

081 - MIXED FRUIT WITH YUMMY YOGHURT**NUTRITION SUMMARY**

Nutrient		Value per serving (267g)	%RDI*
Total Calories	(kcal)	140	
Carbohydrates	(g)	28	9.59
Protein	(g)	5.87	11.74
Total fats	(g)	0.20	0.31
Saturated fat	(g)	0.10	0.50
Dietary fiber	(mg)	1.04	4.18
Vitamin C	(mg)	32	54
Calcium	(mg)	180	18
Sodium	(mg)	2.28	0.09

*Based on 2000Cal diet

Comments: This delicious fruit salad made with **Ayam brand fruit cocktail** is very low in sodium but also a good source of calcium. Boost your immunity with this fruit salad as one serve of it provides about 54% RDA of vitamin C which is a potent antioxidant that can protect our body from free radicals, which may cause heart disease and cancer. The saturated fat in this recipe can be further reduced by substituting the full fat ice cream with reduced fat version.