

**TYPICAL NUTRITIONAL INFORMATION (READY-TO-EAT)**

	Double Delight		Coconut Crunch		Choc Chip		Lemon Choc		Rainbow Choc		Shortcake		Choc Finger		Caramel Chip		Ginger Oatie		Muesli Yoghurt		Romeo Delight	
	per 100 g	per single serving (25 g)	per 100 g	per single serving (10 g)	per 100 g	per single serving (13.5 g)	per 100 g	per single serving (21.6 g)	per 100 g	per single serving (20 g)	per 100 g	per single serving (11.5 g)	per 100 g	per single serving (25 g)	per 100 g	per single serving (13.5 g)	per 100 g	per single serving (11.5 g)	per 100 g	per single serving (25 g)	per 100 g	per single serving (25 g)
Energy (kJ)	2088	522	1979	198	2047	152	2211	481	2115	423	2074	238	2114	529	2132	288	1938	223	2084	521	2230	558
Protein (g)	6.4	1.6	6.2	0.6	5.8	0.8	6.3	1.4	6.3	1.3	5.8	0.7	6.5	1.6	5.4	0.7	5.6	0.6	6.3	1.7	6.3	1.6
Glycaemic carbohydrate (g)	58	15	62	6	62	8	64	14	56	11	61	7	59	2	67	9	66	8	59	15	53	13
of which total sugar (g)	34.6	8.7	31.4	3.1	31.7	4.3	29.1	6.3	40.2	8	22.8	2.6	30.5	7.6	32.9	4.4	33.7	3.8	28.5	7.1	31.6	7.9
Total fat (g)	26.7	6.7	22.3	2.2	24	3.2	27.2	5.9	28.3	5.7	25.2	2.9	27	6.8	24.3	3.3	19.4	2.2	26.3	6.5	34.3	8.6
of which saturated fat (g)	17.8	4.5	12.9	1.2	13.3	1.8	16.4	3.6	22	4.4	12.9	1.5	16.1	4	13.9	1.9	9.4	1.1	15.9	4	27.1	6.8
of which Transfat (g)	0.4	0.1	0.3	<0.1	0.4	<0.1	0.2	<0.1	0.3	<0.1	<0.1	<0.1	0.3	<0.1	0.3	<0.1	0.2	<0.1	0.3	<0.1	0.5	0.1
of which Monounsaturated fat (g)	6.8	1.7	7	0.7	8	1.1	8.4	1.8	4.8	1	9.7	1.1	8.5	2.1	7.8	1.1	7.6	0.9	7.9	2	5.7	1.4
of which Polyunsaturated fat (g)	1.7	0.4	2.0	0.2	2.3	0.3	2.2	0.5	1.2	0.2	2.6	0.3	2.1	0.5	2.3	0.3	2.3	0.3	2.2	0.6	1.4	0.4
Cholesterol (mg)	2	1	2	<1	2	<1	3	1	1	<1	2	<1	1	<1	2	<1	2	<1	2	1	<1	<1
Dietary Fibre* (g)	3.7	0.9	3.9	0.3	2.7	0.4	2.4	0.5	3.8	0.8	2.4	0.3	2.3	0.6	2	0.3	3.3	0.4	2.7	0.7	1.1	0.3
Total sodium (mg)	349	87	439	44	258	35	149	32	262	52	152	18	148	37	244	33	631	73	140	35	455	114

\* Method for dietary fibre analysis: AOAC 991.43