

TYPICAL NUTRITION INFORMATION

	Choc Whip per 100g powder	% RDA*	Choc Whip per 295g serving	% RDA*	Caramel Bar per 100g	% RDA*	Caramel Bar per 60g serving	% RDA*	Summer Fruits per 100g powder	% RDA*	Summer Fruits per 355ml serving	% RDA*
Energy kcal.	509		229		340		204		343		189	
Energy kJ	2154		971		1428		856		1452		799	
Protein (g)	46.9		21.1		23.7		14.2		38.8		21.3	
Carbohydrate (g)	83.2		37.4		48.3		29.0		37.9		20.8	
Sugar (g)	52.6		23.7		33.7		20.2		36.7		20.3	
Starch (g)	14.3		6.4		1.2		0.7		1.2		0.7	
Fat (g)	4.4		2.0		5.8		3.5		4.0		2.2	
Saturates (g)	3.1		1.4		4.5		2.7		2.6		1.4	
Monounsaturated (g)	1.1		0.5		1.2		0.7		1.3		0.7	
Polyunsaturated (g)	0		0		0.2		0.1		0.1		0.1	
Cholesterol (mg)	20.2		9.1		Tr		Tr		Tr		Tr	
Fibre (g)	13.3		6.0		8.3		5.0		6.3		3.5	
Sodium (g)	2.4		1.1		1.1		0.6		1.1		0.6	

VITAMINS

Vitamin A (µg)	660.0	82.5	297.0	37.1	495.0	61.9	297.0	37.1	540.0	67.5	297.0	37.1
Vitamin D (µg)	6.4	128.0	2.9	58.0	5.0	100.0	3.0	60.0	5.4	108.8	3.0	60.0
Vitamin E (mg)	7.3	73.0	3.3	33.0	5.5	55.0	3.3	33.0	6.0	60.0	3.3	33.0
Vitamin C (mg)	46.7	77.8	21.0	35.0	34.0	56.7	20.4	34.0	37.0	61.2	20.4	34.0
Thiamin (mg)	1.6	114.3	0.7	50.0	1.0	71.4	0.6	42.9	1.0	71.4	0.6	42.9
Riboflavin (mg)	3.3	206.3	1.5	93.8	1.7	106.3	1.0	62.5	1.9	118.8	1.0	62.5
Niacin (mg)	14.4	80.0	6.5	36.1	10.5	58.3	6.3	35.0	11.5	63.9	6.3	35.0
Vitamin B6 (mg)	2.0	100.0	0.9	45.0	1.4	70.0	0.8	40.0	1.4	70.0	0.8	40.0
Folacin (µg)	302.2	151.1	136.0	68.0	210.8	105.4	126.5	63.3	230.0	115.0	126.5	63.3
Vitamin B12 (µg)	5.8	580.0	2.6	260.0	3.2	320.0	1.9	190.0	3.4	340.0	1.9	190.0
Biotin (µg)	157.8	105.2	71.0	47.3	110.0	73.3	66.0	41.3	120.0	80.0	66.0	41.3
Pantothenic Acid (mg)	9.3	155.0	4.2	140.0	5.7	190.0	3.4	113.3	6.1	203.0	3.4	113.3
Vitamin K (µg)	87.3	+	39.3	+	66.0	+	39.6	+	72.0	+	39.6	+

MINERALS

Calcium (mg)	1611.0	201.4	725.0	90.6	763.7	95.5	458.2	57.3	833.0	104.1	458.2	57.3
Phosphorus (mg)	1733.3	216.6	780.0	97.5	614.0	76.8	368.5	46.1	670.0	83.8	368.5	46.1
Iron (mg)	16.4	117.9	7.4	52.9	11.0	78.6	6.6	47.1	12.0	85.7	6.6	47.1
Magnesium (mg)	222.2	74.1	100.0	33.3	195.3	65.1	117.2	39.1	213.0	71.0	117.2	39.1
Zinc (mg)	15.6	104.0	7.0	46.7	10.2	68.0	6.1	40.7	11.0	73.3	6.1	40.7
Iodine (µg)	110.0	73.3	49.5	45.0	83.5	75.9	50.1	45.5	91.0	82.7	50.1	45.5
Potassium (mg)	2200.0	+	1000.0	+	1200.0	+	700.0	+	1200.0	+	700.0	+
Chloride (mg)	1300.00	+	600.0	+	700.0	+	400.0	+	700.0	+	400.0	+
Copper (mg)	2.2	+	1.0	+	1.5	+	0.9	+	1.7	+	0.9	+
Manganese (mg)	3.1	+	1.4	+	2.3	+	1.4	+	2.5	+	1.4	+
Selenium (µg)	88.0	+	39.6	+	66.0	+	39.6	+	72.0	+	39.6	+
Molybdenum (µg)	175.0	+	78.8	+	132.0	+	79.2	+	144.0	+	79.2	+
Chromium (µg)	88.0	+	39.6	+	66.0	+	39.6	+	72.0	+	39.6	+

