

LighterLife

Product Nutritional Information

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Formulation of products

All non-meal-replacement Foodpacks are formulated to a strict LighterLife specification in line with:

- Commission Directive 96/8/EC on foods intended for use in energy-restricted diets for weight reduction.
- CODEX standard 203-1995 for formula foods for use in very-low-calorie diets for weight reduction.
- Commission Directive 2001/15/EC on substances that may be added for specific nutritional purposes in foods for particular nutritional uses.

LighterLife meal-replacement Foodpacks* (Fragrant Thai Noodles & Indian Masala FastPots, and Chocolate Hazelnut & Chocolate Raisin bars) are formulated to meet the requirements of Commission Directive 96/8EC on foods intended for use in energy-restricted diets for weight reduction.

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 or bar Foodpack). It provides:

- **Energy:** between 600 and 691 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).

LighterLife Lite is a low-calorie diet (LCD), providing an intake in the range of 801-1200 kcal daily. Clients have three or four Foodpacks a day and a meal made up of conventional food from their Lite foods list.

Three Foodpacks on Lite provide:

- **Energy:** between 450 and 678 kcal.
- **Protein:** minimum of 37.5g protein.
- **Carbohydrate:** minimum of 37.5g carbohydrate.
- **Fats:** average of 13.5g fats.
- **Fibre:** between 7.5 and 23g fibre.
- **Vitamins and minerals:** at least 75% RI (reference intake).

4 Foodpacks on Lite provide:

- **Energy:** between 600 and 904 kcal.
- **Protein:** minimum of 50g protein.
- **Carbohydrate:** minimum of 50g carbohydrate.
- **Fats:** average of 18g fats.
- **Fibre:** between 10 and 31g fibre.
- **Vitamins and minerals:** at least 100% RI (reference intake).

LighterLife Foodpack range

Sweet

- Banana shake
- Chocolate shake
- Chocolate Mug Cake
- Original Porridge
- Salted Caramel shake
- Strawberry shake
- Vanilla shake

Savoury

- Fragrant Thai Noodles with Lemongrass meal-replacement FastPot*
- Indian Lentil Masala meal-replacement FastPot*
- Scotch Broth soup
- Shepherd's Pie
- Spaghetti Bolognese
- Three Cheese Pasta
- Vegetable Biryani
- Vegetable soup

Bars

- Chocolate Hazelnut meal-replacement bar*
- Chocolate Raisin meal-replacement bar*
- Cranberry & Raspberry
- Crispy Peanut
- Nut Fudge
- Toffee

Additional products

- **Drink Mixes** – powders used to make up cold drinks, in four flavours:
 - Fruits of the Forest
 - Pink Grapefruit
 - St Clements
 - Sunrise Orange
- **Fibre Mix** – 100% inulin powder that can be added to any Foodpack or water without affecting the taste.
- **Mousse Mix** – a gelatine powder that, when added to LighterLife shakes, creates a firm mousse.
- **Raspberry Jelly** – can also be added to LighterLife shakes to make 'blancmange'.
- **Savoury Broth** – a powder to mix with water to make a hot drink; can also be used as a stock for cooking.
- **Sweetener Tablets** – made with sucralose.

