INGREDIENTS: Yogurt, Fruit (8%) (Blackberries, Strawberries, Blueberries, Raspberries), Water, Fructose, Modified Starch, Gelatine, Flavouring, Stabiliser: Pectins; Acidity Regulator: Sodium Citrates; Sweetener: Aspartame. Contains a source of Phenylalanine.

NUTRITION INFORMATION
Typical Values Per 100g
Energy 220kJ (52 kcal)  
Protein 4.4g  
Carbohydrate 8.3g  
Fat 0.1g  
Calcium 135mg, 16% of RDA  
168mg per pot, 20% of RDA  
RDA = Recommended Daily Allowance