

Vitasoy Original Soymilk

Servings per Package: 4 Serving Size: 250 mL

	Average Quantity per 250 mL Serving	% DI* per serve	Average Quantity per 100mL
Energy	682 kJ (163 Cal)	8%	273kJ (65 Cal)
Protein	8.2 g	16%	3.3 g
Fat, total	7.5 g	11%	3.0 g
- Saturated	1.5 g	6%	0.6 g
- Trans	0 g		0 g
- Polyunsaturated	4.3 g		1.7 g
- Monosaturated	1.7 g		0.7 g
Cholesterol	0 mg		0 mg
Carbohydrate, total	15.2 g	5%	6.1 g
- Sugars	8.7 g	10%	3.5 g
- Lactose	0 g		0 g
- Galactose	0 g		0 g
Dietary Fibre, total	Less than 1 g	<3%	Less than 1 g
Sodium	150 mg	7%	60 mg

+ 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. 15%), Pearl Barley, Barley Malt, Raw Sugar, Sunflower Oil, Kombu (Kelp), Natural Flavouring, Sea Salt