

Vitasoy Light Soymilk
Servings per Package: 4 Serving Size: 250 mL

	Average Quantity per 250 mL Serving	% DI* per serve	Average Quantity per 100mL
Energy	275 kJ (65 Cal)	3%	110kJ (26 Cal)
Protein	3.5 g	7%	1.4 g
Fat, total	1.7 g	2%	0.7 g
- Saturated	0.2 g	1%	0.1 g
- Trans	0 g		0 g
- Polyunsaturated	1.0 g		0.4 g
- Monosaturated	0.5 g		0.2 g
Cholesterol	0 mg		0 mg
Carbohydrate, total	8.8 g	3%	3.5 g
- Sugars	6.0 g	7%	2.4 g
- Lactose	0 g		0 g
- Galactose	0 g		0 g
Dietary Fibre, total	Less than 1 g	<3%	Less than 1 g
Sodium	107 mg	5%	43 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. 7%), Raw Sugar, Pearl Barley, Sea Salt, Natural Flavouring