

Comparison of Yoghurt Products; 2015

All values are per 100g and all information taken from nutritional panels on product.

	Energy (kj)	Protein (g)	Fat (total) (g)	Fat (sat) (g)	CHO (g)	Sugars (g)	Ca (mg)	Na (mg)	Probiotics	Dietary Fibre (g)
Nestle Ski D'lite, Vanilla Yoghurt	374	4.9	1.0	0.7	14.9	13.5	134	81	B.lactis; L.acidophilus	-
Nestle Ski D'lite Peach And Mango Yogurt	369	4.9	1.0	0.7	14.6	13.3	134	81	B.lactis; L.acidophilus	-
Nestle Ski D'lite Strawberry Yoghurt	364	5.0	1.0	0.7	14.3	12.9	136	83	B.lactis; L.acidophilus	-
Nestle Ski D'lite Honey Yoghurt	406	4.9	1.0	0.7	16.8	14.9	81	135	B.lactis; L.acidophilus	-
Nestle Ski D'lite Smashed Berry Yoghurt	379	5.0	1.0	0.7	15.1	13.7	135	81	B.lactis; L.acidophilus	-
Nestle Ski Soleil Vanilla Yoghurt	158	4.7	0.1	0.1	4.4	3.8	117	66	B. lactis	-
Nestle Ski Soleil Peach And Mango Yoghurt	167	4.7	0.1	0.1	4.8	4.5	117	66	B. lactis	-
Nestle Ski Soleil Mixed Berry Yoghurt	162	4.7	0.1	0.1	4.4	4.2	118	68	B. lactis	-
Nestle Ski Soleil Passionfruit Yoghurt	171	4.8	0.1	0.1	4.7	4.3	117	77	B. lactis	-
Yoplait Blackberry Yoghurt	392	5.0	1.9	1.2	13.9	13.5	174	62	-	-
Yoplait Raspberry Yoghurt	397	5.0	1.9	1.2	14.2	13.8	166	61	-	-
Yoplait Mango Yoghurt	395	5.0	1.9	1.2	14.1	13.8	165	59	-	-
Yoplait Vanilla Yoghurt	398	4.9	1.9	1.2	14.4	13.9	165	59	-	-
Yoplait Forme French Vanilla Yoghurt	181	4.5	0.1	0.1	5.5	5.0	150	53	-	-
Yoplait Yoplus Natural Yoghurt	298	5.4	2.0	1.3	7.8	7.8	194	68	-	-
Danone Activia Probiotic Goodness Yoghurt Berry Burst	370	4.9	1.5	1.0	13.5	13.1	140	77	B. lactis	-
Danone Activia Probiotic Goodness Yoghurt Vanilla Bean	370	4.9	1.5	1.0	13.5	13.1	140	77	B. lactis	-
Danone Activia Probiotic Goodness Yoghurt Mango	370	4.9	1.5	1.0	13.5	13.1	140	77	B. lactis	-
Danone Ultimate Greek Natural Yoghurt	562	3.6	7.8	4.9	12.5	12.5	127	30	-	-
Vaalia Passionfruit Probiotic Yoghurt	421	4.8	1.3	0.8	16.5	15.4	170	82	L. acidophilus, Bifidobacterium Lactobacillus GG	1.5
Vaalia French Vanilla Probiotic Yoghurt	433	5.0	1.4	0.9	17.1	14.9	160	69	L. acidophilus, Bifidobacterium Lactobacillus GG	1.0
Vaalia Natural Probiotic Yoghurt	348	6.0	1.9	1.2	9.6	7.4	200	89	L. acidophilus, Bifidobacterium Lactobacillus GG	1.8
Vaalia Lactose Free Strawberry Yoghurt	393	4.5	1.3	0.8	15.3	15.0	147	72	-	-
Vaalia Lactose Free French Vanilla Yoghurt	370	4.6	1.4	0.9	13.7	13.3	154	67	-	-

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Vaalia Lactose Free Passionfruit Yoghurt	384	4.4	1.4	0.9	14	13.4	130	81	-	-
Farmers Union Greek Style Natural Yogurt	557	4.7	9.7	6.4	6.9	6.9	166	62	-	-
Farmers Union Greek Style Yogurt And Honey	470	5.0	4.3	2.8	13.2	12.7	174	65	-	-
Farmers Union Light Greek Style Yoghurt	417	5.6	4.8	3.2	8.4	8.4	196	72	-	-
Farmers Unions Natural Pot Set Yoghurt	306	4.6	3.2	2.1	6.5	6.5	166	58	-	-
Tasmanian Tamar Valley Greek Style Yogurt	542	5.3	9.8	5.9	5.2	5.2	160	58	-	-
Bornhoffen Natural Yogurt	425	5.6	4.8	3.1	9.0	9.0	206	80	-	-
Naturally Sweet Greek Yogurt Breakfast Style	406	7.5	2.8	2.1	10.3	5.0	190	170	-	-
Pauls All Naturally Tub Set Yogurt Original	347	5.4	3.1	2.0	7.9	6.7	195	76	Lacidophilus	-
Pauls All Naturally Tub Set Yogurt 99.8% Fat Free	227	5.3	0.1	0.1	7.9	6.9	183	64	Lacidophilus	-
Jalna Greek Yogurt Natural	540	3.8	10.0	7.1	6.1	4.8	130	78	-	-
Jalna Greek Yogurt Natural Low Fat	423	5.7	3.0	1.9	8.3	6.7	180	92	-	-
Jalna Greek Yogurt Natural Fat Free	220	5.3	0.1	0.1	7.4	5.5	170	90	-	-
Jalna Premium Vanilla Creamy Yogurt	470	5.3	4.7	3.5	11.9	10.0	180	65	-	-
Jalna Premium Vanilla Creamy Yogurt Low Fat	447	5.0	2.0	1.4	16.8	14.1	130	78	-	-
Chobani 0% Greek Yogurt Plain	251	10.2	0.0	0.0	4.2	3.8	114	47	-	-
Chobani 0% Greek Yogurt Blueberry	352	8.3	0.0	0.0	12.1	11.0	96	42	-	-
Chobani 0% Greek Yogurt Raspberry	352	8.3	0.0	0.0	12.1	11.3	100	41	-	-
Chobani 2% Greek Yogurt Coconut	398	8.3	1.6	1.1	11.4	10.4	95	42	-	-
Chobani 2% Greek Yogurt Passionfruit	402	8.1	1.6	1.1	12.1	11.0	97	73	-	-
Chobani 2% Greek Yogurt Banana	400	7.9	1.6	1.0	11.9	11.0	95	40	-	-
Alpine Coconut Milk Yoghurt	785	1.9	16.2	11.5	4.2	2.9	-	20	-	-
Soy Life Vanilla Crème Soy Yoghurt *Additional Phytoestrogens (3.3mg/100g)	330	3.3	0.7	0.1	14.1	10.1	144	92	-	1.3
Moo Dahi Indian Style Yogurt	251	4.5	2.0	1.6	7.1	7.1	57	60	-	-
Liddels Lactose-Free Plain Yogurt	354	4.5	2.9	2.0	10.0	9.0	140	50	-	-
Liddels Lactose-Free Strawberry Yogurt	365	3.8	2.5	1.7	12.2	10.7	140	50	-	-
Five:Am Organic Coconut Yogurt	359	4.7	2.1	1.3	12.7	12.1	110	51	-	-
Five:Am Organic Strawberry And Guava Yogurt	353	4.7	1.9	1.1	12.9	12.6	103	49	-	-