

Squeezie yogurts marketed to children identifying sugar content in comparison to natural plain yogurt.

All information provided is direct from websites of manufacturers.



CalciYum Fruit Salad Yogurt Squeezie

(Serving Size: 70g; Servings per pack: 1)

Ingredients:

Skim Milk, **Sugar**, Fruit (5.1%) (Reconstituted Mango Puree, Reconstituted Apple Puree, Banana Puree, Reconstituted Peach Puree), Cream (From Milk), Milk Solids, Thickeners (1442 (From Maize & Tapioca), 406, 440), Mineral (Calcium Phosphate), Natural Flavours, Acidity Regulators (330, 331), Natural Colour (160a), Live Cultures (Contains B. lactis).

	Average Quantity per Serving	Average Quantity per 100g
Energy	249kj 60 Cal	355kj 85 Cal
Protein	2.9g	4.1g
Fat, total	1.0g	1.4g
– saturated	0.7g	1.0g
Carbohydrates	9.5g	13.6g
- sugars	8.5g	12.2g
Sodium	27mg	39mg
Calcium	164mg (21% *RDI)	234mg
Probiotics^	1,000,000,000 cfu#	1,430,000,000 cfu#



CalciYum Vanilla Flavoured Yogurt Squeezie

(Serving Size: 120g; Servings per pack: 1)

Ingredients:

Skim Milk, **Sugar**, Water, Cream (From Milk), Milk Solids, Thickeners (1442 (From Maize), 1442 (From Tapioca), 406, 440), Mineral (Calcium Phosphate), Natural Flavours, Acidity Regulators (330, 331), Live Cultures (Contains B. lactis).

	Average Quantity per Serving	Average Quantity per 100g
Energy	436kj 104 Cal	363kj 87 Cal
Protein	4.9g	4.1g
Fat, total	1.7g	1.4g
– saturated	1.2g	1.0g
Carbohydrates	16.9g	14.1g
- sugars	15.4g	12.8g
Sodium	47mg	39mg
Calcium	281mg (35% *RDI)	234mg
Probiotics^	1,716,000,000 cfu#	1,430,000,000 cfu#



Five:am Organic Mixed Berry Squeezie Yogurt

(Serving Size: 70g; Servings per pack: 1)

Ingredients:

Organic Milk, Organic Mixed Berry (min 7% Strawberry, Blueberry, Raspberry and Blackberry, **raw sugar**, corn starch, vegetable gum (xanthan), natural flavour), **Organic Raw Sugar**, Milk Solids, Live Cultures (incl. probiotics acidophilus and bifidus).

	avg qty per serving	avg qty per 100g
Energy	295kjg	421kj
Protein	3.4g	4.9g
Fat. total	3.5g	4.9g
- Saturated	2.1g	2.9g
Carbohydrate	8.5g	12.2g
- Sugars	8.3g	11.8g
Sodium	36mg	52mg
Calcium	71mg	101mg



Vaalia Lactose Free Kids Vanilla Yoghurt
(Serving Size: 140g; Servings per pack: 1.4)

Nutritional information (per 100g)

Energy	Protein	Fat	Total Fat	Saturated	Carb Total	Carb Sugars	Sodium	Calcium
386kJ	4.7g	2.7g	1.7g		12.3g	11.7g	57mg	150mg

*Ingredients not specified on website.

Ski D'Lite Vanilla

Serving Size: 150g

Advertised as "Real Yoghurt, 99% Fat Free"

Per 100g: Sugar 14.2g

Per serve: Sugar 21.3g

NUTRITION INFORMATION			
Servings per package: 1		Serving size: 150 g	
	Average Quantity per Serving	% Daily Intake†	Average Quantity per 100 g
Energy	585 kJ 140 Cal	7%	390 kJ 93 Cal
Protein	7.1 g	14%	4.7 g
Fat, total+	1.2 g	2%	0.8 g
- saturated	0.8 g	3%	0.5 g
Carbohydrate	24.6 g	8%	16.4 g
- sugars	21.3 g	24%	14.2 g
Sodium	92 mg	4%	61 mg
Calcium	254 mg (32% RDI*)		169 mg
Probiotics^	750 million cfu#		500 million cfu#

*Recommended Dietary Intake. ^ B. lactis, L. acidophilus. # Colony Forming Units (min).
†Percentage Daily Intakes are based on an average adult diet of 8700 kJ.

INGREDIENTS: Skim Milk, Sugar, Milk Solids, Water, Cream (From Milk), Thickeners (1442 (From Maize), 406, 440), Flavours, Acidity Regulators (332, 270, 330), Live Cultures (S. thermophilus, B. lactis, L. acidophilus).
Contains Milk and Milk Products.



140g Blueberry Greek Yogurt

(Serving Size: 140g; Servings per pack: 1)

Per 100g: Sugar 12.7g

Per serve: Sugar 17.8g

NUTRITIONAL INFORMATION		
Servings Per Package: 1		Serving Size: 140g
	Average Quantity Per Serving	Average Quantity Per 100g
Energy	530kJ (126Cal)	379kJ (90Cal)
Protein	11.5g	8.3g
Fat – Total	0.1g	0g
– Saturated	0g	0g
Carbohydrate	19.3g	13.8g
– Sugars	17.8g	12.7g
Sodium	59mg	42mg
Calcium	136mg	97mg

INGREDIENTS: FAT-FREE YOGURT (80%) [SKIM MILK, S.THERMOPHILUS, L.BULGARICUS, L.ACIDOPHILUS, BIFIDUS, L.CASEI], FRUIT BLEND (20%) [SUGAR, BLUEBERRY PUREE (30%), VEGETABLE GUMS (PECTIN, LOCUST BEAN GUM), NATURAL FLAVOUR, FRUIT AND VEGETABLE JUICE CONCENTRATE].
CONTAINS MILK.

And now you can compare it to yogurt. Just yogurt. You can add some fresh fruit to it yourself so that the fibre is still present, or allow the kids to get used to the taste of real yogurt. Studies show that it takes an average of 10 attempts before kids will take to food that is not 'sweet'. Keep at it, they will thank you for it in the long run!



Chobani 140g Plain Greek Yogurt

"Paired with your favourite muesli or savoured in a variety of recipes, our fat-free yogurt will delight you with its rich, tangy taste. No spoon required for this one."

(Serving Size: 140g; Servings per pack: 1)

Per 100g: Sugar 3.8g

Per serve: Sugar 5.3g

Sugar present here is from lactose which is metabolised differently to fructose.

NUTRITIONAL INFORMATION		
Servings Per Package: 1		Serving Size: 140g
	Average Quantity Per Serving	Average Quantity Per 100g
Energy	351kJ (84Cal)	251kJ (60Cal)
Protein	14.3g	10.2g
Fat – Total	0g	0g
– Saturated	0g	0g
Carbohydrate	5.9g	4.2g
– Sugars	5.3g	3.8g
Sodium	66mg	47mg
Calcium	160mg	114mg

INGREDIENTS: SKIM MILK, S.THERMOPHILUS, L.BULGARICUS, L.ACIDOPHILUS, BIFIDUS, L.CASEI.
CONTAINS MILK.