

LighterLife & LighterLife Fast Product Nutritional Information

Formulation of products

LighterLife UK very-low-calorie diet (VLCD) Foodpacks are formulated, manufactured and labelled to a strict LighterLife specification in line with existing regulations and guidance:

- CODEX standard 203-1995 for formula foods for use in very-low-calorie diets for weight reduction.
- Commission regulation (EU) 1924/2006
- Commission regulation (EU) 1169/2011

LighterLife UK “meal replacement for weight control” Foodpacks are regulated under general EU food legislation and meet the requirements of:

- Commission regulation (EU) 2016/1413
- Commission regulation (EU) 1169/2011
- Commission Directive 96/8/EC

All LighterLife Foodpacks are suitable for vegetarians.

Nutrition

LighterLife Total is a very-low-calorie diet (VLCD) on which clients have four Foodpacks a day (including up to 1 meal-replacement FastPot/bar). It provides:

- **Energy:** between 600 and 799 kcal
- **Protein:** minimum of 50g protein
- **Carbohydrate:** minimum of 50g carbohydrate
- **Fats:** average of 18g fat
- **Fibre:** between 10 and 30g fibre
- **Vitamins and minerals:** at least 100% RI (reference intake)

Foodpacks -

TDR -

1. Banana Shake
2. Chocolate Shake
3. Strawberry Shake
4. Vanilla Shake
5. Chai Latte Shake
6. Mango & Passionfruit Shake
7. Apple & Cinnamon Porridge
8. Vegetable soup
9. Chicken & Sweetcorn soup
10. Sweet Potato & Carrot Soup
11. Blueberry Pancake
12. Original Porridge
13. Porridge with Vanilla Pot
14. Chocolate Mug Cake
15. Pasta Carbonara
16. Spaghetti Bolognese
17. Tomato & Pesto Flatbread
18. Crispy Peanut Bar
19. Nut Fudge Bar
20. Toffee Bar

MRP -

1. Chocolate Smoothie
2. Vanilla Smoothie
3. Mixed Berry Smoothie
4. Superfood Green Soup
5. Spicy Sweet Potato Soup
6. Banana Porridge with Chia Seeds
7. Maple Syrup Pancakes
8. Syrup Sponge pudding
9. Chocolate RTD
10. Vanilla RTD
11. Banana RTD
12. Strawberry RTD
13. Jerk Noodle FastPot
14. Pasta Bolognese FastPot
15. Thai FastPot
16. Chicken Noodle FastPot
17. Chicken Ramen FastPot
18. Chocolate Raisin Bar
19. Chocolate Peanut Bar
20. Chocolate Hazelnut Bar
21. Double Chocolate Bar
22. Salted Caramel Bar

Optional extras -

Drink Mixes – powders used to make up cold drinks, in three flavours:

- Fruits of the Forest
- Pink Grapefruit
- Sunrise Orange

Fibre Mix – 100% inulin powder that can be added to any Foodpack or water without affecting the taste.

Mousse Mix – gelatine powder to be added to LighterLife shakes to make a mousse. Not suitable for vegetarians.

Raspberry Jelly, Orange & Mango Jelly and Blackcurrant Jelly – can also be added to LighterLife shakes to make “blancmange”. Not suitable for vegetarians.

Savoury Broth – mix with water to make a hot drink; can also be used as stock for cooking.

Popped Chips – healthy eating options for Management/FlexiFasting plans, and suitable for occasional use on Total:

- Cheese & Onion
- Sweet Chilli
- Salt & Vinegar
- BBQ
- Bacon (*Beast branded*)

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Banana Shake

Ingredients:

Skimmed **milk** powder (55%), **soya** protein (15%), chicory fibre, fat powder (contains **milk**), fat powder (contains **soya, milk**), trisodium citrate, thickeners: guar gum, xanthan gum; maltodextrin, magnesium citrate, tripotassium citrate, flavouring, vitamin and mineral premix (sodium ascorbate, ferric pyrophosphate, vitamin E, zinc sulphate, niacin, vitamin A, cupric sulphate, pantothenic acid, sodium fluoride, manganese sulphate, biotin, chromium chloride, potassium iodide, vitamin B₁₂, sodium selenite, vitamin B₆, folic acid, vitamin D₃, vitamin K, thiamin, riboflavins, sodium molybdate), colour: carotenes; sweetener: sucralose.

- Allergy advice: for allergens, including cereals containing gluten, see ingredients in **bold**.
- May also contain egg, gluten, mustard and sulphites.
- The soya in this product is from a non-genetically modified source.
- Suitable for vegetarians.
- Gluten free.

Nutrition information

Typical analysis	Per 100g	Per 40g serving	Typical analysis	Per 100g	Per 40g serving	% RI	
Energy (kJ)	1650	660	Vitamin A	µg	692	277	35
(kcal)	392	157	Vitamin D	µg	4.3	1.7	34
Fat (g)	11.4	4.5	Vitamin E	mg	7.7	3.1	26
of which saturates (g)	4.7	1.9	Vitamin K	µg	62.5	25.0	33
Carbohydrates (g)	32.8	13.1	Vitamin C	mg	57.3	22.9	29
of which sugars (g)	29.1	11.6	Thiamin	mg	0.9	0.4	33
Fibre (g)	8.1	3.2	Riboflavin	mg	1.9	0.8	54
Protein (g)	33.7	13.5	Niacin	mg	12.8	5.1	32
Salt (g)	2.73	1.09	Vitamin B6	mg	1.6	0.6	45
			Folic acid	µg	42.3	16.9	34
			Vitamin B12	µg	3.0	1.2	48
			Biotin	µg	42.3	16.9	34
			Pantothenic acid	mg	5.6	2.2	37
			Potassium	mg	1250	500	25
			Chloride	mg	1493	597	75
			Calcium	mg	713	285	36
			Phosphorus	mg	648	259	37
			Magnesium	mg	258	103	28
			Iron	mg	12.6	5.0	36
			Zinc	mg	9.0	3.6	36
			Copper	mg	1.2	0.5	46
			Manganese	mg	1.5	0.6	31
			Fluoride	mg	2.2	0.9	25
			Selenium	µg	55	21.8	40
			Chromium	µg	25.0	10.0	25
			Molybdenum	µg	31.3	12.5	25
			Iodine	µg	176	70.4	47

Chocolate Smoothie MRP

Ingredients:

Skimmed **milk** powder (30%), maltodextrin, inulin, cocoa powder (12%), fat powder (contains **soya, milk**), **whey** protein concentrate (5%), thickeners: guar gum, xanthan gum, carboxy methyl cellulose; magnesium citrate, vitamin and mineral premix (maltodextrin, vitamin C, ferric pyrophosphate, vitamin E, niacin, zinc sulphate, potassium iodide, sodium selenite, vitamin A, copper gluconate, manganese sulphate, biotin, pantothenic acid, vitamin D, folic acid, vitamin K, vitamin B6, thiamin), flavourings, emulsifier: lecithins; salt, sweeteners: sucralose, acesulfame k.

- Allergy advice: for allergens, including cereals containing gluten, see ingredients in **bold**.
- May also contain egg, mustard and sulphites.
- The soya in this product is from a non-genetically modified source.
- Suitable for vegetarians.
- Gluten free.

Nutrition information

Typical analysis	Per 100g	Per 40g serving	Typical analysis	Per 100g	Per 40g serving	% RI	
Energy (kJ)	1493	961	Vitamin A	µg	683	279	35
(kcal)	356	228	Vitamin D	µg	4.4	1.7	35
Fat (g)	7.0	3.1	Vitamin E	mg	11.3	4.5	38
of which saturates (g)	1.9	0.7	Vitamin K	µg	63.8	28.1	35
Carbohydrates (g)	44.3	29.8	Vitamin C	mg	69.0	27.6	37
of which sugars (g)	18.3	19.4	Thiamin	mg	0.7	0.4	36
Fibre (g)	19.7	7.9	Riboflavin	mg	0.5	0.6	46
Protein (g)	18.6	16.2	Niacin	mg	14.0	5.8	37
Salt (g)	0.79	0.57	Vitamin B6	mg	0.9	0.5	34
			Folic acid	µg	144	69.1	35
			Vitamin B12	µg	0.8	1.3	53
			Biotin	µg	32.9	17.0	34
			Pantothenic acid	mg	2.9	2.0	33
			Potassium	mg	1075	829	42
			Chloride	mg	403	470	59
			Calcium	mg	378	401	57
			Phosphorus	mg	215	117	31
			Magnesium	mg	16.9	6.8	48
			Iron	mg	6.8	3.7	37
			Zinc	mg	1.4	0.6	55
			Copper	mg	1.8	0.7	36
			Manganese	mg	51.2	20.5	37
			Fluoride	mg	128	51.1	34
			Selenium	µg	683	279	35
			Chromium	µg	4.4	1.7	35
			Molybdenum	µg	11.3	4.5	38
			Iodine	µg	63.8	28.1	35

Spicy Sweet Potato Soup MRP

Ingredients:

Maltodextrin, **soy** protein, (22%) carrots (9.5%), sweet potato powder (8%), fat powder, inulin, emulsifier: lecithins (contains **soy**); yeast extract, tomato powder, pea protein, spices (2%), dipotassium phosphate, salt, natural flavouring, tricalcium phosphate, colour: carotenes; garlic, potassium chloride, coriander, magnesium oxide, vitamin and mineral premix (maltodextrin, vitamin C, zinc gluconate, ferric pyrophosphate, vitamin E, potassium iodide, niacin, vitamin A, pantothenic acid, biotin, manganese sulphate, vitamin B12, copper gluconate, vitamin D, vitamin B6, folic acid, thiamin, vitamin K, riboflavins), parsley.

- Allergy advice: for allergens, including cereals containing gluten, see ingredients in **bold**.
- May also contain egg, milk, mustard and sulphites.
- The soya in this product is from a non-genetically modified source.
- Suitable for vegans.
- Gluten free.

Nutrition information

Typical analysis	Per 100g	Per 253g serving	Typical Analysis	Per 100g	Per 253g serving	% RI
Energy (kJ)	1619	858	Vitamin A µg	454	241	30
(kcal)	385	204	Vitamin D µg	2.8	1.5	30
Fat (g)	10.4	5.5	Vitamin E mg	6.8	3.6	30
of which saturates (g)	1.9	1.0	Vitamin K µg	42.6	22.6	30
Carbohydrates (g)	41.7	22.1	Vitamin C mg	45.6	24.2	30
of which sugars (g)	7.2	3.8	Thiamin mg	0.6	0.3	30
Fibre (g)	9.8	5.2	Riboflavin mg	0.8	0.4	30
Protein (g)	25.8	13.7	Niacin mg	9.1	4.8	30
Salt (g)	2.95	1.57	Vitamin B6 mg	0.8	0.4	31
			Folic acid µg	123	65.4	33
			Vitamin B12 µg	1.4	0.8	30
			Biotin µg	28.4	15.0	30
			Pantothenic acid mg	3.4	1.8	30
			Potassium mg	1059	562	28
			Calcium mg	469	249	31
			Phosphorus mg	787	417	60
			Magnesium mg	213	113	30
			Iron mg	9.8	5.2	37
			Zinc mg	6.0	3.2	32
			Copper mg	0.6	0.3	33
			Manganese mg	1.2	0.6	31
			Selenium µg	36.0	19.1	35
			Iodine µg	85.4	45.3	30

Double Chocolate Bar MRP

Ingredients:

Milk chocolate (17.9%) (sugar, cocoa butter, whole **milk** powder, cocoa mass, emulsifier: **soya** lecithin; flavours), glucose syrup, **milk** protein (11.9%), hydrolysed **wheat** gluten, **soya** protein (8.0%), chicory root fibre, bulking agent: polydextrose; humectant: glycerol; low fat cocoa (0.6%), minerals (dipotassium phosphate, trimagnesium citrate, tricalcium phosphate, ferric pyrophosphate, zinc oxide, copper(II)gluconate, manganese sulphate, potassium iodide, sodium selenite), **soya** crisps (3.2%) (**soya** protein, low fat cocoa, tapioca starch), sunflower oil, cocoa mass, flavours, emulsifier: **soya** lecithin; vitamins (vitamin C, vitamin E, nicotinamide, calcium pantothenate, vitamin B2, vitamin B1, vitamin B6, vitamin A, folic acid, vitamin K, biotin, vitamin D, vitamin B12), salt.

- Allergy advice: for allergens, including cereals containing gluten, see ingredients in **bold**.
- May also contain egg, milk, mustard and sulphites and traces of nuts and sesame.
- The soya in this product is from a non-genetically modified source.
- Suitable for vegetarians.

Nutrition information

Typical analysis	Per 100g	Per 56g serving	Typical Analysis	Per 100g	Per 56g serving	% RI
Energy (kJ)	1513	847	Vitamin A µg	431	241	30
(kcal)	361	202	Vitamin D µg	2.7	1.5	30
Fat (g)	11.5	6.4	Vitamin E mg	6.4	3.6	30
of which saturates (g)	5.1	2.9	Vitamin K µg	43.1	24.1	30
Carbohydrates (g)	29.8	16.7	Vitamin C mg	40.4	22.6	30
of which sugars (g)	18.3	10.2	Thiamin mg	0.6	0.3	30
Fibre (g)	11.6	6.5	Riboflavin mg	0.8	0.4	30
Protein (g)	30.4	17.0	Niacin mg	8.6	4.8	30
Salt (g)	0.78	0.44	Vitamin B6 mg	0.8	0.4	30
			Folic acid µg	108	60.3	30
			Vitamin B12 µg	1.4	0.8	31
			Biotin µg	26.9	15.1	30
			Pantothenic acid mg	3.3	1.8	30
			Potassium mg	896	502	25
			Calcium mg	452	253	31
			Phosphorus mg	601	337	48
			Magnesium mg	207	116	31
			Iron mg	12.3	6.9	49
			Zinc mg	6.4	3.5	36
			Copper mg	1.0	0.6	56
			Manganese mg	1.3	0.7	35
			Selenium µg	29.7	16.6	30
			Iodine µg	81.5	45.6	30

Salted Caramel Bar MRP

Ingredients:

Milk chocolate (16.7%) (sugar, cocoa butter, whole **milk** powder, cocoa mass, emulsifier: **soya** lecithin; flavours) bulking agent: polydextrose, calcium carbonate; **milk** protein (12.1%), **soya** crisps (11%) (isolated **soya** protein, rice flour, whole **oat** flour, **barley** flour, brown rice syrup), rice syrup, chicory root fibre, humectant: glycerol; **soya** crisps (6.5%) (**soya** protein, tapioca starch, salt), minerals (dipotassium phosphate, trimagnesium citrate, trisodium citrate, ferric pyrophosphate, zinc oxide, copper(II)gluconate, manganese sulphate, potassium iodide, sodium selenite), sunflower oil, maltodextrin, **soya** protein, sweetener: erythritol; **milk** caramel (1.0%) (whole **milk** powder, glucose syrup, sugar), flavours (contains **milk**), emulsifier: **soya** lecithin; salt, acidity regulator: malic acid; vitamins (vitamin C, vitamin E, nicotinamide, calcium pantothenate, vitamin B2, vitamin B1, vitamin B6, vitamin A, folic acid, vitamin K, biotin, vitamin D, vitamin B12).

- Allergy advice: for allergens, including cereals containing gluten, see ingredients in **bold**.
- May also contain egg, milk, mustard and sulphites and traces of nuts and sesame.
- The soya in this product is from a non-genetically modified source.
- Suitable for vegetarians.

