



Yoghurt Low Carb

A delicious yoghurt coated low carb bar that is full of roasted macadamias, cashews, almonds and real fruit pieces.

Macadamia nuts contain the most mono-unsaturates (the good fat) of any nut or legume. It also has the lowest glycaemic index score of zero.

It is suitable for vegetarians and people with special dietary requirements and food intolerances and is the perfect snack for carb conscious people.



Ingredients

Yoghurt 32% (skim milk solids, yoghurt solids, vegetable oil), Mixed Nuts (macadamias, cashews) Rice maltitol, Mixed Fruit Pieces (apricot, paw paw, mango), Rice Cereal, Sesame Seeds, Soy Beans, Dietary Fibre, Vanilla Flavour.

NUTRITIONAL INFORMATION		
Serving Size - 40g	Per 40g	Per 100g
Energy	799kj	1998kj
Protein	12g	30g
Carbohydrate (total)	14g	34.9g
Sugars	9.1g	22.7g
Fibre	4.5g	11.3g
Gluten	Nil	Nil
Fat (total)	11.7g	29.2g
Saturated Fat	3.2g	8.0g
Poly-Unsat.	1.4g	3.5g
Mono-Unsat.	7.1g	17.9g
Trans. Fat	Nil	Nil
Sodium	239mg	599mg
Potassium	184mg	460mg

NUTRITION FACTS	
Serving Size - 1.4oz	
Calories: 105:	
Fat calories: 29	%D.V.
Total Fat 11g	15%
Sat. Fat 3g	4%
Cholesterol 0mg	
Sodium 239mg	10%
Total carb. 14g	3%
Sugars 10g	
Protein 12g	
Fibre 5g	15%
Vit.A 0mg	0%
Vit.C 10mg	20%
Calcium 200mg	15%
Iron 3mg	25%
*Percent Daily Value based on 2000 calorie diet.	

Claims

- 4 Low G.I.
- 4 High fibre
- 4 Gluten free
- 4 No trans. fats
- 4 No added sugar
- 4 Only 2g net carbs
- 4 Low in saturated fat
- 4 All natural ingredients

NET CARBS		MALTITOL & FIBRE
Total Carbs	14.0g	are omitted from the effective Carbs
(less) Fibre	4.5g	as their impact on blood sugar &
(less) Maltitol	7.5g	insulin levels are negligible.
Effective Net Carbs	2g	

PACKAGING: Bar 40g (1.4 oz) Net: Displayer 18 Bars 225x140x60mm:
Lge Shipper: 288 Bars 460x300x270mm: 16kg; Small Shipper 72 Bars 290x250x140mm, 4kg;
Pallet 48 Lge Shippers 13824 Bars 1100x1100x1800mm:



Manufactured by: ENERGY PRODUCTS Pty Ltd,
Lismore Rd Bangalow N.S.W. 2479 Australia
Ph: +61(0)2 6687 2221 Fax: +61(0)2 6687 1990
Email: sales@energyproducts.com.au
website: www.energyproducts.com.au