohydrate (g)	68.9	91.9	20.2
- Sugar (g)	53.2	71.0	15.6
Sodium (mg)	754	1006	221

<b>MANGO YOGHURT</b>		
Serving size: 210g		
	<b>Express</b>	<b>Av. Qty per 100g</b>
Energy (kJ)	1285	612
Protein (g)	13.9	6.6
Fat (g)	7.4	3.5
- Sat.Fat (g)	4.8	2.3
Carbohydrate (g)	45.6	21.7
- Sugar (g)	36.3	17.3
Sodium (mg)	422	201

<b>MANGO YOGHURT – TRAY</b>			
Serving size: medium 341g, large 455g			
	<b>Av. Qty per med</b>	<b>Av. Qty per lrg</b>	<b>Av. Qty per 100g</b>
Energy (kJ)	2090	2789	613
Protein (g)	24.6	32.8	7.2
Fat (g)	13.3	17.7	3.9
- Sat.Fat (g)	8.5	11.4	2.5
Carbohydrate (g)	69.9	93.3	20.5
- Sugar (g)	53.9	71.9	15.8
Sodium (mg)	754	1006	221

<b>APPLE &amp; CINNAMON YOGHURT</b>		
Serving size: 210g		
	<b>Express</b>	<b>Av. Qty per 100g</b>
Energy (kJ)	1155	550
Protein (g)	13.9	6.6
Fat (g)	7.4	3.5
- Sat.Fat (g)	4.8	2.3
Carbohydrate (g)	38.2	18.2
- Sugar (g)	29.2	13.9
Sodium (mg)	422	201

<b>APPLE &amp; CINNAMON YOGHURT – TRAY</b>			
Serving size: medium 341g, large 455g			
	<b>Av. Qty per med</b>	<b>Av. Qty per lrg</b>	<b>Av. Qty per 100g</b>
Energy (kJ)	1858	2480	545
Protein (g)	21.8	29.1	6.4
Fat (g)	11.9	15.9	3.5
- Sat.Fat (g)	7.8	10.5	2.3
Carbohydrate (g)	61.4	81.9	18.0
- Sugar (g)	47.1	62.8	13.8
Sodium (mg)	675	901	198



## NUTRITIONAL INFORMATION

<b>STRAWBERRY YOGHURT</b>		
Serving size: 210g		
	<b>Express</b>	<b>Av. Qty per 100g</b>
Energy (kJ)	1256	598
Protein (g)	14.1	6.7
Fat (g)	7.4	3.5
- Sat.Fat (g)	4.8	2.3
Carbohydrate (g)	42.2	20.1
- Sugar (g)	34.7	16.5
Sodium (mg)	424	202

<b>STRAWBERRY YOGHURT – TRAY</b>			
Serving size: medium 341g, large 455g			
	<b>Av. Qty per med</b>	<b>Av. Qty per lrg</b>	<b>Av. Qty per 100g</b>
Energy (kJ)	2073	2766	608
Protein (g)	24.6	32.8	7.2
Fat (g)	13.3	17.7	3.9
- Sat.Fat (g)	8.5	11.4	2.5
Carbohydrate (g)	68.5	91.5	20.1
- Sugar (g)	52.9	70.5	15.5
Sodium (mg)	754	1006	221