

Nutrition Information Panel

Ingredients

Water, Sugar, Skim Milk Powder, Dextrose, Flavouring, live *Lactobacillus casei* Shirota strain.

Made in Australia

YAKULT

YAKULT

LIGHT

Ingredients

Water, Sugar, Skim Milk Powder, Dietary Fibre (Polydextrose), Dextrose, Flavouring, Sweetener (955), live *Lactobacillus casei* Shirota strain.

	Per 65ml	Per 100ml	Per 65ml	Per 100ml
Energy	218kJ 52 Cal	335kJ 80 Cal	149kJ 35 Cal	229kJ 54 Cal
Protein	0.9g	1.3g	0.9g	1.3g
Total Fat	<0.1g	<0.1g	<0.1g	<0.1g
Saturated Fat	<0.1g	<0.1g	<0.1g	<0.1g
Total Carbohydrate	11.9g	18.3g	9.0g	13.8g
Total Sugar	11.6g	17.9g	7.1g	10.9g
Sucrose	10.2g	15.7g	5.7g	8.7g
Dextrose	0.2g	0.4g	0.2g	0.4g
Lactose	1.2g	1.8g	1.2g	1.8g
Dietary Fibre	Nil	Nil	1.7g	2.6g
Sodium	10.1mg	15.6mg	10.1mg	15.6mg
Cholesterol	<1mg	<1mg	<1mg	<1mg
Glycaemic Index	46		36	

'LIGHT' refers to Yakult LIGHT containing 30% less sugar when compared to Yakult.

The bacteria in Yakult & Yakult LIGHT depend on sugar during the fermentation process to grow and multiply.

A low Glycaemic Index (GI) indicates a slow release of carbohydrate into the bloodstream

Unique probiotics containing the exclusive *Lactobacillus casei* Shirota strain

Drink one bottle of Yakult or Yakult LIGHT any time of day to help keep your digestive system balanced!



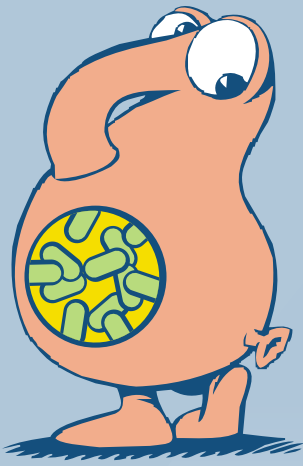
Yakult

Freecall: 1800 640 023
Internet: www.yakult.com.au

Each 65ml bottle of Yakult & Yakult LIGHT contains 6.5 billion live beneficial bacteria



No artificial colours or preservatives!



The Inside Story

Beneficial Bacteria

Each bottle of Yakult & Yakult LIGHT contains 6.5 billion probiotic bacteria known as the *Lactobacillus casei* Shirota strain. Probiotics are live, beneficial bacteria which help to keep the digestive system balanced and working efficiently. Products containing beneficial bacteria are required to have a minimum of 1,000,000 bacteria per millilitre (ml) or gram (g); Yakult & Yakult LIGHT have 100 times that amount.

Energy

Energy obtained from food is measured in kilojoules or calories. It is required by the body for growth, metabolism and activity. Any energy not used by the body is converted into body fat, a way of storing it for later use. To avoid storing energy as fat and to maintain body weight, it is important that the amount of energy consumed as food equals the amount of energy used by our body.

Protein

Protein is used for growth, maintenance and repair of all body cells. Protein rich foods include red meat, chicken, fish, eggs, dairy products, legumes, nuts and seeds.

Fat

Yakult & Yakult LIGHT are fat free. Australian Dietary Guidelines recommend that we eat a diet low in total fat and, in particular, low in saturated fat (a type of fat that may raise cholesterol levels). Small amounts of unsaturated fats in your diet provide your body with essential fatty acids and fat soluble vitamins. Fat also provides more energy per gram than any other nutrient and may therefore contribute to weight gain.

Carbohydrate

Carbohydrate is the body's most immediate source of energy and is the best way to replenish the body's energy stores following activity. During digestion, carbohydrates are broken down into their simplest form - glucose. Carbohydrate foods include bread, rice, pasta, fruit, vegetables, milk and sugar.

Glycaemic Index

Yakult & Yakult LIGHT both have a low Glycaemic Index (GI). The GI is a way of determining the effect that carbohydrate foods have on blood sugar levels following digestion. Foods are classified as having a low, moderate or high GI. Foods with a low GI contain carbohydrates that are slowly absorbed into the bloodstream, helping to contribute to stable blood sugar levels.

Fibre

Dietary fibre is needed to keep the digestive system in good condition, however it also helps to stabilise blood sugar and cholesterol levels. Unfortunately, most Australians aren't getting enough fibre in their diet. Good sources include wholegrain breads and cereals, fruits, vegetables, beans and lentils.

Cholesterol

Yakult & Yakult LIGHT are cholesterol free. Cholesterol is a component of cell membranes and some hormones. It circulates in the blood and plays a role in the digestion of fats. Although cholesterol is found in many foods, it is not a necessary part of your diet because your body makes enough to meet its needs.

Sodium

Yakult & Yakult LIGHT are low in sodium (salt). Many people in Western societies eat much more salt than they require, which may result in fluid retention and elevated blood pressure.



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