

# Nutrition Facts

Per (436 g)

**Calories 400**

% Daily Value\*

**Fat** 1.5 g 2 %  
Saturated 1 g 4 %  
+ Trans 0 g

**Carbohydrate** 98 g  
Fibre 4 g 14 %  
Sugars 80 g 80 %

**Protein** 5 g

**Cholesterol** 5 mg

**Sodium** 150 mg 7 %

**Potassium** 750 mg 16 %

**Calcium** 125 mg 9 %

**Iron** 1 mg 6 %

\*5% or less is **a little**, 15% or more is **a lot**

**Ingredients:** Apple juice, canned or bottled, added vitamin C, Banana, raw, Yogourt, vanilla flavoured, low fat (0.5-1.9% M.F.), Strawberry, frozen, sweetened, sliced, CANE SUGAR SYRUP

**Contains:** Milk