


Werkkaart - Graad 7



BB 10 SEPT 12

06:34

SOURCE OF CALCIUM 

KEEP REFRIGERATED
Produced in South Africa

TYPICAL NUTRITIONAL INFORMATION

SERVING = 300 g	PER 100 g	PER 300 g	% NRVs* PER SERVING
Energy	581 kJ	1743 kJ	
Protein	1.8 g	5.4 g	10
Glycaemic carbohydrates of which total sugar	16 g 13.9 g	48 g 41.7 g	
Total fat of which saturated fat	1.4 g 0.8 g	4.2 g 2.4 g	
Dietary fibre	0.0 g	0.0 g	
Total sodium	38 mg	114 mg	
Calcium	68.5 mg	205.5 mg	15.8

*NRVs = Nutrient reference values for individuals 4 years and older

ALLERGENS
Milk.

INGREDIENTS
Low-fat milk, reconstituted whey powder, sugar, fruit (6%)
(strawberry puree and apple concentrate), thickener (maize starch),
yoghurt culture, flavouring, colourant
preservative (potassium sorbate)

Contains 6% real fruit

SERVING SUGGESTION



SHAKE WELL

300 g



'n Inisiatief van die Verbruikersopvoedingsprojek van Melk SA.
Vir meer inligting en antwoorde, besoek www.dairykids.co.za
Onderwysersgids - Riglyne vir gesonde eetgewoontes, bld 14