

- ✓ 98% fat free
- ✓ Contains live & active cultures & probiotics
- ✓ Gluten Free
- ✓ Gelatin Free
- ✓ Supports good digestive health
- ✓ Enhances the body's immune system
- ✓ Great source of calcium to strengthen bones & lower blood pressure
- ✓ Low in fat, sodium & cholesterol

Yo-Chi Frozen Yogurt Nutritional Information – Per 100G

	Energy	Protein	Fat, Total	Saturated	Carbohydrate	Sugars	Calcium	Sodium
ALMOND VANILLA (v)	623kj / 148cal	1.25g	2.1g	0.8g	21.3g	21.2g	14.9mg	0.9mg
AVOCADO & LIME (v)	498kj / 119cal	3.8g	7.2g	4.3g	18.5g	14.9g	11.9mg	28mg
BANANA SOYBEAN (v)	420kj / 100cal	2.6g	1.8g	0.2g	23.8g	17.0g	203mg	40mg
CHAI	472kj / 112cal	3.1g	1.9g	1.8g	23.4g	22.6g	119mg	49mg
CHOCOLATE	395kj / 94cal	3.9g	2.0g	1.8g	22.0g	20.9g	219mg	45mg
CHOCOLATE HAZELNUT (v)	420kj / 100cal	2.7g	2.02g	1.9g	17.3g	16.25g	–	6mg
CHOCOLATE & HONEYCOMB	477kj / 113cal	4.4g	1.6g	0.4g	19.9g	17.7g	95mg	64.mg
CHOCOLATE JAFFA	455kj / 109cal	3.9g	1.9g	1.8g	21g	19g	213mg	32mg
CLASSIC VANILLA	478kj / 114cal	3.9g	2.0g	1.8g	21.0g	20.1g	219mg	46mg
COCONUT (v)	387kj / 92.5cal	4.2g	1.8g	1.6g	21.5g	20.8g	11.9mg	41mg
COFFEE	395kj / 94.0cal	3.9g	2.0g	1.8g	22.0g	20.9g	219mg	45mg
DARK CHOCOLATE & COCONUT (v)	395kj / 94.0cal	3.0g	2.0g	1.8g	23.0g	20.1g	8.9mg	25mg
GREEN APPLE	449kj / 107cal	3.9g	2.0g	1.8g	21.5g	20.2g	219mg	32mg
GREEN TEA	478kj / 114cal	3.9g	2.0g	1.8g	21.0g	20.1g	219mg	46mg
HONEY SOYBEAN	451kj / 108cal	2.6g	1.3g	0.2g	22.9g	16.9g	229mg	43mg
LEMON CREAM CHEESE TORTE	685kj / 164cal	4.8g	7.8g	5.1g	19.3g	19.1g	219mg	111mg
LEMON ICED TEA (v)	393kj / 93.9cal	3g	2g	1.8g	23.9g	20.3g	–	26mg
MANDARIN & POPPY SEED	452kj / 108cal	3.9g	1.9g	1.8g	21g	20g	212mg	32mg
MANGO	421kj / 100cal	3.6g	1.8g	1.0g	21.1g	20.2g	119mg	47mg
MIXED BERRY	449kj / 107cal	3.9g	2.0g	1.8g	21.5g	20.2g	219mg	32mg
PASSIONFRUIT	464kj / 111cal	3.5g	2.0g	1.2g	22.5g	21.9g	219mg	42mg
PERSIAN DELIGHT	478kj / 114cal	3.9g	2.0g	1.8g	21.0g	20.1g	219mg	46mg
PINEAPPLE & LIME (v)	555kj / 132cal	1.5g	2.1g	0.8g	23.3g	22.9g	3mg	2.9mg
SALTED BUTTERSCOTCH	460kj / 110cal	3.1g	1.5g	0.9g	24.6g	23.9g	293mg	82mg
SALTED PEANUT BUTTER	1028kj / 245cal	20g	10g	2.4g	17.1g	15.9g	219mg	416mg
SIGNATURE TART	472kj / 113cal	3.9g	1.9g	1.8g	21.5g	20.8g	305mg	46mg
STRAWBERRY & WHITE CHOCOLATE	369kj / 88cal	3g	1.3g	0.9g	16.5g	16.5g	16.5g	68mg
VANILLA CUSTARD	566kj/135cal	3.8g	5.1g	3.2g	19.2g	19.1g	113mg	44mg

(v) — Vegan



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