

Vitasoy High Fibre Soymilk

Servings per Package: 4 Serving Size: 250 mL

	Average Quantity per 250 mL Serving	% DI* per serve	Average Quantity per 100mL
Energy	540 kJ (129 Cal)	6%	216kJ (52 Cal)
Protein	8.0 g	16%	3.2 g
Fat, total	3.7 g	5%	1.5 g
- Saturated	0.7 g	3%	0.3 g
- Trans	0 g		0 g
- Polyunsaturated	2.0 g		0.8 g
- Monosaturated	1.0 g		0.4 g
Cholesterol	0 mg		0 mg
Carbohydrate, total	13.7 g	4%	5.5 g
- Sugars	5.2 g	6%	2.1 g
- Lactose	0 g		0 g
- Galactose	0 g		0 g
Dietary Fibre, total	5.0 g	17%	2.0 g
Sodium	110 mg	5%	44 mg
Calcium	300 mg	(37%RDI*) [#]	120 mg
Vitamin B2	0.53mg	(31%RDI*) [#]	0.21 mg
Vitamin B12	1.0 µg	(50%RDI*) [#]	0.4 µg

#Recommended Dietary Intake

+ Glycemic Index Low <55

* Percentage daily intake based on adult diet of 8700kJ. Your daily intakes may be higher or lower depending on your energy needs.

Not suitable as a complete milk food for children under 2 years of age.

Ingredients Declaration:

Filtered Water, Certified Organic Whole Soy Beans (Min. 13%), Pearl Barley, Raw Sugar, Inulin (Dietary Fibre), Gum Arabic, Barley Malt, Sea Salt, Vitamin B2 (riboflavin), Vitamin B6, Thiamin, Vitamin A, Vitamin B12.