

Nutrition Facts

Per (347 g)

Calories 300

% Daily Value*

Fat 1.5 g 2 %
Saturated 0.5 g 3 %
+ Trans 0 g

Carbohydrate 71 g
Fibre 4 g 15 %
Sugars 63 g 63 %

Protein 4 g

Cholesterol 5 mg

Sodium 150 mg 7 %

Potassium 400 mg 8 %

Calcium 125 mg 9 %

Iron 1 mg 5 %

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

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

Contains: Milk