Nutrition information

Typical analysis	Per 100g	Per 60g serving	Typical Analysis	Per 100g	Per 60g serving	% RI
Energy (kJ)	1466	879	Vitamin A µg	404	242	30
(kcal)	350	210	Vitamin D µg	2.6	1.5	30
Fat (g)	10.6	6.3	Vitamin E mg	6.0	3.6	30
of which saturates (g)	4.3	2.5	Vitamin K µg	40.4	24.2	30
Carbohydrates (g)	34.2	20.5	Vitamin C mg	37.9	22.7	30
of which sugars (g)	17.6	10.6	Thiamin mg	0.6	0.3	30
Fibre (g)	16.5	9.9	Riboflavin mg	0.7	0.4	30
Protein (g)	24.2	14.5	Niacin mg	8.1	4.8	30
Salt (g)	1.17	0.70	Vitamin B6 mg	0.7	0.4	30
			Folic acid µg	101	60.6	30
			Vitamin B12 µg	1.3	0.8	31
			Biotin µg	25.2	15.1	30
			Pantothenic acid mg	3.1	1.8	30
			Potassium mg	844	506	25
			Calcium mg	432	259	32
			Phosphorus mg	481	289	41
			Magnesium mg	189	114	30
			Iron mg	9.9	5.9	42
			Zinc mg	6.1	3.6	36
			Copper mg	0.9	0.5	54
			Manganese mg	1.3	0.8	39
			Selenium µg	27.8	16.7	30
			Iodine µg	76.4	45.8	30

Apple & Cinnamon Porridge

Ingredients:

Oat flakes (21%), **soya** protein, skimmed **milk** powder (19%), **milk** protein concentrate, fat powder (contains **soya, milk**), fat powder (contains **milk**), **oat** fibres (4%), trisodium citrate, wholemeal **wheat** flour, maltodextrin, tripotassium citrate, magnesium citrate, flavourings, cinnamon (1%), flavour enhancer: calcium chloride; vitamin and mineral premix (sodium ascorbate, ferric pyrophosphate, vitamin E, zinc sulphate, niacin, vitamin A, cupric sulphate, pantothenic acid, sodium fluoride, manganese sulphate, biotin, chromium chloride, potassium iodide, vitamin B₁₂, sodium selenite, vitamin B₆, folic acid, vitamin D₃, vitamin K, thiamin, riboflavins, sodium molybdate), calcium phosphates, sweetener: sucralose.

- Allergy advice: for allergens, including cereals containing gluten, see ingredients in **bold**.
- May also contain egg, gluten, mustard and sulphites.
- The soya in this product is from a non-genetically modified source.
- Suitable for vegetarians.

Nutrition information

Typical analysis	Per 100g	Per 40g serving	Typical analysis	Per 100g	Per 40g serving	% RI	
Energy (kJ)	1632	653	Vitamin A	µg	567	227	28
(kcal)	388	155	Vitamin D	µg	3.5	1.4	28
Fat (g)	11.5	4.6	Vitamin E	mg	7.6	3.0	25
of which saturates (g)	3.7	1.5	Vitamin K	µg	62.5	25.0	33
Carbohydrates (g)	30.0	12.0	Vitamin C	mg	52.6	21.1	26
of which sugars (g)	10.6	4.2	Thiamin	mg	0.9	0.4	33
Fibre (g)	6.2	2.5	Riboflavin	mg	1.3	0.5	38
Protein (g)	34.8	13.9	Niacin	mg	12.8	5.1	32
Salt (g)	2.98	1.19	Vitamin B6	mg	1.4	0.6	40
			Folic acid	µg	184	73.6	37
			Vitamin B12	µg	2.1	0.8	33
			Biotin	µg	35.3	14.1	28
			Pantothenic acid	mg	4.6	1.9	31
			Potassium	mg	1256	502	25
			Chloride	mg	1710	684	86
			Calcium	mg	682	273	34
			Phosphorus	mg	473	189	27
			Magnesium	mg	293	117	31
			Iron	mg	13.9	5.6	40
			Zinc	mg	8.5	3.4	34
			Copper	mg	1.3	0.5	53
			Manganese	mg	2.2	0.9	44
			Fluoride	mg	2.2	0.9	25
			Selenium	µg	36.6	14.6	27
			Chromium	µg	25.0	10.0	25
			Molybdenum	µg	31.3	12.5	25
			Iodine	µg	122	48.9	33

Vanilla Smoothie MRP

Ingredients:

Soy protein (24.5%), maltodextrin, **oat** flour (20%), fat powder, inulin, linseed, rice protein, flavourings, emulsifier: lecithins (contains **soy**); tripotassium citrate, magnesium citrate, tricalcium phosphate, pea protein, thickeners: xanthan gum, guar gum; vitamin and mineral premix (maltodextrin, vitamin C, zinc gluconate, ferric pyrophosphate, vitamin E, potassium iodide, niacin, vitamin A, pantothenic acid, biotin, manganese sulphate, vitamin B12, copper gluconate, vitamin D, vitamin B6, folic acid, thiamin, vitamin K, riboflavins), salt, colour: carotenes; sweetener: sucralose.

- Allergy advice: for allergens, including cereals containing gluten, see ingredients in **bold**.
- May also contain egg, milk, mustard and sulphites.
- The soya in this product is from a non-genetically modified source.
- Suitable for vegans.

Nutrition information

Typical analysis	Per 100g	Per 255g serving	Typical Analysis	Per 100g	Per 255g serving	% RI
Energy (kJ)	1680	924	Vitamin A µg	436	240	30
(kcal)	400	220	Vitamin D µg	2.7	1.5	30
Fat (g)	11.8	6.5	Vitamin E mg	6.7	3.7	31
of which saturates (g)	1.8	1.0	Vitamin K µg	40.9	22.5	30
Carbohydrates (g)	37.5	20.6	Vitamin C mg	43.9	24.1	30
of which sugars (g)	3.0	1.6	Thiamin mg	0.8	0.5	41
Fibre (g)	8.8	4.9	Riboflavin mg	0.8	0.4	31
Protein (g)	30.3	16.7	Niacin mg	8.9	4.9	31
Salt (g)	0.98	0.54	Vitamin B6 mg	0.8	0.5	33
			Folic acid µg	129	71.0	36
			Vitamin B12 µg	1.4	0.8	30
			Biotin µg	31.1	17.1	34
			Pantothenic acid mg	3.4	1.9	32
			Potassium mg	1038	571	29
			Calcium mg	473	260	33
			Phosphorus mg	668	367	53
			Magnesium mg	227	125	33
			Iron mg	10.7	5.9	42
			Zinc mg	6.4	3.5	35
			Copper mg	0.8	0.5	45
			Manganese mg	1.9	1.0	52
			Selenium µg	54	29.6	54
			Iodine µg	81.8	45.0	30

Chai Latte Shake

Ingredients:

Skimmed **milk** powder (45%), **soya** protein (17%), inulin, fat powder (contains **milk**), fat powder (contains **soya, milk**), maltodextrin, trisodium citrate, tripotassium citrate, magnesium citrate, spices (cinnamon, ginger, cloves, cardamom, star anise), thickeners: guar gum, xanthan gum; colour: caramel; salt, vitamin and mineral premix (sodium ascorbate, ferric pyrophosphate, vitamin E, maltodextrin, zinc sulphate, niacin, vitamin A, copper sulphate, pantothenic acid, sodium fluoride, manganese sulphate, biotin, chromium chloride, potassium iodide, vitamin B12, sodium selenite, vitamin B6, folic acid, vitamin D, vitamin K, thiamin, riboflavins, sodium molybdate), dipotassium phosphate, flavourings, sweetener: sucralose.

- Allergy advice: for allergens, including cereals containing gluten, see ingredients in **bold**.
- Produced in a factory that handles: egg, celery, mustard and sulphites.
- The soya in this product is from a non-genetically modified source.
- Suitable for vegetarians.
- Gluten free.

Nutrition information

Typical analysis	Per 100g	Per 40g serving	Typical analysis	Per 100g	Per 40g serving	% RI	
Energy (kJ)	1588	635	Vitamin A	µg	658	263	33
(kcal)	378	151	Vitamin D	µg	4.1	1.6	33
Fat (g)	10.2	4.1	Vitamin E	mg	7.6	3.1	25
of which saturates (g)	4.5	1.8	Vitamin K	µg	62.5	25.0	33
Carbohydrates (g)	31.2	12.5	Vitamin C	mg	56.0	22.4	28
of which sugars (g)	25.3	10.1	Thiamin	mg	0.9	0.3	31
Fibre (g)	13.2	5.3	Riboflavin	mg	1.7	0.7	50
Protein (g)	31.7	12.7	Niacin	mg	12.7	5.1	32
Salt (g)	2.93	1.17	Vitamin B6	mg	1.5	0.6	43
			Folic acid	µg	181	73	36
			Vitamin B12	µg	2.7	1.1	44
			Biotin	µg	40.3	16.1	32
			Pantothenic acid	mg	5.2	2.1	35
			Potassium	mg	1257	503	25
			Chloride	mg	1575	630	79
			Calcium	mg	600	240	30
			Phosphorus	mg	602	241	34
			Magnesium	mg	246	98.5	26
			Iron	mg	12.8	5.1	37
			Zinc	mg	8.7	3.5	35
			Copper	mg	1.2	0.5	47
			Manganese	mg	1.6	0.6	31
			Fluoride	mg	2.2	0.9	25
			Selenium	µg	55.1	22.0	40
			Chromium	µg	25.0	10.0	25.0
			Molybdenum	µg	31.3	12.5	25
			Iodine	µg	161	64.5	43

Banana Porridge MRP

Ingredients:

Soya protein, gluten free oat flakes (23.5%), maltodextrin, inulin, fat powder, emulsifier: lecithins (contains **soya**); tripotassium citrate, natural flavourings, calcium phosphates, chia seeds (*salvia hispanica*) (1%), thickener: carboxy methyl cellulose; linseed (1%), magnesium carbonates, banana (0.5%), vitamin and mineral premix (maltodextrin, vitamin C, zinc gluconate, ferric pyrophosphate, vitamin E, potassium iodide, niacin, vitamin A, pantothenic acid, biotin, manganese sulphate, vitamin B12, copper gluconate, vitamin D, vitamin B6, folic acid, thiamin, vitamin K, riboflavins), sweetener: sucralose

- Allergy advice: for allergens, including cereals containing gluten, see ingredients in **bold**.
- Produced in a factory that handles: egg, milk, celery, mustard and sulphites.
- The soya in this product is from a non-genetically modified source.
- Suitable for vegans.
- Gluten free.

Nutrition information

Typical analysis	Per 100g	Per 205 serving	Typical analysis	Per 100g	Per 205g serving	% RI
Energy (kJ)	1675	921	Vitamin A µg	436	240	30
(kcal)	399	220	Vitamin D µg	2.7	1.5	30
Fat (g)	11.9	6.5	Vitamin E mg	6.7	3.7	31
of which saturates (g)	1.9	1.1	Vitamin K µg	40.9	22.5	30
Carbohydrates (g)	39.3	21.6	Vitamin C mg	43.9	24.1	30
of which sugars (g)	3.7	2.1	Thiamin mg	0.8	0.5	41
Fibre (g)	12.4	6.8	Riboflavin mg	0.8	0.4	31
Protein (g)	26.0	14.3	Niacin mg	8.9	4.9	31
Salt (g)	1.07	0.59	Vitamin B6 mg	0.8	0.5	33
			Folic acid µg	129	71.0	36
			Vitamin B12 µg	1.4	0.8	30
			Biotin µg	31.1	17.1	34
			Pantothenic acid mg	3.4	1.9	32
			Potassium mg	1038	571	29
			Calcium mg	473	260	33
			Phosphorus mg	668	367	53
			Magnesium mg	227	125	33
			Iron mg	10.7	5.9	42
			Zinc mg	6.4	3.5	35
			Copper mg	0.8	0.5	45
			Manganese mg	1.9	1.0	52
			Selenium µg	54	29.6	54
			Iodine µg	81.8	45.0	30

Sticky Toffee Pudding MRP

Ingredients:

Maize flour, **wehy** protein concentrate (contains **milk**) (25%), maltodextrin, inulin, fat powder (contains **soya** and **milk** protein), colour: caramel; **egg** white powder, natural flavouring, tripotassium citrate, raising agent: sodium carbonates; whole **egg**, stabiliser: diphosphates; calcium phosphates, emulsifier: mono-and diglycerides of fatty acid, calcium chloride; vitamin and mineral premix (maltodextrin, vitamin C, zinc gluconate, ferric pyrophosphate, vitamin E, potassium iodide, niacin, sodium selenite, vitamin A, pantothenic acid, biotin, manganese sulphate, vitamin B12, copper gluconate, vitamin D, vitamin B6, folic acid, thiamin, vitamin K, riboflavins); potassium chloride, magnesium oxide, emulsifier: lecithins; thickener: xanthan gum; maltodextrin, sweetener: sucralose.

- Allergy advice: for allergens, including cereals containing gluten, see ingredients in **bold**.
- Produced in a factory that handles: celery, mustard and sulphites.
- The soya in this product is from a non-genetically modified source.
- Suitable for vegetarians.

Nutrition information

Typical analysis	Per 100g	Per 115 serving	Typical analysis	Per 100g	Per 115g serving	% RI
Energy (kJ)	1557	934	Vitamin A µg	567	340	43
(kcal)	369	221	Vitamin D µg	3.6	2.1	43
Fat (g)	7.0	4.2	Vitamin E mg	8.5	5.1	43
of which saturates (g)	1.9	1.1	Vitamin K µg	53.2	32	43
Carbohydrates (g)	47.8	28.7	Vitamin C mg	56.7	34.0	43
of which sugars (g)	3.7	2.2	Thiamin mg	0.8	0.5	43
Fibre (g)	6.4	3.8	Riboflavin mg	1.0	0.6	44
Protein (g)	24.7	14.8	Niacin mg	11.4	6.8	43
Salt (g)	1.98	1.19	Vitamin B6 mg	1.0	0.5	43
			Folic acid µg	101	60.7	30
			Vitamin B12 µg	1.8	1.1	43
			Biotin µg	36.5	21.9	44
			Pantothenic acid mg	4.3	2.6	43
			Potassium mg	839	503	25
			Calcium mg	401	240	30
			Phosphorus mg	447	268	38
			Magnesium mg	193	116	31
			Iron mg	7.6	4.6	33
			Zinc mg	6.4	3.8	38
			Copper mg	0.5	0.3	31
			Manganese mg	1.1	0.7	34
			Selenium µg	39.0	23.4	43
			Iodine µg	106	63.8	43

Maple Syrup Pancakes MRP

Ingredients:

Skimmed **milk** powder (31%), **oat** flour (18%), **egg** white powder (10%), fat powder (contains **milk**), inulin, **milk** protein concentrate (8%), fat powder (contains **soya**), natural flavouring, whole **egg**, emulsifier: lecithins (contains **soya**); raising agent: sodium carbonates; tripotassium citrate, vitamin and mineral premix (maltodextrin, vitamin C, zinc gluconate, ferric pyrophosphate, vitamin E, potassium iodide, niacin, sodium selenite, vitamin A, pantothenic acid, antioxidant: fatty acid esters of ascorbic acid, alpha-tocopherol; biotin, manganese sulphate, vitamin B12, copper gluconate, vitamin D, vitamin B6, folic acid, thiamin, vitamin K, riboflavins), colour: caramel; salt, diphosphates, magnesium oxide; thickener: xanthan gum; dipotassium phosphate, sweetener: sucralose.

- Allergy advice: for allergens, including cereals containing gluten, see ingredients in **bold**.
- Produced in a factory that handles: celery, mustard and sulphites.
- The soya in this product is from a non-genetically modified source.
- Suitable for vegetarians.

