

## Hansells Yoghurt - Ingredients & Nutritional information

### Classic Natural

Ingredients: Whole Milk Powder (Contains Soy Lecithin) (100%), Lactic Cultures (L. Bulgaricus, S. Thermophilus, L. Acidophilus, Bifido. Lactis) (<0.1%). Contains: Milk and Soy

Servings per pack: 5 Serving Size: 200g	Average Quantity per Serving	Average Quantity per 100g
Energy	539kJ (142Cal)	296kJ (71cal)
Protein	7.5g	3.7g
- Gluten	0.0g	0.0g
Fat, Total	7.8g	3.9g
- Saturated	5.3g	2.7g
Carbohydrate	10.3g	5.2g
- Sugars	7.0g	3.5g
Sodium	67mg	34mg
Calcium	246mg	123mg

### T&C Unsweetened Greek

Ingredients: Whole Milk Powder (Contains Soy Lecithin) (100%), Lactic Cultures (L. Bulgaricus, S. Thermophilus, L. Acidophilus, Bifido. Lactis) (<0.1%). Contains: Milk and Soy

Servings per sachet: 5 Serving Size: 200g	Average Quantity per Serving	Average Quantity per 100g
Energy	889kJ (213Cal)	445kJ (106Cal)
Protein	11.2g	5.6g
- Gluten	0.0g	0.0g
Fat, Total	11.8g	5.9g
- Saturated	8.0g	4.0g
Carbohydrate	15.5g	7.8g
- Sugars	12.1g	6.1g
Sodium	101mg	50mg
Calcium	320mg	160mg

### Lite Greek

Ingredients: Non-Fat Milk Powder (75%), Whole Milk Powder (Contains Soy Lecithin) (25%) and Lactic Cultures (L. Bulgaricus, S. Thermophilus, L. Acidophilus, Bifido. Lactis) (<0.1%). Contains: Milk and Soy

Servings per sachet: 5 Serving Size: 200g	Average Quantity per Serving	Average Quantity per 100g
Energy	555kJ (133Cal)	278kJ (67Cal)
Protein	11.4g	5.7g
- Gluten	0.0g	0.0g
Fat, Total	2.5g	1.3g
- Saturated	1.7g	0.9g
Carbohydrate	16.4g	8.2g

- Sugars	12.9g	6.5g
Sodium	110mg	55mg
Calcium	320mg	160mg

### TC Coconut

Ingredients: Whole Milk Powder (Contains Soy Lecithin), Sugar, Desiccated Coconut (2.75%), Natural Flavour, Lactic Cultures (L.bulgaricus, S. thermophilus, L.acidophilus, Bifido.lactis). Contains: Milk and Soy

Servings per pack: 5 Serving Size: 200g	Average Quantity per Serving	Average Quantity per 100g
Energy	888kJ (212Cal)	444kJ (106Cal)
Protein	8.3g	4.2g
- Gluten	0.0g	0.0g
Fat, Total	9.4g	4.7g
- Saturated	6.5g	3.3g
Carbohydrate	23.6g	11.8g
- Sugars	19.7g	9.9g
Sodium	75mg	37mg
Calcium	272mg	136mg

### TC Mango Passion

Ingredients: Whole Milk Powder (Contains Soy Lecithin), Sugar, Natural Flavours, Natural Colours (Carotene, Beet Red), Lactic Cultures (L. Bulgaricus, S. Thermophilus, L. Acidophilus, Bifido. Lactis). Contains: Milk and Soy

Servings per pack: 5 Serving Size: 200g	Average Quantity per Serving	Average Quantity per 100g
Energy	880kJ (211Cal)	440kJ (105Cal)
Protein	8.5g	4.3g
- Gluten	0.0g	0.0g
Fat, Total	9.0g	4.5g
- Saturated	6.1g	3.0g
Carbohydrate	23.8g	11.9g
- Sugars	20.1g	10.1g
Sodium	77mg	39mg
Calcium	282mg	141mg

