

TABLE 1. Composition of the plain and enriched yogurt

	Plain Yoghurt	Enriched Yoghurt
Cow's skimmed milk and cream and milk proteins (% w/w)	84	83.4
Strawberry supplement (% w/w)	16	16
Polar lipid extract (% w/w)	0	0.6
Energy (kJ/kcal)	356/85	356/85
Total Fat (g/100g)	1.0	1.0
Saturated Fat (g/100g)	0.6	0.6
Total Carbohydrate (g/100g)	14	14.2
Sugars (g/100g)	13	13
Proteins (g/100g)	5	5
Sodium (g/100g)	0.1	0.1