Nutrition information

Typical analysis	Per 100g	Per 125 serving	Typical analysis	Per 100g	Per 125g serving	% RI
Energy (kJ)	1684	842	Vitamin A µg	677	338	42
(kcal)	401	201	Vitamin D µg	4.2	2.1	42
Fat (g)	14.4	7.2	Vitamin E mg	8.7	4.4	36
of which saturates (g)	6.5	3.3	Vitamin K µg	53.2	26.6	36
Carbohydrates (g)	33.3	16.7	Vitamin C mg	60.8	30.4	38
of which sugars (g)	18.7	9.4	Thiamin mg	1.0	0.5	47
Fibre (g)	8.8	4.4	Riboflavin mg	1.4	0.9	62
Protein (g)	30.0	15.0	Niacin mg	11.9	5.9	37
Salt (g)	2.05	1.03	Vitamin B6 mg	1.4	0.6	44
			Folic acid µg	128	64.1	32
			Vitamin B12 µg	2.6	1.3	53
			Biotin µg	50	25.2	51
			Pantothenic acid mg	6.0	2.8	47
			Potassium mg	1010	505	25
			Calcium mg	590	236	37
			Phosphorus mg	513	257	37
			Magnesium mg	233	117	31
			Iron mg	8.5	4.2	30
			Zinc mg	8.1	4.1	41
			Copper mg	0.6	0.3	32
			Manganese mg	1.8	0.9	45
			Selenium µg	55.0	23.7	43
			Iodine µg	153	76.6	51

Mango & Passionfruit Shake

Ingredients:

Skimmed **milk** powder (45%), **soya** protein (19%), inulin, fat powder (contains **milk**), fat powder (contains **soya, milk**), flavourings, trisodium citrate, maltodextrin, thickeners: guar gum, sodium carboxy methyl cellulose, xanthan gum; tripotassium citrate, magnesium citrate, colour: carotenes; salt, vitamin and mineral premix (sodium ascorbate, ferric pyrophosphate, vitamin E, maltodextrin, zinc sulphate, niacin, vitamin A, copper sulphate, pantothenic acid, sodium fluoride, manganese sulphate, biotin, chromium chloride, potassium iodide, vitamin B12, sodium selenite, vitamin B6, folic acid, vitamin D, vitamin K, thiamin, riboflavins, sodium molybdate), dipotassium phosphate, sweetener: sucralose.

- Allergy advice: for allergens, including cereals containing gluten, see ingredients in **bold**.
- Produced in a factory that handles: egg, celery, mustard and sulphites.
- The soya in this product is from a non-genetically modified source.
- Suitable for vegetarians.
- Gluten free.

Nutrition information

Typical analysis	Per 100g	Per 40g serving	Typical analysis	Per 100g	Per 40g serving	% RI	
Energy (kJ)	1618	647	Vitamin A	µg	658	263	33
(kcal)	385	154	Vitamin D	µg	4.1	1.6	33
Fat (g)	10.5	4.2	Vitamin E	mg	7.6	3.1	26
of which saturates (g)	4.8	1.9	Vitamin K	µg	62.5	25.0	33
Carbohydrates (g)	31.3	12.5	Vitamin C	mg	56.0	22.4	28
of which sugars (g)	24.8	9.9	Thiamin	mg	0.9	0.3	31
Fibre (g)	10.5	4.2	Riboflavin	mg	1.7	0.7	50
Protein (g)	33.8	13.5	Niacin	mg	12.7	5.1	32
Salt (g)	3.10	1.24	Vitamin B6	mg	1.5	0.6	44
			Folic acid	µg	186	74.4	37
			Vitamin B12	µg	2.7	1.1	44
			Biotin	µg	40.3	16.1	32
			Pantothenic acid	mg	5.2	2.1	35
			Potassium	mg	1282	513	26
			Chloride	mg	1583	633	79
			Calcium	mg	603	241	30
			Phosphorus	mg	630	252	36
			Magnesium	mg	247	98.9	26
			Iron	mg	13.2	5.3	38
			Zinc	mg	8.8	3.5	35
			Copper	mg	1.2	0.5	48
			Manganese	mg	1.6	0.6	32
			Fluoride	mg	2.2	0.9	25
			Selenium	µg	57	23	42
			Chromium	µg	25.0	10.0	25
			Molybdenum	µg	31.3	12.5	25
			Iodine	µg	161	64.5	43

Chicken & Sweetcorn Soup

Ingredients:

Milk protein concentrate, skimmed **milk** powder (13%), **soya** protein (10%), inulin, modified starch (potato), fat powder (contains **soya**, **milk**), fat powder (contains **milk**), fat powder, **cream** powder (3%) (contains **milk**), rice flour, maltodextrin, salt, potassium phosphates, flavourings (contains **egg**), sweetcorn (2%), peas (2%), sucrose, leek (1%), onion powder, magnesium oxide, vitamin and mineral premix (sodium ascorbate, ferric pyrophosphate, vitamin E, maltodextrin, zinc sulphate, niacin, vitamin A, copper sulphate, pantothenic acid, sodium fluoride, manganese sulphate, biotin, chromium chloride, potassium iodide, vitamin B₁₂, sodium selenite, vitamin B₆, folic acid, vitamin D₃, vitamin K, thiamin, riboflavins, sodium molybdate), nutmeg extract, thickener: xanthan gum.

- Allergy advice: for allergens, including cereals containing gluten, see ingredients in **bold**.
- Produced in a factory that handles: celery, mustard and sulphites.
- The soya in this product is from a non-genetically modified source.
- Suitable for vegetarians.

Nutrition information

Typical analysis	Per 100g	Per 40g serving	Typical analysis	Per 100g	Per 40g serving	% RI
Energy (kJ)	1618	647	Vitamin A	µg	563	28
(kcal)	386	154	Vitamin D	µg	3.5	28
Fat (g)	12.5	5.0	Vitamin E	mg	7.8	26
of which saturates (g)	7.2	2.9	Vitamin K	µg	64.9	34
Carbohydrates (g)	31.8	12.7	Vitamin C	mg	53.5	27
of which sugars (g)	12.2	4.9	Thiamin	mg	0.8	28
Fibre (g)	9.7	3.9	Riboflavin	mg	1.3	36
Protein (g)	31.2	12.5	Niacin	mg	12.8	32
Salt (g)	3.65	1.46	Vitamin B6	mg	1.4	39
			Folic acid	µg	156	62.6
			Vitamin B12	µg	2.0	0.8
			Biotin	µg	35.0	14
			Pantothenic acid	mg	4.3	1.7
			Potassium	mg	1279	512
			Chloride	mg	1843	737
			Calcium	mg	568	227
			Phosphorus	mg	631	253
			Magnesium	mg	246	98.4
			Iron	mg	12.1	4.8
			Zinc	mg	7.4	3.0
			Copper	mg	1.1	0.5
			Manganese	mg	1.4	0.6
			Fluoride	mg	2.3	0.9
			Selenium	µg	37.0	14.8
			Chromium	µg	25.8	10.3
			Molybdenum	µg	32.3	12.9
			Iodine	µg	117	46.7

Spicy Sweet Potato & Carrot Soup

Ingredients:

Soy protein, maltodextrin, carrots (11.5%), sweet potato powder (9%), inulin, coconut milk powder (contains **milk**), tomato powder, fat powder (contains **soy** and **milk**), emulsifier: lecithins (contains **soy**); spices (2%), salt, dipotassium phosphate, tricalcium phosphate, natural flavourings, yeast extract, pea protein, potassium chloride, colour: carotenes; garlic, magnesium oxide, coriander, vitamin and mineral premix (sodium ascorbate, ferric pyrophosphate, vitamin E, maltodextrin, zinc sulphate, niacin, vitamin A, copper sulphate, pantothenic acid, sodium fluoride, manganese sulphate, biotin, chromium chloride, potassium iodide, vitamin B12, sodium selenite, vitamin B6, folic acid, vitamin D, vitamin K, thiamin, riboflavins, sodium molybdate), parsley.

- Allergy advice: for allergens, including cereals containing gluten, see ingredients in **bold**.
- Produced in a factory that handles: egg, celery, mustard and sulphites.
- The soya in this product is from a non-genetically modified source.
- Suitable for vegetarians.

Nutrition information

Typical analysis	Per 100g	Per 40g serving	Typical analysis	Per 100g	Per 40g serving	% RI	
Energy (kJ)	1588	635	Vitamin A	µg	501	200	25
(kcal)	379	151	Vitamin D	µg	3.2	1.3	25
Fat (g)	11.3	4.5	Vitamin E	mg	7.5	3.0	25
of which saturates (g)	5.4	2.2	Vitamin K	µg	62.5	25.0	33
Carbohydrates (g)	31.3	12.5	Vitamin C	mg	50.0	20.0	25
of which sugars (g)	7.5	3.0	Thiamin	mg	0.7	0.3	26
Fibre (g)	13.1	5.2	Riboflavin	mg	1.0	0.4	29
Protein (g)	31.3	12.5	Niacin	mg	12.3	4.9	31
Salt (g)	3.14	1.26	Vitamin B6	mg	1.3	0.5	37
			Folic acid	µg	185	74.0	37
			Vitamin B12	µg	1.6	0.6	26
			Biotin	µg	31.3	12.5	25
			Pantothenic acid	mg	3.8	1.5	25
			Potassium	mg	1287	515	26
			Chloride	mg	1457	583	73
			Calcium	mg	505	202	25
			Phosphorus	mg	822	329	47
			Magnesium	mg	241	97	26
			Iron	mg	13.3	5.3	38
			Zinc	mg	7.3	2.9	29
			Copper	mg	1.5	0.6	62
			Manganese	mg	2.0	0.8	40
			Fluoride	mg	2.5	1.0	28
			Selenium	µg	185	74.0	134
			Chromium	µg	31.0	12.4	31
			Molybdenum	µg	61.3	24.5	49
			Iodine	µg	94.1	37.6	25

Blueberry Pancakes

Ingredients:

Skimmed **milk** powder (32%), **oat** flour, **milk** protein concentrate, **egg** white powder, inulin, fat powder (contains **soya** and **milk**), fat powder (contains **milk**), whole **egg**, tripotassium citrate, emulsifier: lecithins (contains **soya**), raising agent: sodium carbonates; natural blueberry flavouring, dipotassium phosphate, magnesium oxide, vitamin and mineral premix (sodium ascorbate, ferric pyrophosphate, vitamin E, maltodextrin, zinc sulphate, niacin, vitamin A, copper sulphate, pantothenic acid, sodium fluoride, manganese sulphate, biotin, chromium chloride, potassium iodide, vitamin B12, sodium selenite, vitamin B6, folic acid, vitamin D, vitamin K, thiamin, riboflavins, sodium molybdate), salt, stabiliser: diphosphates; colours: beetroot red, anthocyanins; thickener: xanthan gum; sweetener: sucralose.

- Allergy advice: for allergens, including cereals containing gluten, see ingredients in **bold**.
- Produced in a factory that handles: celery, mustard and sulphites.
- The soya in this product is from a non-genetically modified source.
- Suitable for vegetarians.

Nutrition information

Typical analysis	Per 100g	Per 40g serving	Typical analysis	Per 100g	Per 40g serving	% RI	
Energy (kJ)	1589	636	Vitamin A	µg	627	251	31
(kcal)	378	151	Vitamin D	µg	3.9	1.6	31
Fat (g)	11.2	4.5	Vitamin E	mg	7.8	3.1	26
of which saturates (g)	4.3	1.7	Vitamin K	µg	65	26	34
Carbohydrates (g)	31.2	12.5	Vitamin C	mg	56	22	28
of which sugars (g)	18.3	7.3	Thiamin	mg	0.84	0.34	31
Fibre (g)	10.2	4.1	Riboflavin	mg	1.8	0.71	51
Protein (g)	32.3	12.9	Niacin	mg	13	5.2	33
Salt (g)	2.09	0.84	Vitamin B6	mg	1.5	0.59	42
			Folic acid	µg	155	62.0	31
			Vitamin B12	µg	2.5	1.0	40
			Biotin	µg	44	18	35
			Pantothenic acid	mg	5.1	2.0	34
			Potassium	mg	1355	542	27
			Chloride	mg	537	215	27
			Calcium	mg	652	261	33
			Phosphorus	mg	501	201	29
			Magnesium	mg	237	94.8	25
			Iron	mg	11	4.2	30
			Zinc	mg	7.8	3.1	31
			Copper	mg	0.98	0.39	39
			Manganese	mg	1.4	0.57	29
			Fluoride	mg	2.3	0.90	26
			Selenium	µg	39	16	28
			Chromium	µg	26	10	26
			Molybdenum	µg	32	13	26
			Iodine	µg	144	57.7	38

Tomato & Pesto Flatbread

Ingredients:

Oat flour (30%), whey protein concentrate (contains **milk**), inulin, **milk** protein concentrate, tomato (5%), fat powder (contains **soya, milk**), maltodextrin, natural flavourings, tripotassium citrate, yeast extract, emulsifier: mono- and diglycerides of fatty acids; raising agent: sodium carbonates; diphosphates, calcium chloride, garlic powder, potassium chloride, **egg** white powder, whole **egg**, cheese powder (1%) (contains **milk**), parsley, basil, magnesium oxide, vitamin and mineral premix (sodium ascorbate, ferric pyrophosphate, vitamin E, maltodextrin, zinc sulphate, niacin, vitamin A, copper sulphate, pantothenic acid, sodium fluoride, manganese sulphate, biotin, chromium chloride, potassium iodide, vitamin B12, sodium selenite, vitamin B6, folic acid, vitamin D, vitamin K, thiamin, riboflavins, sodium molybdate), thickener: xanthan gum; ground black pepper, emulsifier: lecithins.

- Allergy advice: for allergens, including cereals containing gluten, see ingredients in **bold**.
- The soya in this product is from a non-genetically modified source.
- Produced in a factory that handles: celery, mustard and sulphites.
- Suitable for vegetarians.

Nutrition information

Typical analysis	Per 100g	Per 41.5g serving	Typical analysis	Per 100g	Per 41.5g serving	% RI	
Energy (kJ)	1516	652	Vitamin A	µg	467	201	25
(kcal)	362	155	Vitamin D	µg	2.9	1.3	25
Fat (g)	10.6	4.6	Vitamin E	mg	7.2	3.1	26
of which saturates (g)	3.9	1.7	Vitamin K	µg	58.3	25.1	33
Carbohydrates (g)	29.1	12.5	Vitamin C	mg	46.7	20.1	25
of which sugars (g)	5.5	2.4	Thiamin	mg	1.0	0.4	37
Fibre (g)	14.6	6.3	Riboflavin	mg	1.0	0.4	30
Protein (g)	29.1	12.5	Niacin	mg	11.7	5.0	31
Salt (g)	2.03	0.87	Vitamin B6	mg	1.3	0.6	39
			Folic acid	µg	123	53.0	27
			Vitamin B12	µg	1.5	0.6	25
			Biotin	µg	35.4	15.2	30
			Pantothenic acid	mg	3.8	1.6	27
			Potassium	mg	1496	643	32
			Chloride	mg	1038	446	56
			Calcium	mg	526	226	28
			Phosphorus	mg	436	188	27
			Magnesium	mg	219	94.2	25
			Iron	mg	10.4	4.5	32
			Zinc	mg	6.5	2.8	28
			Copper	mg	1.0	0.4	43
			Manganese	mg	2.4	1.0	52
			Fluoride	mg	2.1	0.9	25
			Selenium	µg	33.0	14.2	26
			Chromium	µg	23.3	10.0	25
			Molybdenum	µg	29.2	12.5	25
			Iodine	µg	87.5	37.6	25

Chocolate Hazelnut Bar MRP

Ingredients:

Chocolate (17.9%) (sugar, cocoa mass, cocoa butter, emulsifier: **soya** lecithin), rice syrup, **milk** protein (12.3%), **soya** protein (11.6%), hydrolysed **wheat** gluten, chicory root fibre, bulking agent: polydextrose; humectant: glycerol; **soya** crisps (3.4%) (**soya** protein, tapioca starch, salt), minerals (dipotassium phosphate, tricalcium phosphate, magnesium carbonate, ferric pyrophosphate, zinc oxide, copper(II)gluconate, manganese sulphate, potassium iodide, sodium selenite), sunflower oil, **hazelnuts** (2.2%), flavours, emulsifier: **soya** lecithin; vitamins (vitamin C, vitamin E, nicotinamide, calcium pantothenate, vitamin B2, vitamin B1, vitamin B6, vitamin A, folic acid, vitamin K, biotin, vitamin D, vitamin B12, salt, sweetener: sucralose.

- Allergy advice: for allergens, including cereals containing gluten, see ingredients in **bold**.
- May also contain egg, other nuts, peanuts and sesame.
- The soya in this product is from a non-genetically modified source.
- Suitable for vegetarians.

