

Vitasoy Ricemilk Protein Enriched
Servings per Package: 4 Serving Size: 250 mL

	Average Quantity per 250 mL Serving	% DI* per serve	Average Quantity per 100mL
Energy	547 kJ (131 Cal)	6%	219kJ (53 Cal)
Protein	3.8 g	8%	1.5 g
Fat, total	2.8 g	4%	1.1 g
- Saturated	0.5 g	2%	0.2 g
- Trans	0 g		0 g
- Polyunsaturated	1.8 g		0.7 g
- Monosaturated	0.5 g		0.2 g
Cholesterol	0 mg		0 mg
Carbohydrate, total	23.0g	7%	2.8g
- Sugars	7.0g	8%	0g
- Lactose	0g		0g
- Sucrose	0g		0g
- Fructose	0g		0g
- Glucose	7.0g		2.8g
- Maltose	0g		0g
- Galactose	0g		0g
Dietary Fibre, total	Less than 1 g	<3%	Less than 1 g
Sodium	138 mg	6%	55 mg
Calcium	300 mg	(37%RDI*) [#]	120 mg

[#] 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 5 years of age.

Ingredients Declaration:

Filtered Water, whole brown rice (min 11%), chick peas (min 5%) sunflower oil, calcium, phosphate, sea salt.