

PURA Light Start

1% fat, 99% taste

Serving Size: 250 mL

	Average Quantity per 250 mL Serving	% DI [#] per serve	Average Quantity per 100 mL
Energy	458 kJ (110 Cal)	5%	183 kJ (44 Cal)
Protein	9.0 g	18%	3.6 g
Fat, total - Saturated	2.5 g 1.5 g	4% 6%	1.0 g 0.6 g
Carbohydrate, total - Sugars	12.5 g 12.5 g	4% 14%	5.0 g 5.0 g
Sodium	113 mg	5%	45 mg
Calcium	315 mg	(39%RDI*)	126 mg

Percentage Daily Intakes are based on an average adult diet of 8700kJ. Your daily intakes may be higher or lower depending on your energy needs.

* Recommended Dietary Intake

Ingredients Declaration:

LOW FAT MILK, MILK SOLIDS NON FAT

ADVISORY STATEMENT

NOT SUITABLE AS A COMPLETE MILK FOOD FOR CHILDREN UNDER THE AGE OF 2 YEARS.