



NUTRITION GUIDE

INGREDIENT

BLUE SPIRULINA

INGREDIENTS

Soluble Corn Fibre, Gardenia Blue Extract, Natural Colour (Spirulina)

ALLERGENS NIL

NUTRITION INFORMATION		
Servings per package: 122		
Serving size: 4 g		
	Avg Quantity per Serving	Avg Quantity per 100 g
Energy	34 kJ (8 Cal)	841 kJ (201 Cal)
Protein	0.1 g	1.6 g
Fat, total	less than 1 g	0.5 g
- saturated	less than 1 g	less than 0.1 g
Carbohydrate	less than 1 g	14.7 g
- sugars	0.1 g	2.4 g
Dietary fibre, total	2.8 g	70 g
Sodium	less than 5 mg	48 mg

CHOCOLATE COOKIE

INGREDIENTS

Wheat Flour, Sugar, Vegetable Oil (Contains Antioxidant (319)), Cocoa Powder, Fructose Syrup, Cornstarch, Raising Agents (500,503), Salt, Emulsifier (Soy Lecithin), Flavour.

ALLERGENS

CONTAINS WHEAT AND SOY.

NUTRITION INFORMATION		
Servings per package: 4.7		
Serving size: 29 g (3 x cookies)		
	Avg Quantity per Serving	Avg Quantity per 100 g
Energy	594 kJ (142 Cal)	2050 kJ (490 Cal)
Protein	1.3 g	4.6 g
Fat, total	6.0 g	20.8 g
- saturated	2.9 g	9.9 g
Carbohydrate	19.5 g	67.2 g
- sugars	11.1 g	38.1 g
Sodium	151 mg	519 mg

CHOCOLATE POWDER

INGREDIENTS

Sugar, Cocoa Powder (30%), Natural Flavour, Salt.

ALLERGENS

NIL

MAY CONTAIN

MILK

MANUFACTURED IN A FACILITY WHERE MILK PRODUCTS EXIST

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 15 g		
	Avg Quantity per Serving	Avg Quantity per 100 g
Energy	243 kJ (58 Cal)	1620 kJ (387 Cal)
Protein	0.9 g	6.1 g
Fat, total	1.0 g	6.4 g
- saturated	0.6 g	3.7 g
Carbohydrate	10.7 g	71.3 g
- sugars	10.1 g	67.3 g
Dietary fibre, total	1.3 g	8.9 g
Sodium	54 mg	360 mg

COFFEE

INGREDIENTS Coffee Beans ALLERGENS NIL

NUTRITION INFORMATION		
Servings per package: 294		
Serving size: 1.7 g		
	Avg Quantity per Serving	Avg Quantity per 100 g
Energy	17 kJ (4 Cal)	10 kJ (2 Cal)
Protein	LESS THAN 0.1 g	LESS THAN 0.1 g
Fat, total	LESS THAN 0.1 g	LESS THAN 0.1 g
- saturated	LESS THAN 0.1 g	LESS THAN 0.1 g
Carbohydrate	LESS THAN 0.1 g	LESS THAN 0.1 g
- sugars	LESS THAN 0.1 g	LESS THAN 0.1 g
Sodium	LESS THAN 0.1 mg	LESS THAN 0.1 mg

GOLDEN BISCUITS

INGREDIENTS

Golden Biscuit (Arnotts) Ingredients: Wheat Flour, Sugar, Vegetable Oil, Candy Sugar Syrup, Raising Agent (sodium bicarbonate), Soya Flour, Salt, Cinnamon. Allergens: Soy, Wheat & Gluten.

ALLERGENS

SOY, WHEAT & GLUTEN.

MAY CONTAIN

PEANUTS, EGG, TREE NUTS, SESAME.

MANUFACTURED IN A FACILITY WHERE PEANUTS, EGG, TREE NUTS & SESAME PRODUCTS EXIST

NUTRITION INFORMATION		
Servings per package: approx. 9.7		
Serving size: 25.8 g		
	Avg Quantity per Serving	Avg Quantity per 100 g
Energy	477 kJ (114 Cal)	2850 kJ (681 Cal)
Protein	1.5 g	6.0 g
Fat, total	2.9 g	11.2 g
- saturated	1.4 g	5.5 g
Carbohydrate	20 g	77.5 g
- sugars	6.2 g	23.7 g
Sodium	74 mg	286 mg

HONEYCOMB POWDER

INGREDIENTS

Milk solids, sugar, fructose, glucose syrup solids, vegetable fat, flavours, maltodextrin, stabilisers (340, 451, 452), emulsifiers [471, 322 (soy)], vegetable gum (407), colours (150a, 102), anticaking agent (551).

ALLERGENS MILK, SOY.

NUTRITION INFORMATION		
Servings per package: approx. 12g		
Serving size: 80g		
	Avg Quantity per Serving	Avg Quantity per 100 g
Energy	1440 kJ (343 Cal)	1800 kJ (429 Cal)
Protein	7.1 g	8.9 g
Fat, total	7.9 g	9.9 g
- saturated	7.8 g	9.7 g
Carbohydrate	51.2 g	64.0 g
- sugars	43.8 g	54.7 g
Sodium	152 mg	190 mg

GREEN TEA

- NO GLUTEN
- DAIRY FREE

INGREDIENTS

Maltodextrin, Matcha Tea Powder (13%), Alfalfa Powder, Green Tea Extract (4.5%),Wheatgrass Powder.

NUTRITION INFORMATION		
Servings per package: approx. 229		
Serving size: 2.4 g (approx. 1 level tsp)		
	Avg Quantity per Serving	Avg Quantity per 100 g
Energy	36 kJ (9 Cal)	1500 kJ (359 Cal)
Protein	0.2 g	7.1 g
Fat, total	LESS THAN 0.1 g	1.2 g
- saturated	LESS THAN 0.1 g	0.2 g
Carbohydrate	1.8 g	74.0 g
- sugars	LESS THAN 0.1 g	1.7 g
Sodium	2 mg	80 mg
Caffeine	11 mg	459 mg

OATS

INGREDIENTS

Wholegrain Oat

ALLERGENS

CONTAINS GLUTEN.

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 17.5 g		
	Avg Quantity per Serving	Avg Quantity per 100 g
Energy	278 kJ (67 Cal)	1590 kJ (380 Cal)
Protein	2.2 g	12.7 g
Fat, total	1.6 g	9.0 g
- saturated	0.3 g	1.6 g
Carbohydrate	9.6 g	55.1 g
- sugars	0.2 g	1.3 g
Dietary fibre, total	2.3 g	12.9 g
Sodium	LESS THAN 0.1 g	3 mg

MUESLI

INGREDIENTS

Dry Toasted Rolled Oats, Dried Fruit (30%) (Sultanas, Paw-Paw, Dates, Pineapple, Raisins, Currants, Apple, Apricots), Sunflower Kernels, Buckwheat Kernels, Linseed, Preservative (220)*.

ALLERGENS CONTAINS GLUTEN AND SULPHITES.

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 50 g		
	Avg Quantity per Serving	Avg Quantity per 100 g
Energy	855 kJ (204 Cal)	1710 kJ (409 Cal)
Protein	5.8 g	11.6 g
Fat, total	6.4 g	12.8 g
- saturated	0.9 g	1.8 g
Carbohydrate	27.3 g	54.6 g
- sugars	7.3 g	14.6g
Dietary fibre, total	5.9 g	11.8 g
Sodium	3 mg	6 mg