Nutrition information

Typical analysis	Per 100g	Per 56g serving	Typical analysis	Per 100g	Per 56g serving	% RI	
Energy (kJ)	1515	848	Vitamin A	µg	435	243	30
(kcal)	361	202	Vitamin D	µg	2.7	1.5	30
Fat (g)	12.0	6.7	Vitamin E	mg	6.5	3.6	31
of which saturates (g)	4.8	2.7	Vitamin C	mg	43.5	24.4	30
Carbohydrates (g)	28.4	15.9	Thiamin	mg	0.60	0.34	31
of which sugars (g)	17.6	9.9	Riboflavin	mg	0.76	0.43	30
Fibre (g)	11.3	6.3	Niacin	mg	8.7	4.9	30
Protein (g)	31.5	17.6	Vitamin B6	mg	0.76	0.42	30
Salt (g)	0.82	0.46	Folic acid	µg	109	61.0	30
			Vitamin B12	µg	1.36	0.76	30
			Biotin	µg	27.2	15.2	30
			Pantothenic acid	mg	3.3	1.9	31
			Potassium	mg	910	509	25
			Calcium	mg	431	241	30
			Phosphorus	mg	624	349	50
			Magnesium	mg	202	113	30
			Iron	mg	12.4	6.9	49
			Zinc	mg	6.4	3.5	36
			Copper	mg	0.72	0.40	40
			Manganese	mg	1.23	0.69	34
			Selenium	µg	30.0	16.8	30
			Iodine	µg	81.6	45.7	30

Chocolate Mug Cake

Ingredients:

Oat flour (32%), **whey** protein concentrate, cocoa powder (12%), fat powder (contains **soya**, **milk** protein, **milk** protein concentrate (5.5%), inulin, maltodextrin, natural flavouring, **egg** white powder, tripotassium citrate, dark chocolate flavoured flakes (1.5%) (sugar, reduced fat cocoa powder, shea butter, palm fat, emulsifier: lecithins; glazing agent: shellac), raising agent: sodium carbonates; whole **egg**, diphosphates, emulsifier: mono- and diglycerides of fatty acids, lecithins; calcium chloride, calcium phosphates, magnesium oxide, potassium chloride, vitamin and mineral premix (sodium ascorbate, ferric pyrophosphate, vitamin E, maltodextrin, zinc sulphate, niacin, vitamin A, copper sulphate, pantothenic acid, sodium fluoride, manganese sulphate, biotin, chromium chloride, potassium iodide, vitamin B12, sodium selenite, vitamin B6, folic acid, vitamin D, vitamin K, thiamin, riboflavins, sodium molybdate) thickener: xanthan gum, sweetener: sucralose.

- Allergy advice: for allergens, including cereals containing gluten, see ingredients in **bold**.
- Produced in a factory that handles: celery, mustard and sulphites.
- The soya in this product is from a non-genetically modified source.
- Suitable for vegetarians.

Nutrition information

Typical analysis	Per 100g	Per 42g serving	Typical analysis	Per 100g	Per 42g serving	% RI	
Energy (kJ)	1527	641	Vitamin A	µg	502	211	26
(kcal)	364	153	Vitamin D	µg	3.1	1.3	26
Fat (g)	10.7	4.5	Vitamin E	mg	7.9	3.3	28
of which saturates (g)	3.2	1.4	Vitamin K	µg	62.5	26.3	35
Carbohydrates (g)	29.8	12.5	Vitamin C	mg	50.0	21.0	26
of which sugars (g)	4.8	2.0	Thiamin	mg	0.7	0.3	27
Fibre (g)	11.5	4.8	Riboflavin	mg	1.1	0.5	32
Protein (g)	30.0	12.6	Niacin	mg	12.5	5.3	33
Salt (g)	2.01	0.84	Vitamin B6	mg	1.3	0.5	38
			Folic acid	µg	127	53.3	27
			Vitamin B12	µg	1.6	0.7	26
			Biotin	µg	32.3	13.6	27
			Pantothenic acid	mg	4.0	1.7	28
			Potassium	mg	1249	525	26
			Chloride	mg	539	226	28
			Calcium	mg	551	232	29
			Phosphorus	mg	508	214	31
			Magnesium	mg	312	131	35
			Iron	mg	14.2	6.0	43
			Zinc	mg	7.1	3.0	30
			Copper	mg	1.4	0.6	60
			Manganese	mg	1.4	0.6	29
			Fluoride	mg	2.2	0.9	26
			Selenium	µg	34.4	14.4	26
			Chromium	µg	25.0	10.5	26
			Molybdenum	µg	31.3	13.1	26
			Iodine	µg	93.8	39.4	26

Chocolate Raisin Bar MRP

Ingredients:

Soya crisps (25.1%) (**soya** protein, tapioca starch, salt), fructose syrup, **milk** chocolate (11.7%) (sugar, cocoa butter, whole **milk** powder, cocoa mass, emulsifier: **soya** lecithin; flavours), chicory root fibre, glucose syrup, raisins (7.2%), acacia gum, **soya** granules, **soya** protein, cream powder (contains **milk**), minerals (dipotassium phosphate, magnesium carbonate, tricalcium phosphate, ferric pyrophosphate, zinc oxide, copper(II)gluconate, manganese sulphate, potassium iodide, sodium selenite), gluten free oat flakes, sunflower oil, cocoa mass, flavours, emulsifier: **soya** lecithin; vitamins (vitamin C, vitamin E, nicotinamide, calcium pantothenate, vitamin B2, vitamin B1, vitamin B6, vitamin A, folic acid, vitamin K, biotin, vitamin D, vitamin B12).

- Allergy advice: for allergens, including cereals containing gluten, see ingredients in **bold**.
- May also contain egg, other nuts, peanuts and sesame seeds.
- The soya in this product is from a non-genetically modified source.
- Suitable for vegetarians.

Nutrition information

Typical analysis	Per 100g	Per 60g serving	Typical analysis	Per 100g	Per 60g serving	% RI	
Energy (kJ)	1569	941	Vitamin A	µg	401	241	30
(kcal)	374	224	Vitamin D	µg	2.5	1.5	30
Fat (g)	11.2	6.7	Vitamin E	mg	6.0	3.6	30
of which saturates (g)	5.0	3.0	Vitamin C	mg	40.2	24.1	30
Carbohydrates (g)	36.3	21.7	Thiamin	mg	0.6	0.3	30
of which sugars (g)	29.8	17.9	Riboflavin	mg	37.7	22.6	30
Fibre (g)	12.6	7.6	Niacin	mg	0.7	0.4	30
Protein (g)	25.4	15.3	Vitamin B6	mg	8.0	4.8	30
Salt (g)	1.04	0.62	Folic acid	µg	0.7	0.4	30
			Vitamin B12	µg	100	60.3	30
			Biotin	µg	1.3	0.8	31
			Pantothenic acid	mg	25.1	15.0	30
			Potassium	mg	3.0	1.8	30
			Calcium	mg	865	519	26
			Phosphorus	mg	444	266	33
			Magnesium	mg	641	384	55
			Iron	mg	193	116	31
			Zinc	mg	11.5	6.9	49
			Copper	mg	6.2	3.7	37
			Manganese	mg	1.1	0.6	64
			Selenium	µg	1.4	0.8	40
			Iodine	µg	27.7	16.6	30

Chocolate shake

Ingredients:

Whey powder (**milk**), maltodextrin, inulin, **soya** protein, **milk** protein, fat reduced cocoa powder (8%), **soya** oil, emulsifier (**soya** lecithin), minerals (sodium phosphates, potassium chloride, magnesium carbonates, calcium citrates, ferric pyrophosphate, zinc oxide, sodium fluoride, manganese sulphate, copper carbonate, potassium iodide, sodium selenite, sodium molybdate, chromium chloride), natural flavourings, thickeners (xanthan gum, cellulose gum), sweeteners (acesulfame K, sucralose), salt, vitamins (ascorbic acid, nicotinamide, vitamin E, calcium d-pantothenate, vitamin B6, riboflavin, thiamin mononitrate, vitamin A, folic acid, vitamin K1, biotin, vitamin D3, vitamin B12), antioxidants (ascorbyl palmitate, alpha-tocopherol).

- Allergy advice: for allergens, including cereals containing gluten, see ingredients in **bold**.
- May also contain egg. Packaged in a protective atmosphere.
- The soya in this product is from a non-genetically modified source.
- Suitable for vegetarians.
- Gluten free.

Nutrition information

Typical analysis	Per 100g	Per 42g serving	Typical analysis	Per 100g	Per 42g serving	% RI	
Energy (kJ)	1523	640	Vitamin A	µg	619	260	32
(kcal)	363	153	Vitamin D	µg	4.0	1.7	34
Fat (g)	8.8	3.7	Vitamin E	mg	10.3	4.3	36
of which saturates (g)	2.1	0.9	Vitamin K	µg	76.9	32.3	43
Carbohydrates (g)	31.4	13.2	Vitamin C	mg	53.7	30.1	38
of which sugars (g)	13.2	5.6	Thiamin	mg	0.8	0.3	29
Fibre (g)	17.6	7.4	Riboflavin	mg	1.2	0.5	36
Protein (g)	30.7	12.9	Niacin	mg	13.5	5.7	35
Salt (g)	2.86	1.20	Vitamin B6	mg	1.5	0.6	46
			Folic acid	µg	119	50.0	25
			Vitamin B12	µg	2.2	0.9	36
			Biotin	µg	32.3	13.6	27
			Pantothenic acid	mg	4.6	1.9	32
			Potassium	mg	1321	555	28
			Chloride	mg	586	246	31
			Calcium	mg	398	167	21
			Phosphorus	mg	452	190	27
			Magnesium	mg	231	97.1	26
			Iron	mg	13.4	5.6	40
			Zinc	mg	7.7	3.2	32
			Copper	mg	1.3	0.6	55
			Manganese	mg	1.5	0.7	33
			Fluoride	mg	2.7	1.1	32
			Selenium	µg	42.9	18.0	33
			Chromium	µg	38.1	16.0	40
			Molybdenum	µg	43.8	18.4	37
			Iodine	µg	116	48.5	32

Chocolate Shake ready-to-drink MRP

Ingredients:

Skimmed **Milk** (75%), water, **milk** protein (3.0%), corn oil, inulin, fat-reduced cocoa powder (1.5%), maltodextrin, vitamins and minerals (calcium carbonate, sodium citrate, potassium citrate, magnesium oxide, manganese sulphate, ascorbic acid, copper sulphate, ferric pyrophosphate, DL-alpha-tocopheryl acetate, nicotinamide, zinc sulphate, retinyl acetate, sodium selenite, pyridoxine hydrochloride, cyanocobalamine, potassium iodide, folic acid, D-biotin, cholecalciferol, calcium D pantothenate, thiamine mononitrate, riboflavin, phylloquinone), stabilizers: cellulose, cellulose gum, carrageenan; sweetener: sucralose.

- Allergy advice: for allergens, including cereals containing gluten, see ingredients in **bold**.
- Suitable for vegetarians.
- Gluten free.

Nutrition information

Typical analysis	Per 100g	Per 330ml serving	Typical analysis	Per 100g	Per 330ml serving	% RI	
Energy (kJ)	264	871	Vitamin A	µg	76.0	251	31
(kcal)	63	208	Vitamin D	µg	0.6	2.0	40
Fat (g)	1.8	5.9	Vitamin E	mg	1.1	3.6	30
of which saturates (g)	0.4	1.3	Vitamin K	µg	7.3	24.0	30
Carbohydrates (g)	5.2	17.2	Vitamin C	mg	6.8	22.5	30
of which sugars (g)	3.9	12.9	Thiamin	mg	0.2	0.7	60
Fibre (g)	1.5	5.0	Riboflavin	mg	0.3	1.0	71
Protein (g)	5.7	18.8	Niacin	mg	1.8	5.9	37
Salt (g)	0.17	0.56	Vitamin B6	mg	0.6	2.0	142
			Folic acid	µg	24.0	79.2	40
			Vitamin B12	µg	0.8	2.6	106
			Biotin	µg	4.6	15.0	30
			Pantothenic acid	mg	0.6	1.8	30
			Potassium	mg	153	505	25
			Calcium	mg	210	693	87
			Phosphorus	mg	78.7	260	37
			Magnesium	mg	34.1	113	30
			Iron	mg	1.5	5.0	35
			Zinc	mg	0.9	3.0	30
			Copper	mg	0.1	0.3	33
			Manganese	mg	0.2	0.6	30
			Selenium	µg	14.0	46.2	31
			Iodine	µg	5.2	17.2	31

Strawberry Shake ready-to-drink MRP

Ingredients:

Skimmed **Milk** (76%), water, **milk** protein (3.4%), corn oil, inulin, maltodextrin, vitamins and minerals (calcium carbonate, sodium citrate, potassium citrate, magnesium oxide, manganese sulphate, ascorbic acid, copper sulphate, ferric pyrophosphate, DL-alpha-tocopheryl acetate, nicotinamide, zinc sulphate, retinyl acetate, sodium selenite, pyridoxine hydrochloride, cyanocobalamin, potassium iodide, folic acid, D-biotin, cholecalciferol, calcium D pantothenate, thiamine mononitrate, riboflavin, phylloquinone), stabilizers: cellulose, cellulose gum, carrageenan; natural flavouring, sweetener: sucralose; colour: lycopene.

- Allergy advice: for allergens, including cereals containing gluten, see ingredients in **bold**.
- Suitable for vegetarians.
- Gluten free.

Nutrition information

Typical analysis	Per 100g	Per 330ml serving	Typical analysis	Per 100g	Per 330ml serving	% RI	
Energy (kJ)	259	855	Vitamin A	µg	76.0	251	31
(kcal)	62	205	Vitamin D	µg	0.6	2.0	40
Fat (g)	1.7	5.6	Vitamin E	mg	1.1	3.6	30
of which saturates (g)	0.3	1.0	Vitamin K	µg	7.3	24.0	30
Carbohydrates (g)	5.2	17.2	Vitamin C	mg	6.8	22.5	30
of which sugars (g)	4.1	13.5	Thiamin	mg	0.2	0.7	60
Fibre (g)	1.7	5.6	Riboflavin	mg	0.3	1.0	71
Protein (g)	5.6	18.5	Niacin	mg	1.8	5.9	37
Salt (g)	0.16	0.53	Vitamin B6	mg	0.6	2.0	142
			Folic acid	µg	24.0	79.2	40
			Vitamin B12	µg	0.8	2.6	106
			Biotin	µg	4.6	15.0	30
			Pantothenic acid	mg	0.6	1.8	30
			Potassium	mg	153	505	25
			Calcium	mg	210	693	87
			Phosphorus	mg	78.7	260	37
			Magnesium	mg	34.1	113	30
			Iron	mg	1.5	5.0	35
			Zinc	mg	0.9	3.0	30
			Copper	mg	0.1	0.3	33
			Manganese	mg	0.2	0.6	30
			Selenium	µg	14.0	46.2	31
			Iodine	µg	5.2	17.2	31

Banana Shake ready-to-drink MRP

Ingredients:

Skimmed **Milk** (76%), water, **milk** protein (3.4%), corn oil, inulin, maltodextrin, vitamins and minerals (calcium carbonate, sodium citrate, potassium citrate, magnesium oxide, manganese sulphate, ascorbic acid, copper sulphate, ferric pyrophosphate, DL-alpha-tocopheryl acetate, nicotinamide, zinc sulphate, retinyl acetate, sodium selenite, pyridoxine hydrochloride, cyanocobalamin, potassium iodide, folic acid, D-biotin, cholecalciferol, calcium D pantothenate, thiamine mononitrate, riboflavin, phylloquinone), stabilizers: cellulose, cellulose gum, carrageenan; natural flavouring, sweetener: sucralose; colour: riboflavin.

- Allergy advice: for allergens, including cereals containing gluten, see ingredients in **bold**.
- Suitable for vegetarians.
- Gluten free.