Sweet Foodpack: Banana shake

Ingredients: Skimmed **milk** powder, **soya** protein, oligofructose, vegetable fat (contains **soya** fat, palm fat), **soya** oil, tri-sodium citrate, thickeners (guar gum, xanthan gum), dried glucose syrup, maltodextrin, magnesium citrate, tri-potassium citrate, flavouring, **milk** protein, 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 tripolyphosphate), colour (beta carotene), 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 serving	Per 40g serving	Typical analysis	Per 100g serving	Per 40g serving	% RI	
Energy (kJ)	1608	643	Vitamin A	µg	500	200	25
(kcal)	383	153	Vitamin D	µg	3.13	1.25	25
Fat (g)	11.5	4.6	Vitamin E	mg	7.50	3	25
of which saturates (g)	4.7	1.88	Vitamin K	µg	62.5	25	33
Carbohydrates (g)	31.8	12.7	Vitamin C	mg	50	20	25
of which sugars (g)	29.7	11.9	Thiamin	mg	0.69	0.28	25
Fibre (g)	8.9	3.6	Riboflavin	mg	1	0.4	29
Protein (g)	33.4	13.4	Niacin	mg	12.25	4.9	31
Salt (g)	3.5	1.4	Vitamin B6	mg	1.25	0.5	36
			Folic acid	µg	125	50	25
			Vitamin B12	µg	1.56	0.63	25
			Biotin	µg	31.25	12.5	25
			Pantothenic acid	mg	3.75	1.5	25
			Potassium	mg	1350	540	27
			Chloride	mg	609	243	30
			Calcium	mg	720	288	36
			Phosphorus	mg	721	288	41
			Magnesium	mg	262	105	28
			Iron	mg	10	4	29
			Zinc	mg	6.25	2.5	25
			Copper	mg	0.94	0.38	38
			Manganese	mg	1.38	0.55	28
			Fluoride	mg	2.19	0.88	25
			Selenium	µg	34.38	13.75	25
			Chromium	µg	25	10	25
			Molybdenum	µg	31.25	12.5	25
			Iodine	µg	93.75	37.5	25

Sweet Foodpack: 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.
- The soya in this product is from a non-genetically modified source.
- Suitable for vegetarians.

Nutrition information

Typical analysis	Per 100g serving	Per 42g serving	Typical analysis	Per 100g serving	Per 42g serving	% RI	
Energy (kJ)	1493	627	Vitamin A	µg	616	259	32
(kcal)	356	150	Vitamin D	µg	4.1	1.7	34
Fat (g)	8.7	3.7	Vitamin E	mg	10.3	4.3	36
of which saturates (g)	3.3	1.4	Vitamin K	µg	76.8	32.2	43
Carbohydrates (g)	29.9	12.6	Vitamin C	mg	53.7	22.5	28
of which sugars (g)	11.7	4.9	Thiamin	mg	0.80	0.34	30
Fibre (g)	17.5	7.4	Riboflavin	mg	1.2	0.50	36
Protein (g)	30.8	12.9	Niacin	mg	13.6	5.7	36
Salt (g)	2.7	1.2	Vitamin B6	mg	1.5	0.64	46
			Folic acid	µg	119	50	25
			Vitamin B12	µg	2.2	0.93	37
			Biotin	µg	32	14	28
			Pantothenic acid	mg	4.6	1.9	32
			Potassium	mg	1302	547	27
			Chloride	mg	593	249	31
			Calcium	mg	506	213	27
			Phosphorus	mg	551	231	33
			Magnesium	mg	253	106	28
			Iron	mg	13.4	5.6	40
			Zinc	mg	7.7	3.2	32
			Copper	mg	1.3	0.55	55
			Manganese	mg	1.5	0.65	32
			Fluoride	mg	2.7	1.1	32
			Selenium	µg	42.4	17.8	32
			Chromium	µg	37.3	15.7	39
			Molybdenum	µg	38.4	16.1	32
			Iodine	µg	116	48.5	32

Sweet Foodpack: Chocolate Mug Cake

Ingredients: Oat flour, **whey** protein concentrate, cocoa powder, fat powder (**soya** oil, maltodextrin, **milk** protein, emulsifier: lecithins; antioxidants: fatty acid esters of ascorbic acid, alpha-tocopherol), **milk** protein concentrate, chicory fibre, maltodextrin, natural flavouring, **egg** white powder, tripotassium citrate, dark chocolate flavoured flakes (sugar, reduced fat cocoa powder, palm fat, shea butter, emulsifier: lecithins; glazing agent: shellac, glazing agent: gum arabic), 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 D3, vitamin K, thiamin, riboflavins, sodium molybdate), thickener (xanthan gum), sweetener (sucralose).

