



Goats' Milk Yogurt



Nutritional Information

Typical values and Reference Intakes (RI) of an average adult (8400kj/2000 kcal).

Natural Yogurt

Typical Values	Per 100g	Per 150g Serving	Percentage Reference Intake*
Energy - KJ	437kj	655KJ	-
- Kcal (Calories)	105kcal	157Kcal	8%
Fat	7.3g	11g	16%
- of which saturates	5.0g	7.4g	37%
Carbohydrates	4.3g	6.5g	3%
- of which sugars	3.2g	4.8g	5%
Protein	5.5g	8.3g	18%
Salt	0.1g	0.2g	3%
Calcium	240mg	360mg	45%

Fat Free Yogurt

Typical Values	Per 100g	Per 150g Serving	Percentage Reference Intake*
Energy - KJ	200kj	300kj	-
- Kcal (Calories)	47kcal	71Kcal	4%
Fat	0.3g	0.4g	1%
- of which saturates	0.2g	0.3g	2%
Carbohydrates	4.1g	6.1g	3%
- of which sugars	3.9g	5.9g	7%
Protein	6.9g	10.4g	23%
Salt	0.2g	0.3g	5%
Calcium	240mg	360mg	45%

* Reference Intakes have replaced Guideline Daily Amounts and are based on serving size. All St Helen's Farm yogurts are made with pasteurised fresh British goats milk. Nothing is added to our Natural or Fat Free yogurts except live cultures. The live cultures we use in all of our yogurts are: Lactobacillus bulgaricus, Streptococcus thermophilus, Lactobacillus acidophilus and Bifidobacterium. Suitable for a cows' milk free diet, gluten free and suitable for vegetarians. The salt is naturally occurring.



Goats' Milk Yogurt



Nutritional Information

Typical values and Reference Intakes (RI) of an average adult (8400kj/2000 kcal).

Blueberry Yogurt

Typical Values	Per 100g	Per 125g Serving	Percentage Reference Intake*
Energy - KJ	524kj	655kj	-
- Kcal (Calories)	126kcal	157kcal	8%
Fat	6.0g	7.5g	11%
- of which saturates	4.0g	5g	25%
Carbohydrates	13.3g	16.7g	7%
- of which sugars	11.6g	14.5g	16%
Protein	4.5g	5.7g	13%
Salt	0.09g	0.12g	2%
Calcium	195mg	244mg	30%

Mango & Lime Yogurt

Typical Values	Per 100g	Per 125g Serving	Percentage Reference Intake*
Energy - KJ	510kj	637kj	-
- Kcal (Calories)	122kcal	153kcal	8%
Fat	6.0g	7.4g	11%
- of which saturates	4.0g	5g	25%
Carbohydrates	12.6g	15.8g	7%
- of which sugars	10.9g	13.6g	15%
Protein	4.5g	5.6g	12%
Salt	0.09g	0.12g	2%
Calcium	195mg	244mg	30%

* Reference Intakes have replaced Guideline Daily Amounts and are based on serving size. All St Helen's Farm yogurts are made with pasteurised fresh British goats milk. The live cultures we use in all of our yogurts are: *Lactobacillus bulgaricus*, *Streptococcus thermophilus*, *Lactobacillus acidophilus* and *Bifidobacterium*. Suitable for a cows' milk free diet, gluten free and suitable for vegetarians.

Blueberry Ingredients: Goats Milk Yogurt, Sugar, Blueberry Puree (4%), Blueberry Juice from Concentrate (3%), Honey, Water, Cornflour, Natural Flavourings, Gelling Agent (Pectin), Acidity Regulator (Citric Acid), Fruit and Vegetable Concentrates (Carrot, Hibiscus), Lemon Juice Concentrate.

Mango and Lime Ingredients: Goats Milk Yogurt, Water, Sugar, Honey, Mango Puree (2.5%), Cornflour, Lime Juice from Concentrate (0.3%), Natural Flavourings, Natural Carotenes, Gelling Agent (Pectin), Acidity Regulator (Citric Acid)
Honey is not suitable for infants under 12 months of age. For allergens see ingredients in bold.



Goats' Milk Yogurt



Nutritional Information

Typical values and Reference Intakes (RI) of an average adult (8400kJ/2000 kcal).

Strawberry & Vanilla Yogurt

Typical Values	Per 100g	Per 125g Serving	Percentage Reference Intake*
Energy - KJ	527kJ	658kJ	-
- Kcal (Calories)	126kcal	158kcal	8%
Fat	6.0g	7.5g	11%
- of which saturates	4.0g	5.0g	25%
Carbohydrates	13.6g	17.1g	7%
- of which sugars	11.8g	14.8g	16%
Protein	4.5g	5.7g	13%
Salt	0.1g	0.12g	2%
Calcium	195mg	244mg	30%

Blossom Honey Yogurt

Typical Values	Per 100g	Per 125g Serving	Percentage Reference Intake*
Energy - KJ	559kJ	699kJ	-
- Kcal (Calories)	133kcal	166kcal	8%
Fat	6.4g	8g	11%
- of which saturates	4.4g	5.5g	28%
Carbohydrates	14g	17.5g	8%
- of which sugars	12.2g	15.3g	17%
Protein	4.9g	6.1g	14%
Salt	0.09g	0.11g	2%
Calcium	211mg	264mg	33%

* Reference Intakes have replaced Guideline Daily Amounts and are based on serving size. All St Helen's Farm yogurts are made with pasteurised fresh British goats milk. The live cultures we use in all of our yogurts are: Lactobacillus bulgaricus, Streptococcus thermophilus, Lactobacillus acidophilus and Bifidobacterium. Suitable for a cows' milk free diet, gluten free and suitable for vegetarians.

Strawberry and Vanilla Ingredients: Goats Milk Yogurt, Sugar, Strawberry Puree (3%), Strawberry Juice from Concentrate (3%), Honey, Water, Cornflour, Natural Flavourings, Gelling Agent (Pectin), Fruit and Vegetable Concentrates (Carrot, Blackcurrant), Vanilla Extract

Honey ingredients: Goats milk yogurt, Honey (12%).

Honey is not suitable for infants under 12 months of age. For allergens see ingredients in bold.