

Galaxy milk chocolate bar nutritional information

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Typical values	per 1 bar 36 g	% daily value
CALORIES	210	
FAT	13 g	20
SATURATED	9 g	43
TRANS	0 g	
CHOLESTEROL	10 mg	
SODIUM	45 mg	2
CARBOHYDRATE	20 g	7
FIBRE	0 g	0
SUGARS	20 g	
PROTEIN	3 g	
VITAMIN A		2
VITAMIN C		0
CALCIUM		10
IRON		2



Light - Have a job that involves long periods of sitting (office-based / driving) or are home-based and sitting for much of the day. Typical jobs: office worker, sales rep, bus/taxi/lorry driver. Moderate - On your feet for much of the day, either standing or occasional slow paced walking. Typical jobs: shop assistant, teacher, chef/cook, bar worker, engineer. Heavy - Active for much of the day, walking non-stop and carrying objects. Typical jobs: hospital/ward nurse, waitressing in a busy restaurant, cleaner, porter, labourer/construction worker, gardener, farm worker. Leisure Activity Level Inactive - Do very little exercise, going for the occasional walk (moderate pace, low intensity). Spend majority of leisure time doing activities such as watching TV, playing computer games, on the internet, reading, cooking, driving, general household chores. Moderately active - Do light to moderate intensity exercise 3-4 times a week. E.g. going to the gym / swimming / cycling / horse riding / dance classes / playing golf. Daily dog walking (brisk pace, twice a day). Very active - You exercise almost every day of the week doing high intensity training such as running, spinning, team or competitive sports. Or regularly undertake activities such as heavy gardening, heavy DIY work. Fast & Free Delivery Shop from over 1 million products Free Returns Chocolate & Confectionery Get it by Tomorrow 12 PM

2 PMSold& Delivered by Galaxy Smooth and Creamy Milk Chocolate is a delicious and indulgent treat that can be enjoyed as part of a balanced diet and healthy lifestyle, lovingly created to melt in your mouth Average Nutritional Value per 100g Your daily values may be higher or lower depending on your calaries needs Sugar Skimmed Milk Powder Cocoa Butter Cocoa Masse Milk Fat Palm Fat Lactose Whey Permeate (From Milk) Emulsifier (Soya Lecithin) Vanilla Extract. Milk Chocolate Contains Milk Solids 14% Minimum And Cocoa Solids 25% Minimum. Suitable For Vegetarians Keep In A Cool Dry Place, Away From Direct Sunlight Our Company's success depends on our clients and employees. Our mission is to set a new standard for industrially produced food - a standard based on products with good taste and driven by our "appetite" for growth and success. galaxy smooth milk, 1 bar (42g) Calories: 229 • Carbs: 23g • Fat: 14g • Protein: 3g Galaxy, 1 piece Calories: 26 • Carbs: 3g • Fat: 2g • Protein: 0g Galaxy Ripple, 33 grams Calories: 175 • Carbs: 20g • Fat: 10g • Protein: 2g Galaxy, 200 ml Calories: 143 • Carbs: 21g • Fat: 4g • Protein: 6g Galaxy Bubbles Milk Chocolate, 5 grms Calories: 28 • Carbs: 3g • Fat: 2g • Protein: 0g Sugar, Cocoa Butter, Skimmed Milk Powder, Cocoa Mass, Milk Fat, Lactose and Protein from Whey (from Milk), Whey Powder (from Milk), Palm Fat, Emulsifier (Soya Lecithin), Natural Vanilla Extract, Milk Chocolate contains Milk Solids 14% minimum and Cocoa Solids 25% minimum, Milk Chocolate contains Vegetable Fats in addition to Cocoa Butter Have you ever asked yourself, "How much weight can I lose in a month?" or "How many meals a day should you eat?" Since 2005, a community of over 200 million members have used MyFitnessPal to answer those questions and more. With exercise demos, workout routines and more than 500 recipes available on the app, MyFitnessPal gives members a wellness roadmap for anything from the best fat burning workouts to healthy foods to eat. So whether your goal is walking for weight loss, tracking the foods you eat, or something else entirely, MyFitnessPal has the tools you need to start your fitness and health journey today.

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