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

Nutrition information

Typical analysis	Per 100g serving	Per 42g serving	Typical analysis	Per 100g serving	Per 42g serving	% RI	
Energy (kJ)	1526	641	Vitamin A	µg	506	213	27
(kcal)	363	153	Vitamin D	µg	3.1	1.3	26
Fat (g)	10.7	4.5	Vitamin E	mg	8.1	3.4	28
of which saturates (g)	3.2	1.4	Vitamin K	µg	62.5	26.3	35
Carbohydrates (g)	29.7	12.5	Vitamin C	mg	50	21	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	12.6	Niacin	mg	12.5	5.3	33
Salt (g)	2.0	0.9	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	213	30
			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	11	26
			Molybdenum	µg	31.3	13.1	26
			Iodine	µg	93.8	37.4	26

Sweet Foodpack: 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**.
- May also contain celery, egg, mustard and sulphites.
- The soya in this product is from a non-genetically modified source.
- Suitable for vegetarians.

Nutrition information

Typical analysis	Per 100g serving	Per 40g serving	Typical analysis	Per 100g serving	Per 40g serving	% RI
Energy (kJ)	1600	640	Vitamin A	µg	500	25
(kcal)	383	153	Vitamin D	µg	3.13	25
Fat (g)	11.2	4.5	Vitamin E	mg	7.5	25
of which saturates (g)	3.6	1.44	Vitamin K	µg	62.5	33
Carbohydrates (g)	31.3	12.5	Vitamin C	mg	50	25
of which sugars (g)	12.6	5.1	Thiamin	mg	0.69	25
Fibre (g)	6.2	2.5	Riboflavin	mg	1	29
Protein (g)	35.6	14.2	Niacin	mg	12.25	31
Salt (g)	3.3	1.3	Vitamin B6	mg	1.25	36
			Folic acid	µg	125	25
			Vitamin B12	µg	1.56	25
			Biotin	µg	31.25	25
			Pantothenic acid	mg	3.75	25
			Potassium	mg	1268	25
			Chloride	mg	529	27
			Calcium	mg	741	37
			Phosphorus	mg	638	36
			Magnesium	mg	314	34
			Iron	mg	10	29
			Zinc	mg	6.25	25
			Copper	mg	0.94	38
			Manganese	mg	1.38	28
			Fluoride	mg	2.19	25
			Selenium	µg	34.38	25
			Chromium	µg	25	25
			Molybdenum	µg	31.25	25
			Iodine	µg	93.75	25

Sweet Foodpack: Salted Caramel shake

Ingredients: Whey powder (**milk**), inulin, maltodextrin, **soya** protein, **milk** protein, **soya** oil, minerals (sodium phosphates, potassium citrates, potassium chloride, magnesium carbonates, calcium citrates, ferric pyrophosphate, zinc oxide, sodium fluoride, manganese sulphate, copper carbonate, potassium iodide, sodium selenite, sodium molybdate, chromic chloride), emulsifier (**soya** lecithin), natural flavourings, thickeners (xanthan gum, cellulose gum), sweeteners (acesulfame K, sucralose), vitamins (ascorbic acid, nicotinamide, vitamin E, calcium-D-pantothenate, vitamin B6, riboflavin, thiamine mononitrate, vitamin A, folic acid, vitamin K, biotin, vitamin D3, vitamin B12), antioxidants (alpha-tocopherol, fatty acid esters of ascorbic acid).

