

INGREDIENT

NUTRITION GUIDE



OATS

INGREDIENTS

Wholegrain Oat

INGREDIENTS

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

CHOCOLATE POWDER

INGREDIENTS

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

ALLERGENS

MAY CONTAIN TRACES OF MILK.

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

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

CARAMEL BLEND

INGREDIENTS

Sugar, glucose syrup solids, vegetable oil, milk solids, flavours, instant coffee, cocoa powder, vegetable gum (412, 407, 415), mineral salts (340, 451, 452), emulsifiers (soy lecithin, 471, 481), colour (150a), salt, anticaking agent (551).

ALLERGENS

CONTAINS MILK, MILK PRODUCTS, AND SOYBEAN PRODUCTS.

NUTRITION INFORMATION		
Servings per package: 12		
Serving size: 80 g		
	Avg Quantity per Serving	Avg Quantity per 100 g
Energy	1500 kJ (358 Cal)	1880 kJ (448 Cal)
Protein	2.3 g	2.9 g
Fat, total	10.4 g	13.0 g
- saturated	10.3 g	12.9 g
Carbohydrate	62.7 g	78.3 g
- sugars	47.0 g	58.7 g
Sodium	250 g	312 mg

ESPRESSO BLEND

INGREDIENTS

Sugar, Glucose Syrup Solids, Vegetable Oil, Coffee Powder (5%), Sodium Caseinate, Mineral Salts (339, 340, 451, 452), Cocoapowder, Emulsifiers(471, 481, Soy Lecithin), Flavours, Vegetable Gum (407), Anticaking Agent (551).

ALLERGENS

CONTAINS MILK, MILK PRODUCTS & SOY PRODUCTS

NUTRITION INFORMATION		
Servings per package: 12		
Serving size: 80 g		
	Avg Quantity per Serving	Avg Quantity per 100 g
Energy	1850 kJ (443 Cal)	353 kJ (84 Cal)
Protein	6.3 g	1.2 g
Fat, total	19.9 g	3.8 g
- saturated	17.9 g	3.4 g
Carbohydrate	59.1 g	11.3 g
- sugars	38.0 g	7.3 g
Sodium	309 mg	59 mg

COFFEE

INGREDIENTS Coffee Beans

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

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

WHEY PROTEIN

INGREDIENTS

Whey Protein Concentrate (79%), Milk Solids, Glycine, Flavour, Vegetable Gums (407, 412, 466), Salt, Mineral Salt (339), Sweetener (Steviol Glycosides), Emulsifier (322)

ALLERGENS

CONTAINS MILK, MILK PRODUCTS AND SOY PRODUCTS.

Made in Australia

NUTRITION INFORMATION		
Servings per package: 33		
Serving size: 30 g		
	Avg Quantity per Serving	Avg Quantity per 100 g
Energy	492 kJ (118 Cal)	1640 kJ (392 Cal)
Protein	20.0 g	66.8 g
Fat, total	1.5 g	4.8 g
- saturated	0.9 g	2.9 g
Carbohydrate	5.6 g	18.6 g
- sugars	4.9 g	16.5 g
Dietary fibre, total	0.3 g	1.1 g
Sodium	112 mg	372 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