



Nutritional information

Cow & Gate Apple & blueberry yoghurt, Foods 7 months +

Composition	Typical values per 100g
Energy	289kJ / 69kcal
Fat	0.9g
of which, saturates	0.4g
Carbohydrate	13.5g
of which, sugars*	8g
Fibre	1.2g
Protein	1g
Salt*	0.03g
Vitamin C	15mg [†]

*contains naturally occurring sugars and salt only

[†]60% of Labelling Reference Value; a guide to the daily amount of vitamin C for infants & young children