

Shape a healthy diet / St. Ivel.

Contributors

St Ivel Provisions Ltd.

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Wellcome Collection
183 Euston Road
London NW1 2BE UK
T +44 (0)20 7611 8722
E library@wellcomecollection.org
<https://wellcomecollection.org>



Shape

A
HEALTHY
DIET



SHAPE A HEALTHY DIET

Healthy eating means choosing a variety of different foods every day, including starchy foods (bread, potatoes, pasta and cereals); fruit and vegetables, dairy products (especially low fat varieties); meat and alternatives.

Dairy products are an important part of a healthy diet. Yogurt, fromage frais, milk and cheese are excellent sources of protein needed for healthy growth; calcium which is essential for the development of strong bones and teeth, and other minerals and vitamins. Full fat dairy products, however, are high in fat and calories. An easy way to eat less fat is to choose the low fat varieties of yogurt and fromage frais, such as the St. Ivel Shape range, as well as lower fat milk and cheeses.



ST. IVEL SHAPE YOGURT RANGE & FROMAGE FRAIS

The Shape range of yogurts and fromage frais offers a variety of healthier desserts or snacks to suit all tastes, all delicious but low in fat.

Eat them on their own or as a dessert, or add them to your own fresh fruit. Shape yogurts and fromage frais make an ideal snack any time of the day, and can be used as a topping for your breakfast cereal.



THE RANGE INCLUDES:

St. Ivel Shape Yogurt - a thick and fruity yogurt that's really delicious and virtually fat free. An ideal dessert in 125g pots.

St. Ivel Shape Twinpot - a delicious combination of creamy tasting yogurt and a separate serving of real fruit sauce; it makes an ideal treat any time of the day!

St. Ivel Lightly Set Yogurt - is a virtually fat free lightly set yogurt with a separate layer of fruit. A delightfully unusual combination.

St. Ivel Shape Bio Yogurts - there is some evidence to suggest that bio yogurts may have positive health benefits.

St. Ivel Shape Extra - is an extra large portion of thick bio yogurt (in a 190g pot) for those hungrier moments when you want a more 'filling' snack, which is also a healthy one!

St. Ivel Sundae Bio - is a thick and creamy tasting bio yogurt in six delicious sundae flavours, which is virtually fat free.

St. Ivel Shape Fromage Frais - is a French style dessert made from skimmed milk soft cheese and real fruit. It has a thick, creamy taste and like Shape yogurts, is virtually fat free.

St. Ivel Shape 'Temptations' Fromage Frais - a French style dessert with a separate layer of fruit - temptingly delicious.

SUGAR CONTENT OF ST. IVEL SHAPE YOGURTS & FROMAGE FRAIS

All Shape yogurts and fromage frais are sweetened using artificial sweeteners, which contain virtually no calories and are not harmful to teeth.

This means that Shape yogurts and fromage frais are ideal if you are trying to eat less fat and/or wanting to lose a few extra pounds! They are also suitable for people with diabetes.

The 'sugars' declared on the nutrition panel are made up from milk sugar (lactose) and fruit sugar (fructose) which are naturally present in the ingredients (some varieties also contain a small amount of added fructose or sucrose).



Nutrition information for typical varieties

100g provides		Shape Yogurt	Shape Bio Sundae	Shape Extra Bio	Shape Fromage Frais
Energy	kcal	41	53	58	50
	kJ	175	227	246	213
Protein	g	4.5	5.1	4.9	6.2
Carbohydrates	g	5.6	6.9	8.2	6.1
of which sugars	g	5.1	6.6	8.0	5.6
Fat	g	0.1	0.2	0.2	0.1
of which saturates	g	0.1	0.1	0.1	0.1
Fibre	g	0.2	0.2	0.2	0.2
Sodium	g	0.1	0.1	0.1	Trace
Calcium	mg	150	180	180	95

100g provides		Shape Twinpot	Shape Lightly Set Yogurt	Shape 'Temptations' Fromage Frais
Energy	kcal	59	54	56
	kJ	251	228	237
Protein	g	4.4	4.4	6.8
Carbohydrates	g	8.3	8.8	6.7
of which sugars	g	7.1	8.0	6.5
Fat	g	1.0	0.1	0.2
of which saturates	g	0.6	0.1	0.1
Fibre	g	0.2	1.1	0.4
Sodium	g	0.1	0.1	Trace
Calcium	mg	150	130	95



making low fat choices delicious to taste

St. Ivel Nutrition Department, St. Ivel House,
Interface Business Park, Wootton Bassett,
Swindon SN4 8QE Tel: 0793 848444

LOOK AFTER YOURSELF

Choosing to follow a healthier lifestyle means eating a well balanced diet, taking regular exercise, not drinking too much alcohol and not smoking.

Healthy eating can make you feel more energetic, and may lower your risk of developing some common diseases, such as heart disease, some cancers, digestive problems and becoming overweight.

Most of us eat too much fat which can be linked to some of these diseases, particularly heart disease. Deciding to follow a healthier diet, which includes eating less fat, can be difficult when shopping - try to choose the lower fat alternatives to traditional foods and dishes.

Look out for other products in the St. Ivel Shape range including Shape cottage cheese, low fat soft cheese, medium fat hard cheese and Shape semi-skimmed milk with added fibre.

LOOK AFTER YOUR FOOD

Always store Shape yogurts and fromage frais in the refrigerator (1°-5°C).

Eat by the 'use by' date on the lid.

Freezing is not recommended because the freezing/thawing process may cause the product to separate slightly.