- * RDA = Recommended Daily Allowance
- + No RDA Established

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	Orange Crème Drink Mix per 100g powder	% RDA*	Orange Crème Drink per 345ml serving	% RDA*	Vegetable Soup Mix per 100g powder	% RDA*	Vegetable Soup per 343ml serving	% RDA*	FibreClear per 100g powder	% RDA*	Fibre Clear per 6g serving
Energy kcal.	321		144		269		117		50		3
Energy kJ	1361		611		1137		495		212		12.7
Protein (g)	29.1		13.1		22.1		9.6		0		0
Carbohydrate (g)	57.9		26.1		57.7		25.1		95.0		5.7
Sugar (g)	28.7		12.9		18.0		7.8		5.0		0.3
Starch (g)	15.6		7.0		20.0		8.7		5.0		0.3
Fat (g)	3.3		1.5		3.3		1.4		0		0
Saturates (g)	2.2		1.0		1.4		0.6		0		0
Monounsaturated (g)	1.1		0.5		1.1		0.5		0		0
Polyunsaturated (g)	0		0		0.9		0.4		0		0
Cholesterol (mg)	9.1		4.1		3.0		1.3		0		0
Fibre (g)	13.6		6.1		20.1		8.7		85.0		5.1
Sodium (g)	1.3		0.6		1.8		0.8		trace		trace

VITAMINS

Vitamin A (µg)	650.0	81.2	292.5	36.6	700	87.5	304.5	38.1			
Vitamin D (µg)	6.4	128.0	2.9	58.0	7.1	142.0	3.1	62.0			
Vitamin E (mg)	7.3	73.0	3.3	33.0	7.6	76.0	3.3	33.0			
Vitamin C (mg)	45.6	77.0	20.5	34.2	46.0	76.7	20.0	33.3			
Thiamin (mg)	1.3	92.9	0.6	42.9	1.2	85.7	0.5	35.7			
Riboflavin (mg)	2.4	150.0	1.1	68.8	1.6	100.0	0.7	43.8			
Niacin (mg)	14.0	77.8	6.3	35.0	13.6	75.6	5.9	32.8			
Vitamin B6 (mg)	1.8	90.0	0.8	40.0	1.6	80.0	0.7	35.0			
Folacin (µg)	280.0	140.0	126.0	63.0	290.0	145.0	126.2	63.0			
Vitamin B12 (µg)	4.2	420.0	1.9	190.0	2.8	280.0	1.2	120.0			
Biotin (µg)	147.0	98.0	66.2	44.1	140.0	93.3	60.9	40.6			
Pantothenic Acid (mg)	7.6	126.7	3.4	56.7	6.0	100.0	2.6	43.3			
Vitamin K (µg)	87.3	+	39.3	+	90.0	+	39.2	+			

MINERALS

Calcium (mg)	952.0	119.0	428.4	53.6	610.0	76.3	265.4	33.2			
Phosphorus (mg)	776.0	97.0	349.2	43.7	754.0	94.3	328.0	41.0			
Iron (mg)	14.7	105.0	6.6	71.4	16.0	114.3	7.0	50.0			
Magnesium (mg)	242.0	80.7	108.9	36.3	230.0	76.7	100.0	33.3			
Zinc (mg)	13.6	90.7	6.1	40.7	12.4	82.7	5.4	36.0			
Iodine (µg)	110.0	73.3	49.5	45.0	120.0	80.0	52.2	34.8			
Potassium (mg)	1300	+	600.0	+	1600.0	+	700.0	+			
Chloride (mg)	900.0	+	400.0	+	1600.0	+	700.0	+			
Copper (mg)	2.0	+	0.9	+	2.3	+	1.0	+			
Manganese (mg)	3.1	+	1.4	+	3.5	+	1.5	+			
Selenium (µg)	88.0	+	39.6	+	96.0	+	41.8	+			
Molybdenum (µg)	175.0	+	78.8	+	192.0	+	83.5	+			
Chromium (µg)	87.3	+	39.3	+	94.9	+	41.3	+			

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