



# NUTRITION GUIDE

## AMBIENT RANGE

### APPLE JUICE



#### INGREDIENTS

Apple Juice from Concentrate (99.6%) Food Acid (330), Natural Flavour, Vitamin C, Colour (150d)

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 170 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	309 kJ (74 Cal)	182 kJ (44 Cal)
Protein	0.2 g	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	17.2 g	10.1 g
- sugars	17.2 g	10.1 g
Dietary fibre, total	LESS THAN 0.1 g	LESS THAN 0.1 g
Sodium	12 mg	7 mg

### TROPICAL JUICE



#### INGREDIENTS

Juices from Concentrate (Apple Juice (40%), Pineapple (37.7%), Orange (10%), Passionfruit (4.9%), Mango (2%), Guava Puree (5.3%)), Food Acid (330), Natural Flavour, Vitamin C

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 170 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	340 kJ (81 Cal)	192 kJ (46 Cal)
Protein	0.7 g	0.4 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	20.4 g	11.5 g
- sugars	17.9 g	10.1 g
Dietary fibre, total	LESS THAN 0.1 g	LESS THAN 0.1 g
Sodium	7 mg	4 mg

### MANGO NECTAR



#### INGREDIENTS

Water, Mango Puree from Concentrate (38%), Sugar, Food Acid (330), Natural Flavour.

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 170 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	357 kJ (85 Cal)	210 kJ (50 Cal)
Protein	0.3 g	0.2 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	21.2 g	12.5 g
- sugars	20.4 g	12.0 g
Dietary fibre, total	0.7 g	0.4 g
Sodium	7 mg	4 mg

### COCONUT WATER



#### INGREDIENTS

100 % Natural Coconut Water.

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 170 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	128 kJ (31 Cal)	75 kJ (18 Cal)
Protein	0 g	0 g
Fat, total	0 g	0 g
- saturated	0 g	0 g
Carbohydrate	7.7 g	4.5 g
- sugars	6.1 g	3.6 g
Dietary fibre, total	0 g	0 g
Sodium	46 mg	27 mg