Nutrition information

Typical analysis	Per 100g	Per 330ml serving	Typical analysis	Per 100g	Per 330ml serving	% RI	
Energy (kJ)	261	861	Vitamin A	µg	76.0	251	31
(kcal)	62	205	Vitamin D	µg	0.6	2.0	40
Fat (g)	1.7	5.6	Vitamin E	mg	1.1	3.6	30
of which saturates (g)	0.3	1.0	Vitamin K	µg	7.3	24.0	30
Carbohydrates (g)	5.3	17.5	Vitamin C	mg	6.8	22.5	30
of which sugars (g)	4.1	13.5	Thiamin	mg	0.2	0.7	60
Fibre (g)	1.7	5.6	Riboflavin	mg	0.3	1.0	71
Protein (g)	5.6	18.5	Niacin	mg	1.8	5.9	37
Salt (g)	0.16	0.53	Vitamin B6	mg	0.6	2.0	142
			Folic acid	µg	24.0	79.2	40
			Vitamin B12	µg	0.8	2.6	106
			Biotin	µg	4.6	15.0	30
			Pantothenic acid	mg	0.6	1.8	30
			Potassium	mg	153	505	25
			Calcium	mg	210	693	87
			Phosphorus	mg	78.7	260	37
			Magnesium	mg	34.1	113	30
			Iron	mg	1.5	5.0	35
			Zinc	mg	0.9	3.0	30
			Copper	mg	0.1	0.3	33
			Manganese	mg	0.2	0.6	30
			Selenium	µg	14.0	46.2	31
			Iodine	µg	5.2	17.2	31

Vanilla Shake ready-to-drink MRP

Ingredients:

Skimmed **Milk** (76%), water, **milk** protein (3.4%), corn oil, inulin, maltodextrin, vitamins and minerals (calcium carbonate, sodium citrate, potassium citrate, magnesium oxide, manganese sulphate, ascorbic acid, copper sulphate, ferric pyrophosphate, DL-alpha-tocopheryl acetate, nicotinamide, zinc sulphate, retinyl acetate, sodium selenite, pyridoxine hydrochloride, cyanocobalamin, potassium iodide, folic acid, D-biotin, cholecalciferol, calcium D pantothenate, thiamine mononitrate, riboflavin, phylloquinone), stabilizers: cellulose, cellulose gum, carrageenan; flavouring, colour: riboflavin; sweetener: sucralose.

- Allergy advice: for allergens, including cereals containing gluten, see ingredients in **bold**.
- Suitable for vegetarians.
- Gluten free.

Nutrition information

Typical analysis	Per 100g	Per 330ml serving	Typical analysis	Per 100g	Per 330ml serving	% RI	
Energy (kJ)	260	858	Vitamin A	µg	76.0	251	31
(kcal)	62	205	Vitamin D	µg	0.6	2.0	40
Fat (g)	1.7	5.6	Vitamin E	mg	1.1	3.6	30
of which saturates (g)	0.3	1.0	Vitamin K	µg	7.3	24.0	30
Carbohydrates (g)	5.2	17.2	Vitamin C	mg	6.8	22.5	30
of which sugars (g)	4.1	13.5	Thiamin	mg	0.2	0.7	60
Fibre (g)	1.7	5.6	Riboflavin	mg	0.3	1.0	71
Protein (g)	5.6	18.5	Niacin	mg	1.8	5.9	37
Salt (g)	0.16	0.53	Vitamin B6	mg	0.6	2.0	142
			Folic acid	µg	24.0	79.2	40
			Vitamin B12	µg	0.8	2.6	106
			Biotin	µg	4.6	15.0	30
			Pantothenic acid	mg	0.6	1.8	30
			Potassium	mg	153	505	25
			Calcium	mg	210	693	87
			Phosphorus	mg	78.7	260	37
			Magnesium	mg	34.1	113	30
			Iron	mg	1.5	5.0	35
			Zinc	mg	0.9	3.0	30
			Copper	mg	0.1	0.3	33
			Manganese	mg	0.2	0.6	30
			Selenium	µg	14.0	46.2	31
			Iodine	µg	5.2	17.2	31

Jerk Noodle FastPot® MRP

Ingredients:

Pasta (41.5%), (Durum **wheat**, semolina, salt), **soya** protein, tomatoes, maltodextrin, flavourings, sunflower oil, roasted onions, minerals: (calcium phosphates, magnesium phosphate, ferric pyrophosphate, zinc sulphate, potassium iodate, copper-II-gluconate, sodium selenite, manganese sulphate); concentrated pineapple juice, garlic, spices, parsley, lemon juice, glucose syrup, **milk** protein, salt, vitamins (vitamin A, vitamin D, vitamin E, vitamin K, vitamin C, thiamin, riboflavin, niacin, vitamin B6, folic acid, vitamin B12, biotin, pantothenic acid), emulsifier: lecithins, citric acid esters, diglycerides.

- Allergy advice: for allergens, including cereals containing gluten, see ingredients in **bold**.
- The soya in this product is from a non-genetically modified source.
- Produced in a factory that handles: egg, milk and sulphites.
- Suitable for vegetarians.

Nutrition information

Typical analysis	Per 100g	Per 255g serving	Typical analysis	Per 100g	Per 255g serving	% RI
Energy (kJ)	1620	1053	Vitamin A µg	376	244	31
(kcal)	383	249	Vitamin D µg	2.4	1.5	31
Fat (g)	5.6	3.6	Vitamin E mg	7.4	4.8	40
of which saturates (g)	0.8	0.5	Vitamin K mg	35.5	23.0	31
Carbohydrates (g)	54.6	35.5	Vitamin C µg	37.6	24.4	31
of which sugars (g)	8.5	5.5	Thiamin mg	0.6	0.4	32
Fibre (g)	6.5	4.2	Riboflavin mg	0.8	0.5	37
Protein (g)	25.1	16.3	Niacin mg	9.3	6.0	38
Salt (g)	1.19	0.77	Vitamin B6 mg	1.0	0.6	44
			Folic acid µg	143	93.0	47
			Vitamin B12 µg	1.2	0.8	31
			Biotin µg	25.9	16.9	34
			Pantothenic acid mg	3.0	1.9	32
			Potassium mg	874	568	28
			Calcium mg	376	244	31
			Phosphorus mg	548	356	51
			Magnesium mg	177	115	31
			Iron mg	12.5	8.1	58
			Zinc mg	6.9	4.5	45
			Copper mg	1.0	0.6	63
			Manganese mg	2.5	1.6	80
			Iodine µg	91.3	59.3	40
			Selenium µg	29.4	19.1	35
			Linoleic acid	1601	408	1041

Pasta Bolognese FastPot® MRP

Ingredients:

Pasta (38.5%), (Durum **wheat**, semolina), **soya** protein, tomatoes, glucose syrup, flavourings, sunflower oil, onions, starch, garlic, minerals (calcium carbonate, magnesium phosphate, ferric pyrophosphate, zinc sulphate, potassium iodate, copper-II-gluconate, sodium selenite, magnese sulphate), caramelised sugar syrup, beetroot, sea salt, maltodextrin, **milk** protein, vitamins (vitamin A, vitamin D, vitamin E, vitamin K, vitamin C, thiamin, riboflavin, niacin, vitamin B6, folic acid, vitamin B12, biotin, pantothenic acid), emulsifier: lecithins; (containing **soya**), oregano, spice.

- Allergy advice: for allergens, including cereals containing gluten, see ingredients in **bold**.
- The soya in this product is from a non-genetically modified source.
- Produced in a factory that handles: eggs, milk and sulphites.
- Suitable for vegetarians.

Nutrition information

Typical analysis	Per 100g	Per 252g serving	Typical analysis	Per 100g	Per 252g serving	% RI
Energy (kJ)	1596	990	Vitamin A µg	395	245	31
(kcal)	378	234	Vitamin D µg	2.5	1.5	31
Fat (g)	5.5	3.4	Vitamin E mg	7.8	4.9	41
of which saturates (g)	0.8	0.5	Vitamin K mg	39.9	23.1	31
Carbohydrates (g)	52.8	32.7	Vitamin C µg	42.7	24.8	31
of which sugars (g)	8.3	5.1	Thiamin mg	0.7	0.4	32
Fibre (g)	7.9	4.9	Riboflavin mg	0.8	0.5	37
Protein (g)	25.3	15.7	Niacin mg	9.7	6.0	37
Salt (g)	1.21	0.75	Vitamin B6 mg	0.9	0.6	41
			Folic acid µg	150	92.7	46
			Vitamin B12 µg	1.2	0.8	31
			Biotin µg	26.2	16.2	33
			Pantothenic acid mg	3.1	1.9	32
			Potassium mg	1019	632	32
			Calcium mg	395	245	30
			Phosphorus mg	428	265	38
			Magnesium mg	182	113	30
			Iron mg	13.1	8.1	58
			Zinc mg	7.2	4.5	45
			Copper mg	1.0	0.6	62
			Manganese mg	2.7	1.7	84
			Iodine µg	97.8	60.6	40
			Selenium µg	30.7	19.1	35
			Linoleic acid	1637	403	1015

Chicken Noodle FastPot® MRP

Ingredients:

Pasta (32.5%), (Durum **wheat**, semolina, salt), **soya** protein, inulin, palm fat, glucose syrup, starch, minerals (calcium phosphates, magnesium phosphate, potassium chloride, ferric pyrophosphate, zinc sulphate, copper-11-gluconate, magnesium sulphate, potassium iodate, sodium selenite), bell pepper, maize, salt, flavourings, peas (1.2%), **lactose**, **celery**, yeast extract, herbs (0.4%), vitamins (vitamin A, vitamin D, vitamin E, vitamin K, vitamin C, thiamin, riboflavin, niacin, vitamin B6, folic acid, vitamin B12, biotin, pantothenic acid), **milk** protein, turmeric, emulsifier: lecithins; (containing **soya**), garlic, maltodextrin.

- Allergy advice: for allergens, including cereals containing gluten, see ingredients in **bold**.
- The soya in this product is from a non-genetically modified source.
- Suitable for vegetarians.

Nutrition information

Typical analysis	Per 100g	Per 255g serving	Typical analysis	Per 100g	Per 255g serving	% RI
Energy (kJ)	1583	870	Vitamin A µg	450	247	31
(kcal)	376	207	Vitamin D µg	2.8	1.5	31
Fat (g)	8.6	4.7	Vitamin E mg	7.6	4.2	35
of which saturates (g)	4.6	2.5	Vitamin C mg	44.7	24.6	31
Carbohydrates (g)	39.7	21.8	Vitamin K µg	42.7	23.5	31
of which sugars (g)	5.0	2.7	Thiamin mg	0.7	0.4	32
Fibre (g)	12.5	6.9	Riboflavin mg	0.9	0.5	37
Protein (g)	28.7	15.8	Niacin mg	10.6	5.8	37
Salt (g)	2.64	1.45	Vitamin B6 mg	0.9	0.5	37
			Folic acid µg	185	102	51
			Vitamin B12 µg	1.4	0.8	31
			Biotin µg	31.9	17.5	35
			Pantothenic acid mg	3.4	1.9	31
			Potassium mg	914	503	25
			Calcium mg	472	241	30
			Phosphorus mg	437	340	49
			Magnesium mg	207	114	30
			Iron mg	13.9	7.7	55
			Zinc mg	7.2	4.0	40
			Copper mg	1.0	0.5	54
			Manganese mg	1.4	0.8	38
			Iodine µg	98.6	54.2	36
			Selenium µg	34.4	18.9	34

Chicken Ramen FastPot® MRP

Ingredients:

Pasta (29.5%), (Durum **wheat**, semolina, salt), **soya** protein, **milk** protein, inulin, sunflower oil, onions, **soya** sauce powder (3.1%) (salt, maltodextrin, **soya** beans, **wheat**), maltodextrin, yeast extract, minerals (magnesium phosphate, potassium chloride, calcium carbonate, ferric pyrophosphate, zinc sulphate, copper-II-gluconate, manganese sulphate, potassium iodate, sodium, selenite), garlic, bell pepper (2.4%), flavourings, glucose syrup, palm fat, sea salt, vitamins (vitamin A, vitamin D, vitamin E, vitamin K, vitamin C, thiamin, riboflavin, niacin, vitamin B6, folic acid, vitamin B12, biotin, pantothenic acid), spices (0.3%), emulsifier: lecithins; (containing **soya**), coriander leaves (0.1%), starch, colour: carotenes.

- Allergy advice: for allergens, including cereals containing gluten, see ingredients in **bold**.
- The soya in this product is from a non-genetically modified source.
- Suitable for vegetarians.

Nutrition information

Typical analysis	Per 100g	Per 234g serving	Typical analysis	Per 100g	Per 234g serving	% RI
Energy (kJ)	1563	844	Vitamin A µg	490	265	33
(kcal)	372	201	Vitamin D µg	2.9	1.6	31
Fat (g)	8.8	4.8	Vitamin E mg	7.4	4.0	33
of which saturates (g)	1.6	0.8	Vitamin C mg	47.1	25.4	32
Carbohydrates (g)	37.8	20.4	Vitamin K µg	43.3	23.4	31
of which sugars (g)	5.9	3.2	Thiamin mg	0.7	0.4	33
Fibre (g)	12.0	6.5	Riboflavin mg	1.0	0.5	37
Protein (g)	29.0	15.7	Niacin mg	10.9	5.9	37
Salt (g)	2.71	1.47	Vitamin B6 mg	1.0	0.5	38
			Folic acid µg	166	89.4	45
			Vitamin B12 µg	1.4	0.8	31
			Biotin µg	31.6	17.1	34
			Pantothenic acid mg	3.5	1.9	32
			Potassium mg	956	516	26
			Calcium mg	472	255	32
			Phosphorus mg	464	250	36
			Magnesium mg	213	115	31
			Iron mg	13.1	7.0	50
			Zinc mg	7.1	3.8	38
			Copper mg	0.9	0.5	50
			Manganese mg	1.4	0.8	38
			Iodine µg	100	54	36
			Selenium µg	35.2	19.0	35

Crispy Peanut Bar

Ingredients:

Soya crisps (17%) (**soya** protein, tapioca starch, salt), bulking agent: polydextrose, calcium carbonate; rice syrup, **peanuts** (11.4%), rice crisps (9.9%) (rice flour, **wheat** gluten, sugar, **wheat** malt, glucose, salt), **soya** granules, **milk** protein, humectant: glycerol, maltodextrin, **soya** protein, minerals (dipotassium phosphate, trimagnesium citrate, ferric diphosphate, zinc oxide, copper gluconate, sodium fluoride, manganese sulphate, chromium chloride, sodium selenite, sodium molybdate, potassium iodide), erythritol, acacia gum, flavours, salt, whey powder (contains **milk**), vitamins (vitamin C, nicotinamide, vitamin E, calcium pantothenate, riboflavin, vitamin B6, vitamin B1, vitamin A, folic acid, vitamin K, biotin, vitamin D, vitamin B12), sweetener: sucralose.

- Allergy advice: for allergens, including cereals containing gluten, see ingredients in **bold**.
- May also contain egg, nuts and sesame seeds.
- The soya in this product is from a non-genetically modified source.
- Suitable for vegetarians.

Nutrition information

Typical analysis	Per 100g	Per 46g serving	Typical analysis	Per 100g	Per 46g serving	% RI
Energy (kJ)	1401	644	Vitamin A	µg	450	26
(kcal)	334	153	Vitamin D	µg	2.8	26
Fat (g)	8.6	3.9	Vitamin E	mg	6.7	26
of which saturates (g)	1.7	0.8	Vitamin K	µg	56.0	34
Carbohydrates (g)	35.3	16.2	Vitamin C	mg	44.9	26
of which sugars (g)	10.8	5.0	Thiamin	mg	0.6	25
Fibre (g)	12.4	5.7	Riboflavin	mg	0.9	29
Protein (g)	27.5	12.6	Niacin	mg	10.1	29
Salt (g)	1.41	0.65	Vitamin B6	mg	1.1	37
			Folic acid	µg	112	26
			Vitamin B12	µg	1.4	26
			Biotin	µg	28.0	26
			Pantothenic acid	mg	3.4	26
			Potassium	mg	1087	25
			Chloride	mg	435	25
			Calcium	mg	478	27
			Phosphorus	mg	580	38
			Magnesium	mg	204	25
			Iron	mg	11.6	38
			Zinc	mg	6.5	30
			Copper	mg	1.1	51
			Manganese	mg	1.5	35
			Fluoride	mg	2.0	25
			Selenium	µg	30.9	26
			Chromium	µg	22.0	26
			Molybdenum	µg	28.0	26
			Iodine	µg	84.4	26

Thai Noodle FastPot® MRP

Ingredients:

Pasta (32.5%) (durum **wheat** semolina, salt), **soya** protein (28%), **glucose** syrup, inulin, palm fat, carrots, minerals (calcium phosphates, magnesium phosphate, potassium chloride, ferric pyrophosphate, zinc sulphate, copper-II-gluconate, magnese sulphate, potassium iodate, sodium selenite), starch, white mushrooms (1.6%), **soya** sauce powder (salt, maltodextrin, **soya** beans, **wheat**) salt, flavourings (containing **egg**), lactose, leek, spices (0.7%), beetroot, vitamins (vitamin A, vitamin D, vitamin E, vitamin K, vitamin C, thiamin, riboflavin, niacin, vitamin B6, folic acid, vitamin B12, biotin, pantothenic acid, **milk** protein, coriander leaves (0.1%), emulsifier: lecithins; (containing **soya**), maltodextrin.