### TC Honey

Ingredients: Whole Milk Powder (Contains Soy Lecithin) (70%), Sugar (28%), Honey Powder (1.5%), Natural Flavour (<0.5%), Lactic Cultures (L. Bulgaricus, S. Thermophilus, L. Acidophilus, Bifido. Lactis) (<0.1%). Contains: Milk, Honey and Soy

Servings per pack: 5 Serving Size: 200g	Average Quantity per Serving	Average Quantity per 100g
Energy	876kJ (210Cal)	438kJ (105Cal)
Protein	8.2g	4.1g
- Gluten	0.0g	0.0g
Fat, Total	8.6g	4.3g
- Saturated	5.9g	3.0g
Carbohydrate	24.5g	12.3g
- Sugars	20.5g	10.3g
Sodium	74mg	37mg
Calcium	271mg	136mg

### TC Strawberry

Ingredients: Whole Milk Powder (Contains Soy Lecithin), Sugar, Desiccated Coconut (2.75%), Natural Flavour, Lactic Cultures (L.bulgaricus, S. thermophilus, L.acidophilus, Bifido.lactis). Contains: Milk and Soy

Servings per pack: 5 Serving Size: 200g	Average Quantity per Serving	Average Quantity per 100g
Energy	881kJ(211Cal)	440kJ (105Cal)
Protein	8.5g	4.6g
- Gluten	0.0g	0.0g
Fat, Total	9.0g	4.5g
- Saturated	6.1g	3.0g
Carbohydrate	23.8g	11.9g
- Sugars	20.1g	10.1g
Sodium	77mg	39mg
Calcium	282mg	141mg

## TC Vanilla

Ingredients: Whole Milk Powder (Contains Soy Lecithin), Sugar, Natural Flavours, Lactic Cultures (L. Bulgaricus, S. Thermophilus, L. Acidophilus, Bifido. Lactis).

Contains: Milk and Soy

Servings per pack: 5 Serving Size: 200g	Average Quantity per Serving	Average Quantity per 100g
Energy	883kJ (211Cal)	442kJ (106Cal)
Protein	8.7g	4.4g
- Gluten	0.0g	0.0g
Fat, Total	9.1g	4.6g
- Saturated	6.2g	3.1g
Carbohydrate	23.3g	11.7g
- Sugars	19.5g	9.8g
Sodium	79mg	39mg
Calcium	287mg	144mg

## Desserts – Lemon Tart

Ingredients: Whole Milk Powder (Contains Soy Lecithin), Sugar, Natural Flavour, Natural Colour (Carotene), Lactic Cultures (L. Bulgaricus, S. Thermophilus, L. Acidophilus, Bifido. Lactis).actis).

Contains: Milk and Soy

Servings per pack: 5 Serving Size: 200g	Average Quantity per Serving	Average Quantity per 100g
Energy	875kJ (209Cal)	437kJ (105Cal)
Protein	8.2g	4.1g
- Gluten	0.0g	0.0g
Fat, Total	8.7g	4.3g
- Saturated	5.9g	3.0g
Carbohydrate	24.3g	12.2g
- Sugars	20.8g	10.4g
Sodium	74mg	37mg
Calcium	271mg	136mg

## Desserts - Crème Brûlée

Ingredients: Whole Milk Powder (Contains Soy Lecithin), Sugar Natural Flavour, Natural Colour (Carotene), Caramelised Sugar, Lactic Cultures (L. bulgaricus, S. thermophilus, L. acidophilus, Bififobacterium, Lactis)

Allergens: Milk and soy

Servings per pack: 5 Serving Size: 200g	Average Quantity per Serving	Average Quantity per 100g
Energy	879kJ (210Cal)	440kJ (105Cal)
Protein	8.5g	4.3g
- Gluten	0.0g	0.0g
Fat, Total	9.0g	4.5g
- Saturated	6.1g	3.1g
Carbohydrate	23.7g	11.9g
- Sugars	20.0g	10.0
Sodium	77mg	39mg
Calcium	282mg	141mg