



Yoghurt labels

Natural yoghurt

No added sugar: this yogurt contains only milk's naturally occurring sugar (lactose), contains the following live cultures: Bifidobacterium, Lactobacillus Acidophilus, Streptococcus Thermophilus
[Values per 100g – 82Kcals, 6.5g sugar, 4.2g fat/2.7g SF]

Low fat natural yoghurt

Low Fat Natural Yogurt (Milk)

[Values per 100g – 65Kcals, 6.9g sugar, 1.4g fat/0.9g SF]

0% fat natural yoghurt

No added ingredients. This Yogurt contains only Milk's naturally occurring Sugar (Lactose), contains the following live cultures: Bifidobacterium, Lactobacillus Bulgaricus, Streptococcus Thermophilus
[Values per 100g – 59Kcals – 8.5g sugar, 0g fat]

A typical fat free yoghurt with sugar and sweeteners (mango and passion fruit flavour)

Fat Free Yogurt (Milk), Mango (4.5%), Passion Fruit Purée (2.5%), Mango Purée (2.5%), Sugar, Rice Starch, Flavourings, Colour (Paprika Extract), Sweetener (Sucralose)
[Values per 100g – 57Kcals, 8.2g sugar, 0.2g fat/ 0.1g SF]

A typical low fat 'healthy choice', raspberry flavoured yoghurt

Raspberry: Low Fat Yogurt, Sugar, Raspberry Puree 2.0%, Rice Starch, Lemon Juice Concentrate, Colour: Beetroot Red, Natural Flavouring, Thickener: Guar Gum
[Values per 100g - 94Kcals, 13.2g sugar, 2.7g fat/1.8g SF]

A typical flavoured yoghurt with added 'treats'

Yogurt, Milk Chocolate in Crisp Sugar Shell 16.7% [Sugar, Cocoa Butter, Skimmed Milk Powder, Cocoa Mass, Whey Powder (from Milk), Wheatflour (Gluten), Butter Oil (from Milk), Rice Starch, Emulsifier (Sunflower Lecithin), Fruit and Vegetable Concentrates (Safflower, Raddish, Black Carrot, Lemon, Hibiscus, Spirulina), Glazing Agent (Beeswax, Carnauba Wax), Natural Vanilla Flavouring, Invert Sugar Syrup], Sugar, Natural Flavouring, May contain traces of Peanuts, Nuts, Soya and Sesame
[Values per 100g - 149Kcals, 20.4g sugar, 5.4g fat (3.3g SF)]