- Allergy advice: for allergens, including cereals containing gluten, see ingredients in **bold**.
- The soya in this product is from a non-genetically modified source.
- Suitable for vegetarians.

Nutrition information

Typical analysis	Per 100g	Per 255g serving	Typical analysis	Per 100g	Per 255g serving	% RI
Energy (kJ)	1573	865	Vitamin A µg	722	397	50
(kcal)	374	205	Vitamin D µg	2.8	1.5	30
Fat (g)	7.6	4.2	Vitamin E mg	7.4	4.1	34
of which saturates (g)	4.0	2.2	Vitamin C mg	46.4	25.5	32
Carbohydrates (g)	44.8	25	Vitamin K µg	43.4	23.9	32
of which sugars (g)	7.8	4.3	Thiamin mg	0.7	0.4	33
Fibre (g)	11.5	6.3	Riboflavin mg	1.0	0.5	39
Protein (g)	25.7	14.1	Niacin mg	11.0	6.1	38
Salt (g)	2.55	1.40	Vitamin B6 mg	1.0	0.5	38
			Folic acid µg	193	106	53
			Vitamin B12 µg	1.4	0.8	30
			Biotin µg	32.8	18.1	36
			Pantothenic acid mg	3.9	2.1	36
			Potassium mg	921	506	25
			Calcium mg	449	247	31
			Phosphorus mg	613	337	48
			Magnesium mg	211	116	31
			Iron mg	13.6	7.5	54
			Zinc mg	7.2	3.9	39
			Copper mg	1.0	0.5	53
			Manganese mg	1.4	0.8	38
			Iodine µg	99	54.5	36
			Selenium µg	37.8	20.8	38

Mixed Berry Smoothie MRP

Ingredients:

Skimmed **milk** powder (30%), maltodextrin, inulin, fat powder (contains **soya, milk**), **whey** protein concentrate (6%), thickeners: guar gum, xanthan gum, carboxy methyl cellulose; magnesium citrate, dried strawberries (1%), colours: beetroot red, anthocyanins; flavouring, quinoa (0.5%), vitamin and mineral premix (maltodextrin, vitamin C, ferric pyrophosphate, vitamin E, niacin, zinc sulphate, potassium iodide, sodium selenite, vitamin A, copper gluconate, manganese sulphate, biotin, pantothenic acid, vitamin D, folic acid, vitamin K, vitamin B6, thiamin), tripotassium citrate, salt, emulsifier: lecithins; sweeteners: sucralose, acesulfame k.

- Allergy advice: for allergens, including cereals containing gluten, see ingredients in **bold**.
- Contains naturally occurring sugars.
- The soya in this product is from a non-genetically modified source.
- Produced in a factory that handles: egg, celery, mustard and sulphites.
- Suitable for vegetarians.
- Gluten free.

Nutrition information

Typical analysis	Per 100g	Per 298g serving	Typical analysis	Per 100g	Per 298g serving	% RI	
Energy (kJ)	1487	959	Vitamin A	µg	684	280	35
(kcal)	354	227	Vitamin D	µg	4.4	1.8	35
Fat (g)	5.8	2.6	Vitamin E	mg	10.9	4.4	36
of which saturates (g)	1.1	0.4	Vitamin K	µg	63.9	28.1	35
Carbohydrates (g)	48.3	31.4	Vitamin C	mg	69.0	27.6	37
of which sugars (g)	19.9	20.0	Thiamin	mg	0.7	0.4	35
Fibre (g)	19.5	7.8	Riboflavin	mg	0.5	0.6	45
Protein (g)	17.2	15.6	Niacin	mg	13.8	5.8	36
Salt (g)	0.89	0.61	Vitamin B6	mg	0.9	0.5	34
			Folic acid	µg	144	69.3	35
			Vitamin B12	µg	0.8	1.3	54
			Biotin	µg	33.0	17.1	34
			Pantothenic acid	mg	2.8	1.9	32
			Potassium	mg	561	624	31
			Calcium	mg	399	469	59
			Phosphorus	mg	305	372	53
			Magnesium	mg	214	116	31
			Iron	mg	12.7	5.1	36
			Zinc	mg	6.0	3.4	34
			Copper	mg	0.9	0.4	36
			Manganese	mg	1.8	0.7	36
			Selenium	µg	51.3	20.5	37
			Iodine	µg	129	51.6	34

Nut Fudge Bar

Ingredients:

milk chocolate 15,2% (sugar, cocoa butter, whole **milk** powder, cocoa mass, emulsifier (**soy** lecithin), flavours), rice syrup, **milk** protein, hydrolysed **wheat** gluten, **soy** protein, **wheat** starch, humectant (glycerol), butterscotch pieces 4,5% (sugar, glucose syrup, **milk** fat), **soy** granules, minerals (dipotassium phosphate, trimagnesium citrate, potassium chloride, ferric(III)diphosphate, zinc oxide, copper(II) gluconate, sodium fluoride, manganese sulphate, chromium(III)chloride, sodium selenite, sodium molybdate, potassium iodide), sweetener 3,3% (erythritol), rice crisp (rice flour, **wheat** gluten, sugar, **wheat** malt, glucose, salt), **peanuts** 2,1%, sunflower oil, colouring agent (calcium carbonate), flavours, vitamins (vitamin C (ascorbic acid), nicotinamide, vitamin E (tocopheryl acetate), calcium pantothenate, vitamin B2 (riboflavin), vitamin B6 (pyridoxine hydrochloride), vitamin B1 (thiamin hydrochloride), vitamin A (retinyl acetate), folic acid, vitamin K, biotin, vitamin D (cholecalciferol), vitamin B12 (cyanocobalamine)).

- Allergy advice: for allergens, including cereals containing gluten, see ingredients in **bold**.
- May also contain egg, nuts and sesame seeds.
- The soya in this product is from a non-genetically modified source.
- Suitable for vegetarians.

Nutrition information

Typical analysis	Per 100g	Per 46g serving	Typical analysis	Per 100g	Per 46g serving	% RI
Energy (kJ)	1428	657	Vitamin A	µg	443	25
(kcal)	340	156	Vitamin D	µg	2.75	25
Fat (g)	9.5	4.4	Vitamin E	mg	6.6	25
of which saturates (g)	4.1	1.9	Vitamin K	µg	55.31	34
linoleic acid (g)	1.5	0.7	Vitamin C	mg	44.2	25
alpha-linolenic acid (g)	0.08	0.04	Thiamin	mg	0.61	25
Carbohydrates (g)	36.8	16.9	Riboflavin	mg	0.88	29
of which sugars (g)	21.0	9.6	Niacin	mg	9.9	28
Fibre (g)	8.4	4.3	Vitamin B ₆	mg	1.10	36
Protein (g)	27.7	12.7	Folic acid	µg	110.7	25
Salt (g)	0.57	0.26	Vitamin B ₁₂	µg	1.420	26
			Biotin	µg	27.6	25
			Pantothenic acid	mg	3.3	25
			Potassium	mg	1207	27
			Chloride	mg	435	25
			Calcium	mg	461	26
			Phosphorus	mg	386	25
			Magnesium	mg	207.5	25
			Iron	mg	11.2	35
			Zinc	mg	6.1	28
			Copper	mg	1.14	45
			Manganese	mg	1.29	30
			Fluoride	mg	1.95	25
			Selenium	µg	30.4	25
			Chromium	µg	22	25
			Molybdenum	µg	27.6	25
			Iodine	µg	83.7	25

Pasta Carbonara

Ingredients:

Pre-cooked pasta (34.5%) (durumwheat semolina), vegetable proteins (contains **soya**) (23%), vegetable oil (**soyabean** oil, sunflower oil and refined palm oil, glucose syrup, **milk** protein, stabiliser: pentasodium triphosphate; anti caking agent: silicon dioxide), flavourings (contains **gluten, milk, mustard**), acidity regulators: potassium chloride, potassium citrate, tricalcium phosphate, magnesium oxide; **buttermilk** powder (contains **milk**), inulin, vitamin and mineral mix (dicalcium phosphate, ascorbic acid, ferric pyrophosphate, niacinamide, zinc oxide, vitamin E, copper gluconate, sodium fluoride, calcium pantothenate, manganese sulphate, vitamin B6, riboflavin, thiamin hydrochloride, vitamin A, folic acid, chromium chloride, potassium iodide, sodium molybdate, sodium selenite, vitamin K, biotin, vitamin D3, vitamin B12), spices, salt, garlic powder, onion powder, thickeners: corn starch, xanthan gum, guar gum, sodium alginate; parsley (0.1%), antioxidant: tocopherol; colour: beta-carotene.

- Allergy advice: for allergens, including cereals containing gluten, see ingredients in **bold**.
- Produced in a factory that handles: egg, celery, mustard and sulphites.
- The soya in this product is from a non-genetically modified source.
- Suitable for vegetarians.

Nutrition information

Typical analysis	Per 100g	Per 41g serving	Typical analysis	Per 100g	Per 41g serving	% RI	
Energy (kJ)	378	153	Vitamin A	µg	536	217	27
(kcal)	1589	645	Vitamin D	µg	3.1	1.3	25
Fat (g)	11.5	4.7	Vitamin E	mg	9.0	3.7	31
of which saturates (g)	3.1	1.3	Vitamin K	µg	63.1	25.5	34
Carbohydrates (g)	34.6	14.0	Vitamin C	mg	69.9	28.3	36
of which sugars (g)	3.7	1.5	Thiamin	mg	0.8	0.3	28
Fibre (g)	6.2	2.5	Riboflavin	mg	1.0	0.4	30
Protein (g)	30.9	12.5	Niacin	mg	11.7	4.7	30
Salt (g)	3.16	1.28	Vitamin B6	mg	1.3	0.5	38
			Folic acid	µg	298	121	61
			Vitamin B12	µg	1.6	0.6	26
			Biotin	µg	33	13	27
			Pantothenic acid	mg	3.9	1.6	26
			Potassium	mg	1239	502	25
			Chloride	mg	1244	504	63
			Calcium	mg	593	240	30
			Phosphorus	mg	488	198	28
			Magnesium	mg	235	95.0	26
			Iron	mg	12.9	5.2	38
			Zinc	mg	6.6	2.7	27
			Copper	mg	1.1	0.4	43
			Manganese	mg	1.7	0.7	34
			Fluoride	mg	2.2	0.9	25
			Selenium	µg	34.9	14.1	26
			Chromium	µg	25.9	10.5	26
			Molybdenum	µg	30.9	12.5	25
			Iodine	µg	92.5	37.5	25

Original Porridge

Ingredients:

Oats (21%), skimmed **milk** powder (19.5%), **soya** protein, **milk** protein, **soya** oil, **oat** fibre, tri-sodium citrate, maltodextrin, vegetable fat (contains **soya** fat, palm fat), wholemeal flour (contains **wheat gluten**), potassium citrate, dried glucose syrup, magnesium citrate, calcium chloride, flavouring, vitamin & mineral mix (sodium ascorbate, ferric pyrophosphate, vitamin E, zinc sulphate, nicotinamide, vitamin A, sodium molybdate, sodium selenite, copper sulphate, calcium d-pantothenate, sodium fluoride, manganese sulphate, d-biotin, chromium chloride, potassium iodide, vitamin B12, vitamin B6, folic acid, vitamin D3, vitamin K1, thiamin mononitrate, riboflavin), emulsifier (sodium tri-polyphosphate), sweetener (sucralose).

- Allergy advice: for allergens, including cereals containing gluten, see ingredients in **bold**.
- Produced in a factory that handles: egg, celery, mustard and sulphites.
- The soya in this product is from a non-genetically modified source.
- Suitable for vegetarians.

Nutrition information

Typical analysis	Per 100g	Per 40g serving	Typical analysis	Per 100g	Per 40g serving	% RI	
Energy (kJ)	1628	651	Vitamin A	µg	582	233	29
(kcal)	387	155	Vitamin D	µg	3.6	1.5	29
Fat (g)	11.5	4.6	Vitamin E	mg	7.6	3.0	25
of which saturates (g)	3.7	1.5	Vitamin K	µg	62.5	25	33
Carbohydrates (g)	31.3	12.5	Vitamin C	mg	53.2	21.3	27
of which sugars (g)	12.8	5.1	Thiamin	mg	0.9	0.4	33
Fibre (g)	6.4	2.6	Riboflavin	mg	1.4	0.6	40
Protein (g)	33.3	13.3	Niacin	mg	12.8	5.1	32
Salt (g)	3.01	1.20	Vitamin B6	mg	1.4	0.6	41
			Folic acid	µg	182	72.8	36
			Vitamin B12	µg	2.2	0.9	35
			Biotin	µg	36.2	14.5	29
			Pantothenic acid	mg	4.8	1.9	32
			Potassium	mg	1253	501	25
			Chloride	mg	1806	722	90
			Calcium	mg	671	268	34
			Phosphorus	mg	456	182	26
			Magnesium	mg	299	120	32
			Iron	mg	13.6	5.4	39
			Zinc	mg	8.6	3.4	35
			Copper	mg	1.3	0.5	52
			Manganese	mg	2.2	0.9	44
			Fluoride	mg	2.2	0.9	25
			Selenium	µg	37.1	14.8	27
			Chromium	µg	25.0	10.0	25
			Molybdenum	µg	31.3	12.5	25
			Iodine	µg	129	51.6	34

Porridge FastPot®

Ingredients:

Oat flakes (48%), **milk** protein (29.4%), inulin, skimmed **milk** powder, vegetable oils (**soya**, palm), thickener (xanthan gum, gum arabic), minerals (potassium phosphates, potassium chloride, magnesium carbonates, ferric pyrophosphate, zinc sulphate, sodium fluoride, copper-II-gluconate, manganese sulphate, potassium iodate, chromium chloride, sodium molybdate, sodium selenite, calcium phosphates), maltodextrin, flavourings, vitamins (vitamin A, vitamin D, vitamin E, vitamin K, vitamin C, thiamin, riboflavin, niacin, vitamin B6, folic acid, vitamin B12, biotin, pantothenic acid), emulsifier: lecithins (contains **soya**), starch, sweetener: sucralose.

- Allergy advice: for allergens, including cereals containing gluten, see ingredients in **bold**.
- The soya in this product is from a non-genetically modified source.
- Suitable for vegetarians.

