





MULTIGRAIN AND YOGHURT BLEND

Low GI for Filling & Long-Lasting Energy

TARGET AUDIENCE:

Adults

AVAILABLE IN:

450 g; 950 g

FLAVOURS:

Banana, Cream, Malt, Pineapple & Ginger



INGREDIENTS:

Cooked cereal blend (water, cereals (5% uncooked) (maize, sorghum, barley flour [gluten], oat flour [gluten])), yoghurt (33%) (low fat milk, whey (reconstituted or liquid), milk protein concentrate, yoghurt cultures [Streptococcus thermophilus and Lactobacillus bulgaricus]), water, sugar, thickeners (maize starch, gelatine [bovine], xanthan gum), preservative (potassium sorbate), flavouring, colourant^.

ALLERGENS: Contains cow's milk, barley (gluten) and oats (gluten).

TYPICAL NUTRITIONAL INFORMATION (AS PACKED)

Serving size 225 g

	Per 100g	Per 225g serving	%NRVs per serving
Energy (kJ)	270	608	
Protein (g)	1,5	3,4	6
Glycaemic Carbohydrate (g)	12	27	
of which total sugar (g)	6,5	14,6	
of which total added sugar (sucrose) (g)	3,4	7,7	
Total Fat (g)	1,1	2,5	
of which saturated fat (g)	0,4	0,9	
Dietary Fibre [#] (g)	0,1	0,2	
Total Sodium (mg)	30	68	
Calcium (mg)	40,3	90,7	7

^{*}NRV's = Nutrient reference values for individuals 4 years and older.



^{*}Calculated using supplier information.

[^]Refer to individual packs for colourants.