

UNSWEETENED GREEK STYLE Yogurt Mix 170g e

Ingredients

Whole and skim **milk** powder (98%) (emulsifier (**soy** lecithin)), live lactic cultures (*L.bulgaricus*, *S.thermophilus*, *L.acidophilus*).

Nutrition Information

As made-up Unsweetened Greek Style Yogurt

Average quantity per: 100g

Energy	344kJ
	82kcal
Fat, total	4.3g
of which – saturated	3.1g
Carbohydrate, total	6.7g
of which sugars*	6.7g
Protein	4.6g
Salt	0.111g
Calcium	(21% of RI**) 167mg



*No added sugar. Only contains naturally occurring milk sugar.

**Reference Intake based on an average adult diet requirement of 800mg Calcium.

STRAWBERRY Flavour Yogurt Mix 230g e

Ingredients

Whole and skim **milk** powder (61%) (emulsifier (**soy** lecithin)), sugar, live lactic cultures (*L.bulgaricus*, *S.thermophilus*, *L.acidophilus*), natural flavouring substance, natural colour (beetroot red).

Nutrition Information

As made-up Strawberry flavour Yogurt

Average quantity per: 100g

Energy	434kJ
	104kcal
Fat, total	3.6g
of which – saturated	2.6g
Carbohydrate, total	14.3g
of which – sugars	14.2g
Protein	3.8g
Salt	0.089g
Calcium	(17% of RI*) 137mg



*Reference Intake based on an average adult diet requirement of 800mg Calcium.