Nutrition information

Typical analysis	Per 100g	Per 243g serving	Typical analysis	Per 100g	Per 243g serving	% RI
Energy (kJ)	1492	642	Vitamin A	µg	472	25
(kcal)	355	153	Vitamin D	µg	3.0	25
Fat (g)	8.4	3.6	Vitamin E	mg	7.1	25
of which saturates (g)	1.5	0.7	Vitamin K	µg	44.2	25
Carbohydrates (g)	33.4	14.4	Vitamin C	mg	47.5	26
of which sugars (g)	4.9	2.1	Thiamin	mg	1.0	39
Fibre (g)	12.7	5.5	Riboflavin	mg	1.1	33
Protein (g)	30.0	12.9	Niacin	mg	11.1	30
Salt (g)	0.21	0.09	Vitamin B ₆	mg	1.3	38
			Folic acid	µg	143	31
			Vitamin B ₁₂	µg	1.6	28
			Biotin	µg	30.8	27
			Pantothenic acid	mg	4.3	31
			Potassium	mg	1180	25
			Chloride	mg	445	24
			Calcium	mg	684	37
			Phosphorus	mg	761	47
			Magnesium	mg	239	28
			Iron	mg	11.7	36
			Zinc	mg	8.6	37
			Copper	mg	1.0	41
			Manganese	mg	3.7	80
			Fluoride	mg	2.3	28
			Selenium	µg	35.9	28
			Chromium	µg	26.1	28
			Molybdenum	µg	35.0	30
			Iodine	µg	101	29

Shepherd's Pie

Ingredients:

Soya and pea proteins, dehydrated vegetables (potato flakes, onions, pea, garlic), vegetable oils preparation (**soya** bean oil, sunflower oil and palm oil; maltodextrin, glucose syrup; **milk** protein, emulsifier: **soya** lecithin, antioxidants: ascorbyle palmitate, alpha tocopherols; stabiliser: pentasodium triphosphate; anti-caking agent: silicon dioxide), maltodextrin, corn starch, flavouring (contains **milk**), acidity regulators (potassium chloride, potassium citrate), Worcestershire sauce powder (distilled vinegar, molasses, corn syrup, salt, colour [caramel], garlic powder, sugar, spices [contains **celery**], tamarind, natural flavouring, sulphite agent, maltodextrin, anti-caking agent [silicon dioxide]), vitamin & mineral mix (dicalcium phosphate, ascorbic acid, ferric pyrophosphate, niacinamide, zinc oxide, vitamin E, copper gluconate, sodium fluoride, calcium pantothenate, manganese sulphite, vitamin B6, riboflavin, thiamin hydrochloride, vitamin A, folic acid, chromium chloride, potassium iodide, sodium molybdate, sodium selenite, vitamin K1, biotin, vitamin D3, vitamin B12), stabiliser (magnesium phosphate), hydrolysed **wheat gluten** protein, spices, salt, yeast extract, colour (caramel, beta-carotene), anti-caking agent (tricalcium phosphate), antioxidant (tocopherol), parsley.

- Allergy advice: for allergens, including cereals containing gluten, see ingredients in **bold**.
- Produced in a factory that handles: egg, celery, mustard and sulphites. Packaged in a protective atmosphere.
- The soya in this product is from a non-genetically modified source.
- Suitable for vegetarians.

Nutrition information

Typical analysis	Per 100g	Per 41g serving	Typical analysis	Per 100g	Per 41g serving	% RI	
Energy (kJ)	1534	629	Vitamin A	µg	615	252	31.5
(kcal)	365	150	Vitamin D	µg	3.05	1.25	25
Fat (g)	10.4	4.3	Vitamin E	mg	14.4	5.9	49.5
of which saturates (g)	2.8	1.2	Vitamin K	µg	63.4	26	34.5
Carbohydrates (g)	33.5	13.7	Vitamin C	mg	77.4	31.7	39.5
of which sugars (g)	5.7	2.6	Thiamin	mg	0.80	0.33	30
Fibre (g)	7.6	3.1	Riboflavin	mg	1.03	0.42	30.5
Protein (g)	30.5	12.5	Niacin	mg	12	4.9	30.5
Salt (g)	3.35	1.38	Vitamin B6	mg	1.30	0.56	39.5
			Folic acid	µg	240	98.0	49
			Vitamin B12	µg	1.54	0.63	25
			Biotin	µg	31.4	12.9	25.5
			Pantothenic acid	mg	3.9	1.60	26.5
			Potassium	mg	1900	779	39
			Chloride	mg	1000	410	51
			Calcium	mg	488	200	25
			Phosphorus	mg	655	268	38.5
			Magnesium	mg	233.3	95.6	25.5
			Iron	mg	12.43	5.11	36.5
			Zinc	mg	7.12	2.92	29
			Copper	mg	0.85	0.35	34.5
			Manganese	mg	1.28	0.53	26
			Fluoride	mg	2.13	0.88	25
			Selenium	µg	35.6	14.6	26.5
			Chromium	µg	25.5	10.5	26
			Molybdenum	µg	30.5	12.5	25
			Iodine	µg	91.5	37.5	25

Spaghetti Bolognese

Ingredients:

Vegetable protein blend (contains **soya**), pre-cooked spaghetti (32.5%)(contains **wheat gluten**), vegetable oils preparation (**soya** bean oil and sunflower oil; maltodextrin, **milk** protein, emulsifier: **soya** lecithin, antioxidants: ascorbyl palmitate, alpha tocopherols), tomato powder, flavourings, thickener: corn starch; dehydrated onion, salt, vitamin & mineral mix (dicalcium phosphate, vitamin C, ferric pyrophosphate, niacinamide, zinc oxide, vitamin E, copper gluconate, sodium fluoride, calcium pantothenate, manganese sulphate, vitamin B6, riboflavin, thiamin hydrochloride, vitamin A, folic acid, chromium chloride, potassium iodide, sodium molybdate, sodium selenite, vitamin K1, biotin, vitamin D3, vitamin B12), stabiliser (potassium chloride), acidity regulators (tricalcium phosphate, magnesium oxide), yeast extract, colours (beetroot juice powder, caramel, lycopene extract), garlic powder, spices, fine herbs, antioxidant (tocopherol).

- Allergy advice: for allergens, including cereals containing gluten, see ingredients in **bold**.
- Produced in a factory that handles: egg, celery, mustard and sulphites. Packaged in a protective atmosphere.
- The soya in this product is from a non-genetically modified source.
- Suitable for vegetarians.

Nutrition information

Typical analysis	Per 100g	Per 40g serving	Typical analysis	Per 100g	Per 40g serving	% RI	
Energy (kJ)	1575	630	Vitamin A	µg	509	204	25.5
(kcal)	375	150	Vitamin D	µg	3.13	1.25	25
Fat (g)	10.5	4.2	Vitamin E	mg	8.14	3.3	27
of which saturates (g)	1.40	0.56	Vitamin K	µg	62.6	25	33.5
Carbohydrates (g)	34.8	13.9	Vitamin C	mg	76.4	30.6	38
of which sugars (g)	4.9	2.0	Thiamin	mg	0.80	0.32	29
Fibre (g)	7.9	3.2	Riboflavin	mg	1.09	0.44	31
Protein (g)	31.3	12.5	Niacin	mg	12	4.8	30
Salt (g)	3.53	1.4	Vitamin B6	mg	1.4	0.55	39
			Folic acid	µg	488	195	97.5
			Vitamin B12	µg	1.58	0.63	25
			Biotin	µg	31.25	12.5	25
			Pantothenic acid	mg	3.9	1.54	25.5
			Potassium	mg	1312	525	26.5
			Chloride	mg	1567	627	78
			Calcium	mg	500	200	25
			Phosphorus	mg	477	191	27.5
			Magnesium	mg	244.6	97.9	26
			Iron	mg	11.5	4.6	33
			Zinc	mg	7.22	2.89	29
			Copper	mg	0.76	0.30	30.5
			Manganese	mg	1.28	0.51	25.5
			Fluoride	mg	2.19	0.88	25
			Selenium	µg	34.6	13.9	25
			Chromium	µg	25	10	25
			Molybdenum	µg	31.25	12.5	25
			Iodine	µg	93.8	37.5	25

Strawberry Shake

Ingredients:

Skimmed **milk** powder (53%), **soya** protein (15%), chicory fibre, fat powder (contains **milk**), fat powder (contains **soya, milk**), thickeners: guar gum, xanthan gum, carboxy methyl cellulose; trisodium citrate, flavouring, magnesium citrate, tripotassium citrate, colour: beetroot red; salt, vitamin and mineral premix (sodium molybdate, riboflavins, thiamin, vitamin K, vitamin D₃, folic acid, vitamin B₆, sodium selenite, vitamin B₁₂, potassium iodide, chromium chloride, biotin, manganese sulphate, sodium fluoride, pantothenic acid, cupric sulphate, vitamin A, niacin, zinc sulphate, maltodextrin, vitamin E, sodium ascorbate, ferric pyrophosphate), stabiliser: potassium phosphates; sweetener: sucralose.

- Allergy advice: for allergens, including cereals containing gluten, see ingredients in **bold**.
- Produced in a factory that handles: egg, celery, mustard and sulphites.
- The soya in this product is from a non-genetically modified source.
- Suitable for vegetarians.
- Gluten free.

Nutrition information

Typical analysis	Per 100g	Per 40g serving	Typical analysis	Per 100g	Per 40g serving	% RI	
Energy (kJ)	1629	652	Vitamin A	µg	684	274	34
(kcal)	388	155	Vitamin D	µg	4.2	1.7	34
Fat (g)	11.4	4.5	Vitamin E	mg	7.6	3.1	26
of which saturates (g)	4.7	1.9	Vitamin K	µg	62.5	25.0	33
Carbohydrates (g)	31.8	12.7	Vitamin C	mg	57.0	22.8	29
of which sugars (g)	28.0	11.2	Thiamin	mg	0.9	0.4	32
Fibre (g)	9.2	3.7	Riboflavin	mg	1.9	0.7	53
Protein (g)	33.0	13.2	Niacin	mg	12.8	5.1	32
Salt (g)	3.15	1.26	Vitamin B6	mg	1.6	0.6	45
			Folic acid	µg	182	72.7	36
			Vitamin B12	µg	2.9	1.2	47
			Biotin	µg	41.9	16.7	34
			Pantothenic acid	mg	5.5	2.2	37
			Potassium	mg	1307	523	26
			Chloride	mg	1654	662	83
			Calcium	mg	696	278	35
			Phosphorus	mg	664	266	38
			Magnesium	mg	256	102	27
			Iron	mg	12.6	5.0	36
			Zinc	mg	9.0	3.6	36
			Copper	mg	1.2	0.5	46
			Manganese	mg	1.6	0.6	31
			Fluoride	mg	2.2	0.9	25
			Selenium	µg	54	21.8	40
			Chromium	µg	25.0	10.0	25
			Molybdenum	µg	31.3	12.5	25
			Iodine	µg	173	69.1	46

Super Green Soup MRP

Ingredients:

Maltodextrin, **soy** protein, broccoli (11%), fat powder, pea protein, inulin, emulsifier: lecithins (contains **soy**) maize starch, salt, onion, powder, potato, tricalcium phosphate, potassium chloride, spinach powder, yeast extract, garlic powder, dipotassium phosphate, natural flavouring, magnesium carbonates, vitamin and mineral premix (maltodextrin, vitamin C, zinc gluconate, ferric pyrophosphate, vitamin E, potassium iodide, niacin, vitamin A, pantothenic acid, biotin, manganese sulphate, vitamin B12, copper gluconate, vitamin D, vitamin B6, folic acid, thiamin, vitamin K, riboflavins) ground black pepper, turmeric.

- Allergy advice: for allergens, including cereals containing gluten, see ingredients in **bold**.
- The soya in this product is from a non-genetically modified source.
- Produced in a factory that handles: egg, milk, celery, mustard and sulphites.
- Suitable for vegans.
- Gluten free.

Nutrition information

Typical analysis	Per 100g	Per 253g serving	Typical analysis	Per 100g	Per 253g serving	% RI	
Energy (kJ)	1614	856	Vitamin A	µg	454	241	30
(kcal)	384	203	Vitamin D	µg	2.9	1.5	30
Fat (g)	10.3	5.5	Vitamin E	mg	6.8	3.6	30
of which saturates (g)	1.7	0.9	Vitamin K	µg	42.6	22.6	30
Carbohydrates (g)	42.7	22.6	Vitamin C	mg	45.4	24.1	30
of which sugars (g)	6.3	3.3	Thiamin	mg	0.6	0.3	31
Fibre (g)	8.3	4.4	Riboflavin	mg	0.8	0.4	31
Protein (g)	25.9	13.7	Niacin	mg	9.1	4.8	30
Salt (g)	3.05	1.62	Vitamin B6	mg	0.8	0.4	31
			Folic acid	µg	113	60.1	30
			Vitamin B12	µg	1.4	0.8	30
			Biotin	µg	28.4	15.0	30
			Pantothenic acid	mg	3.4	1.8	30
			Potassium	mg	972	515	26
			Calcium	mg	482	255	32
			Phosphorus	mg	614	325	47
			Magnesium	mg	115	112.51	16
			Iron	mg	8.0	4.2	30
			Zinc	mg	5.7	3.0	30
			Copper	mg	0.6	0.3	30
			Manganese	mg	1.3	0.7	33
			Selenium	µg	85.0	45.1	82
			Iodine	µg	85.1	45.1	30

Toffee Bar

Ingredients:

milk chocolate 15,2% (sugar, cocoa butter, whole **milk** powder, cocoa mass, emulsifier (**soy** lecithin), flavours), rice syrup, **milk** protein, hydrolysed **wheat** gluten, **wheat** starch, **soy** protein, butterscotch pieces 7,0% (sugar, glucose syrup, **milk** fat), soy crisp (**soy** protein, tapioca starch, salt), humectant (glycerol), minerals (dipotassium phosphate, trimagnesium citrate, potassium chloride, ferric(III)diphosphate, zinc oxide, copper(II) gluconate, sodium fluoride, manganese sulphate, chromium(III)chloride, sodium selenite, sodium molybdate, potassium iodide), sweetener 3,3% (erythritol), sunflower oil, flavours, colouring agent (calcium carbonate), vitamins (vitamin C (ascorbic acid), nicotinamide, vitamin E (tocopheryl acetate), calcium pantothenate, vitamin B2 (riboflavin), vitamin B6 (pyridoxine hydrochloride), vitamin B1 (thiamin hydrochloride), vitamin A (retinyl acetate), folic acid, vitamin K, biotin, vitamin D (cholecalciferol), vitamin B12 (cyanocobalamine)).

- Allergy advice: for allergens, including cereals containing gluten, see ingredients in **bold**.
- May also contain egg, nuts, peanuts and sesame seeds.
- The soya in this product is from a non-genetically modified source.
- Suitable for vegetarians.

Nutrition information

Typical analysis	Per 100g	Per 46g serving	Typical analysis	Per 100g	Per 46g serving	% RI
Energy (kJ)	1415	651	Vitamin A	µg	442	25
(kcal)	336	155	Vitamin D	µg	2.75	25
Fat (g)	8.8	4.0	Vitamin E	mg	6.6	25
of which saturates (g)	3.8	1.7	Vitamin K	µg	55.16	34
Carbohydrates (g)	36.9	17	Vitamin C	mg	44.1	25
of which sugars (g)	22.7	10.4	Thiamin	mg	0.61	25
Fibre (g)	7.6	3.5	Riboflavin	mg	0.88	29
Protein (g)	28.7	13.2	Niacin	mg	9.9	28
Salt (g)	0.64	0.29	Vitamin B6	mg	1.10	36
			Folic acid	µg	110.4	25
			Vitamin B12	µg	1.420	26
			Biotin	µg	27.5	25
			Pantothenic acid	mg	3.30	25
			Potassium	mg	1083	25
			Chloride	mg	450	26
			Calcium	mg	553	31
			Phosphorus	mg	469	30
			Magnesium	mg	207.7	25
			Iron	mg	11.8	37
			Zinc	mg	6.9	32
			Copper	mg	1.17	46
			Manganese	mg	1.23	28
			Fluoride	mg	1.95	25
			Selenium	µg	30.55	25
			Chromium	µg	22	25
			Molybdenum	µg	27.5	25
			Iodine	µg	83.5	25

Vanilla Shake

Ingredients:

Skimmed **milk** powder (54%), **soya** protein (15%), chicory fibre, fat powder (contains **milk**), fat powder (contains **soya, milk**), thickeners: guar gum, xanthan gum, carboxy methyl cellulose; trisodium citrate, magnesium citrate, tripotassium citrate, maltodextrin, flavourings (contains **milk**), salt, vitamin and mineral premix (sodium ascorbate, ferric pyrophosphate, vitamin E, maltodextrin, zinc sulphate, niacin, vitamin A, cupric sulphate, pantothenic acid, sodium fluoride, manganese sulphate, biotin, chromium chloride, potassium iodide, vitamin B₁₂, sodium selenite, vitamin B₆, folic acid, vitamin D₃, vitamin K, thiamin, riboflavin, sodium molybdate), stabiliser: potassium phosphates; sweetener: sucralose.

