

Nutrition Facts

Per (520 g)

Calories 460

% Daily Value*

Fat 2 g 3 %
Saturated 1 g 5 %
+ Trans 0 g

Carbohydrate 107 g
Fibre 6 g 23 %
Sugars 95 g 95 %

Protein 6 g

Cholesterol 10 mg

Sodium 230 mg 10 %

Potassium 600 mg 12 %

Calcium 175 mg 14 %

Iron 1.25 mg 8 %

*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.), Raspberry, frozen, unsweetened, Strawberry, frozen, sweetened, sliced, Blueberry, frozen, sweetened, CANE SUGAR SYRUP

Contains: Milk