- Allergy advice: for allergens, including cereals containing gluten, see ingredients in **bold**.
- Produced in a factory that handles: egg, celery, mustard and sulphites.
- The soya in this product is from a non-genetically modified source.
- Suitable for vegetarians.
- Gluten free.

Nutrition information

Typical analysis	Per 100g	Per 40g serving	Typical analysis	Per 100g	Per 40g serving	% RI	
Energy (kJ)	1631	652	Vitamin A	µg	688	275	34
(kcal)	388	155	Vitamin D	µg	4.3	1.7	34
Fat (g)	11.3	4.5	Vitamin E	mg	7.7	3.1	26
of which saturates (g)	4.7	1.9	Vitamin K	µg	62.5	25.0	33
Carbohydrates (g)	31.5	12.6	Vitamin C	mg	57.2	22.9	29
of which sugars (g)	28.8	11.5	Thiamin	mg	0.9	0.4	32
Fibre (g)	9.3	3.7	Riboflavin	mg	1.9	0.8	54
Protein (g)	33.3	13.3	Niacin	mg	12.8	5.1	32
Salt (g)	3.10	1.24	Vitamin B6	mg	1.4	0.6	45
			Folic acid	µg	182	72.9	37
			Vitamin B12	µg	3.0	1.2	47
			Biotin	µg	42.1	16.8	34
			Pantothenic acid	mg	5.5	2.2	37
			Potassium	mg	1324	530	27
			Chloride	mg	1664	666	83
			Calcium	mg	710	284	36
			Phosphorus	mg	674	270	39
			Magnesium	mg	257	103	27
			Iron	mg	12.6	5.0	36
			Zinc	mg	9.0	3.6	36
			Copper	mg	1.2	0.5	46
			Manganese	mg	1.6	0.6	31
			Fluoride	mg	2.2	0.9	25
			Selenium	µg	55	21.8	40
			Chromium	µg	25.0	10.0	25
			Molybdenum	µg	31.3	12.5	25
			Iodine	µg	174	69.8	47

Vegetable Soup

Ingredients:

Vegetable protein (contains **soya**), vegetable fat (**soyabean** oil and palm oil, maltodextrin, glucose syrup, **milk** protein, emulsifier: **soya** lecithin; stabiliser: pentasodium triphosphate; antioxidants: ascorbyle palmitate, alpha tocopherols; anti-caking agent: silicon dioxide), skimmed **milk** powder, maltodextrin, thickeners: modified corn starch, guar gum; dehydrated vegetables (5.6%) (onions, green asparagus, carrots, green onions, parsley), acidity regulators: potassium citrate, potassium chloride; oligofructose: chicory root extract (contains **soya**), flavourings (contains **wheat** gluten, **soya**, **milk**), stabiliser: magnesium phosphate; vitamin and mineral mix (dicalcium phosphate, ascorbic acid, ferric pyrophosphate, niacinamide, zinc oxide, vitamin E, copper gluconate, sodium fluoride, calcium pantothenate, manganese sulphate, vitamin B₆, riboflavin, thiamin hydrochloride, vitamin A, folic acid, chromium chloride, potassium iodide, sodium molybdate, sodium selenite, vitamin K₁, biotin, vitamin D₃, vitamin B₁₂), spices, salt, yeast extract, colours: apo-carotenal (contains **soya**), turmeric extract; anti-caking agent (silicon dioxide).

- Allergy advice: for allergens, including cereals containing gluten, see ingredients in **bold**.
- Produced in a factory that handles: egg, celery, mustard and sulphites.
- The soya in this product is from a non-genetically modified source.
- Suitable for vegetarians.

Nutrition information

Typical analysis	Per 100g	Per 39.5g serving	Typical analysis	Per 100g	Per 39.5g serving	% RI	
Energy (kJ)	1599	633	Vitamin A	µg	620	245	31
(kcal)	381	150	Vitamin D	µg	4.5	1.8	36
Fat (g)	12.5	5.0	Vitamin E	mg	7.6	3.0	25
of which saturates (g)	4.1	1.6	Vitamin K	µg	75.3	29.8	40
Carbohydrates (g)	32.2	12.7	Vitamin C	mg	73.7	29.1	37
of which sugars (g)	12.1	4.8	Thiamin	mg	0.8	0.3	30
Fibre (g)	6.3	2.5	Riboflavin	mg	1.3	0.5	38
Protein (g)	31.7	12.5	Niacin	mg	12.3	4.9	31
Salt (g)	3.8	1.5	Vitamin B ₆	mg	1.4	0.6	40
			Folic acid	µg	330	130	65
			Vitamin B ₁₂	µg	2.2	0.9	36
			Biotin	µg	35.7	14.1	28
			Pantothenic acid	mg	4.5	1.8	30
			Potassium	mg	2100	830	42
			Chloride	mg	1548	611	77
			Calcium	mg	506	200	25
			Phosphorus	mg	724	286	41
			Magnesium	mg	263	104	28
			Iron	mg	12.6	5.0	36
			Zinc	mg	6.7	2.7	27
			Copper	mg	1.1	0.4	42
			Manganese	mg	1.3	0.5	27
			Fluoride	mg	2.2	0.9	25
			Selenium	µg	37.3	14.7	27
			Chromium	µg	28	11.1	28
			Molybdenum	µg	47.3	18.7	38
			Iodine	µg	95.7	37.8	25

Drink Mixes

Fruits of the Forest

Ingredients:

Fructo-oligosaccharides, acidity regulator (malic acid), sweetener (sucralose), flavourings, concentrated beetroot juice powder.

- May also contain egg, fish, gluten, milk, nuts and soya.
- Suitable for vegetarians.

Pink Grapefruit

Ingredients:

Fructo-oligosaccharides, acid: malic acid; natural grapefruit flavouring with other natural flavourings, maltodextrin, sweetener: sucralose; colour: beta-carotene, beetroot juice powder

- May also contain celery, crustacean, egg, fish, gluten, milk, mustard, nuts and soya.
- Suitable for vegans.

Sunrise Orange

Ingredients:

Fructo-oligosaccharides, acid (malic acid), sweetener (sucralose), natural orange flavouring, colour (beta-carotene).

- May also contain celery, crustacean, egg, fish, gluten, milk, mustard, nuts and soya.
- Suitable for vegetarians.

Fibre Mix

Ingredients:

Fructo-oligosaccharide (chicory fibre).

- May also contain milk, celery, crustacean, egg, fish, gluten, mustard, nuts and soya.
- Suitable for vegetarians.

Nutrition information

Typical analysis	Per 100g	Per 500ml serving
Energy (kJ)	972	49
(kcal)	235	12
Fat (g)	0.0	0.0
of which saturates (g)	0.0	0.0
Carbohydrates (g)	7.2	0.4
of which sugars (g)	4.2	0.2
Fibre (g)	64	3.2
Protein	0.0	0.0
Salt (g)	0.1	0.0

Nutrition information

Typical analysis	Per 100g	Per 10g serving
Energy (kJ)	10.3	25.7
(kcal)	2.5	6.2
Fat	0.0	0.0
of which saturates (g)	0.0	0.0
Carbohydrates (g)	0.1	0.3
of which sugars (g)	0.0	0.1
Fibre (g)	0.6	1.4
Protein	0.0	0.0
Salt (g)	0.0	0.0

Nutrition information

Typical analysis	Per 100g	Per 500ml serving
Energy (kcal)	239	12
Fat (g)	0.2	0.02
of which saturates (g)	0.0	0.0
Carbohydrates (g)	8.0	0.4
of which sugars (g)	3.5	0.2
Fibre (g)	61.2	3.1
Protein	0.0	0.0
Salt (g)	0.08	0.0

Nutrition information

Typical analysis	Per 100g	Per 5g serving
Energy (kcal)	208	10
Fat (g)	0.0	0.0
of which saturates (g)	0.0	0.0
Carbohydrates (g)	7	0.35
of which sugars (g)	7	0.35
Fibre (g)	90	4.5
Protein	0.0	0.0
Salt (g)	0.0	0.0

Mousse Mix

Ingredients:

Gelatine (from beef).

- May also contain celery, crustacean, egg, fish, gluten, milk, mustard, nuts and soya.
- **Not** suitable for vegetarians.

Nutrition information

Typical analysis	Per 100g	Per 10g serving
Energy (kcal)	377	38
Fat (g)	0.1	0.01
of which saturates (g)	0.0	0.0
Carbohydrates (g)	0.5	0.05
of which sugars (g)	0.0	0.0
Fibre (g)	0.0	0.0
Protein	93.5	9.4
Salt (g)	0.75	0.075

Savoury Broth

Ingredients:

Hydrolysed vegetable protein (contains **soya**), potato starch, vegetables 17% (**celery**, onion, carrot, leek), salt, palm oil (sustainable), maize starch, spices.

- Allergy advice: for allergens, including cereals containing gluten, see ingredients in **bold**.
- May also contain egg, gluten and milk.
- Suitable for vegetarians.

Nutrition information

Typical analysis	Per 100g	Per 6g sachet
Energy (kJ)	1264	75.8
(kcal)	301	18.1
Fat (g)	9.6	0.6
of which saturates (g)	4.7	0.3
Carbohydrates (g)	37.1	2.3
of which sugars (g)	4.1	0.3
Fibre (g)	4.4	0.3
Protein (g)	13.6	0.8
Salt (g)	26.9	1.6

Raspberry Jelly

Ingredients:

Gelatine (porcine), natural raspberry flavouring with other natural flavourings, acid: malic acid, salt, beetroot juice powder, sweetener: sucralose, medium chain triglycerides (coconut oil, palm kernel oil).

- May also contain egg, gluten, soya, nuts and milk.
- NOT suitable for vegetarians.

Nutrition information

Typical analysis	Per 100g	Per 10g sachet
Energy (kJ)	1406	141
(kcal)	331	33
Fat (g)	0.4	0.0
of which saturates (g)	0.2	0.0
Carbohydrates (g)	16.0	1.6
of which sugars (g)	2.7	0.3
Fibre (g)	4.5	0.5
Protein (g)	64.0	6.4
Salt (g)	0.0	0.0

Orange & Mango Jelly

Ingredients:

Gelatine, natural flavourings, acid: malic acid; colour: carotenes; salt, sweetener: sucralose, red beet juice powder; triglycerides.

- May also contain egg, gluten, soya, nuts and milk.
- NOT suitable for vegetarians.

Nutrition information

Typical analysis	Per 100g	Per 7g sachet
Energy (kJ)	1461	102
(kcal)	344	24
Fat (g)	1.0	0.1
of which saturates (g)	0.9	0.1
Carbohydrates (g)	19.0	1.3
of which sugars (g)	1.4	0.1
Fibre (g)	2.2	0.2
Protein (g)	64.0	4.5
Salt (g)	3.60	0.25

Blackcurrant Jelly

Ingredients:

Gelatine, hibiscus flower extract, acid: malic acid; salt, natural flavouring, sweetener: sucralose; medium chain triglycerides.

- May also contain egg, gluten, soya, nuts and milk.
- NOT suitable for vegetarians.

Nutrition information

Typical analysis	Per 100g	Per 7g sachet
Energy (kJ)	1451	102
(kcal)	342	24
Fat (g)	0.3	0.0
of which saturates (g)	0.2	0.0
Carbohydrates (g)	19.0	1.3
of which sugars (g)	1.5	0.1
Fibre (g)	1.1	0.1
Protein (g)	66.0	4.6
Salt (g)	3.60	0.26

Cheese & Onion Popped Chips

Ingredients:

Soya and chickpea pieces (**soya** flour (27%), tapioca starch, chickpea flour (10%), rice flour, salt), sunflower oil, cheese and onion flavouring (onions, whey powder (**milk**), lactose (**milk**), sugar, processed cheese powder (cheese (**milk**), whey powder (**milk**), emulsifying salts: sodium phosphates), sea salt, natural flavouring, yeast extract, sunflower oil).

- Allergy advice: for allergens, including cereals containing gluten, see ingredients in **bold**.
- Suitable for vegetarians.
- Gluten-free.

Nutritional Information

Typical analysis	Per 100g	Per 23g serving
Energy (kJ)	1779	409
(kcal)	423	97
Fat (g)	13.3	3.1
of which saturates (g)	1.5	0.3
Carbohydrates (g)	50.8	11.7
of which sugars (g)	7.8	1.8
Fibre (g)	8.6	2.0
Protein (g)	21.0	4.8
Salt (g)	1.25	0.29

Sweet Chilli Popped Chips

Ingredients:

Soya and chickpea pieces (**soya** flour (31%), tapioca starch, chickpea flour (10%), rice flour, salt), sunflower oil, sweet chilli flavouring (sugar, yeast extract, rice flour, salt, onion powder, spices (ginger, cayenne, aniseed, white pepper), tomato powder, garlic powder, sunflower oil, acidity Regulator: citric acid, natural flavouring, basil, colour: paprika extract).

- Allergy advice: for allergens, including cereals containing gluten, see ingredients in **bold**.
- Suitable for vegans.
- Gluten-free.

Nutritional Information

Typical analysis	Per 100g	Per 23g serving
Energy (kJ)	1764	406
(kcal)	420	97
Fat (g)	13.0	3.0
of which saturates (g)	1.4	0.3
Carbohydrates (g)	50.9	11.7
of which sugars (g)	6.9	1.6
Fibre (g)	8.2	1.9
Protein (g)	21.0	4.8
Salt (g)	1.59	0.37

Salt & Vinegar Popped Chips

Ingredients:

Soya and chickpea pieces (**soya** flour (27%), tapioca starch, chickpea flour (10%), rice flour, salt), sunflower oil, salt and vinegar flavouring (maltodextrin, spirit vinegar, acidity regulator: citric acid, salt, sugar, dextrose, sea salt, natural flavouring, sunflower oil, yeast extract).

- Allergy advice: for allergens, including cereals containing gluten, see ingredients in **bold**.
- Suitable for vegans.
- Gluten-free.

Nutritional Information

Typical analysis	Per 100g	Per 23g serving
Energy (kJ)	1690	389
(kcal)	402	93
Fat (g)	13.0	3.0
of which saturates (g)	1.4	0.3
Carbohydrates (g)	47.5	10.9
of which sugars (g)	3.8	0.9
Fibre (g)	8.2	1.9
Protein (g)	20.0	4.6
Salt (g)	2.00	0.46

BBQ Popped Chips

Ingredients:

Soya and chickpea pieces (**soya** flour (31%), tapioca starch, chickpea flour (10%), rice flour, salt), sunflower oil, barbeque flavouring (sugar, yeast extract, salt, dextrose monohydrate, onion powder, natural flavouring, spices (smoked paprika, cayenne), garlic powder, acidity regulator: citric acid, colour: paprika extract).

- Allergy advice: for allergens, including cereals containing gluten, see ingredients in **bold**.
- Suitable for vegans.
- Gluten-free.

Nutritional Information

Typical analysis	Per 100g	Per 23g serving
Energy (kJ)	1772	408
(kcal)	422	97
Fat (g)	13.1	3.0
of which saturates (g)	1.4	0.3
Carbohydrates (g)	51.3	11.8
of which sugars (g)	7.4	1.7
Fibre (g)	8.3	1.9
Protein (g)	21.0	4.8
Salt (g)	1.53	0.35

Bacon Popped Chips (*Beast branded*)

Ingredients:

Soya flour (31%), tapioca starch, sunflower oil, rice flour, chickpea flour (10%), salt, sugar, onion powder, yeast extract, natural flavourings, sunflower oil, spirit vinegar, garlic powder, maltodextrin, spices (black pepper powder, white pepper) acidity regulator: citric acid; colour: paprika extract.

- Allergy advice: for allergens, including cereals containing gluten, see ingredients in **bold**.
- Suitable for vegans.
- Gluten-free.

Nutritional Information

Typical analysis	Per 100g	Per 23g serving
Energy (kJ)	1753	403
(kcal)	417	96
Fat (g)	13.0	3.0
of which saturates (g)	1.4	0.3g
Carbohydrates (g)	50.6	11.6
of which sugars (g)	3.5	0.8
Fibre (g)	8.1	1.9
Protein (g)	21.0	4.8
Salt (g)	2.10	0.48