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

Nutrition information

Typical analysis	Per 100g serving	Per 42g serving	Typical analysis	Per 100g serving	Per 42g serving	% RI	
Energy (kJ)	1507	633	Vitamin A	µg	621	261	33
(kcal)	359	151	Vitamin D	µg	4.1	1.7	34
Fat (g)	9.3	3.9	Vitamin E	mg	11	4.6	39
of which saturates (g)	3.3	1.4	Vitamin K	µg	76.8	32.2	43
Carbohydrates (g)	29.7	12.5	Vitamin C	mg	53.6	22.5	28
of which sugars (g)	12	5.0	Thiamin	mg	0.8	0.4	32
Fibre (g)	17.3	7.3	Riboflavin	mg	1.2	0.5	36
Protein (g)	30.7	12.9	Niacin	mg	13.6	5.7	36
Salt (g)	2.8	1.2	Vitamin B ₆	mg	1.5	0.6	46
			Folic acid	µg	151	63.4	32
			Vitamin B ₁₂	µg	2.2	0.9	37
			Biotin	µg	37	15.5	31
			Pantothenic acid	mg	4.6	1.9	32
			Potassium	mg	1264	531	27
			Chloride	mg	487	204	26
			Calcium	mg	478	201	25
			Phosphorus	mg	461	193	28
			Magnesium	mg	223	93.8	25
			Iron	mg	11.4	4.8	34
			Zinc	mg	7.1	3.0	30
			Copper	mg	1.0	0.4	43
			Manganese	mg	1.5	0.7	32
			Fluoride	mg	2.7	1.1	32
			Selenium	µg	42.4	17.8	32
			Chromium	µg	30.6	12.9	32
			Molybdenum	µg	38.4	16.1	32
			Iodine	µg	116	48.5	32

Sweet Foodpack: Strawberry shake

Ingredients: Skimmed **milk** powder, **soya** protein, oligofructose, vegetable fat, **soya** oil, tri-sodium citrate, thickeners (guar gum, xanthan gum), flavouring, dried glucose syrup, magnesium citrate, tri-potassium citrate, colour (beetroot red), cellulose gum, **milk** protein, 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, riboflavin), salt, di-potassium phosphate, emulsifier (sodium tripolyphosphate), sweetener (sucralose).

- Allergy advice: for allergens, including cereals containing gluten, see ingredients in **bold**.
- May also contain celery, 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 serving	Per 40g serving	Typical analysis	Per 100g serving	Per 40g serving	% RI	
Energy (kJ)	1598	639	Vitamin A	µg	500	200	25
(kcal)	380	152	Vitamin D	µg	3.13	1.25	25
Fat (g)	11.5	4.6	Vitamin E	mg	7.50	3	25
of which saturates (g)	4.7	1.88	Vitamin K	µg	62.5	25	33
Carbohydrates (g)	31.7	12.7	Vitamin C	mg	50	20	25
of which sugars (g)	28.6	11.4	Thiamin	mg	0.69	0.28	25
Fibre (g)	9.6	3.8	Riboflavin	mg	1	0.4	29
Protein (g)	32.7	13.1	Niacin	mg	12.25	4.9	31
Salt (g)	3.5	1.4	Vitamin B6	mg	1.25	0.5	36
			Folic acid	µg	125	50	25
			Vitamin B12	µg	1.56	0.63	25
			Biotin	µg	31.25	12.5	25
			Pantothenic acid	mg	3.75	1.5	25
			Potassium	mg	1317	527	26
			Chloride	mg	586	235	29
			Calcium	mg	693	277	35
			Phosphorus	mg	701	280	40
			Magnesium	mg	259	104	28
			Iron	mg	10	4.0	29
			Zinc	mg	6.25	2.5	25
			Copper	mg	0.94	0.38	38
			Manganese	mg	1.38	0.55	28
			Fluoride	mg	2.19	0.88	25
			Selenium	µg	34.38	13.75	25
			Chromium	µg	25	10	25
			Molybdenum	µg	31.25	12.5	25
			Iodine	µg	93.75	37.5	25

Sweet Foodpack: Vanilla shake

Ingredients: Skimmed **milk** powder, **soya** protein, oligofructose, vegetable fat (contains **soya** fat, palm fat), **soya** oil, tri-sodium citrate, thickeners (guar gum, xanthan gum), dried glucose syrup, magnesium citrate, tri-potassium citrate, maltodextrin, flavouring (contains **milk**), cellulose gum, **milk** protein, 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), salt, di-potassium phosphate, emulsifier (sodium tripolyphosphate), sweetener (sucralose).

- Allergy advice: for allergens, including cereals containing gluten, see ingredients in **bold**.
- May also contain celery, 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 serving	Per 40g serving	Typical analysis	Per 100g serving	Per 40g serving	% RI	
Energy (kJ)	1595	638	Vitamin A	µg	500	200	25
(kcal)	380	152	Vitamin D	µg	3.13	1.25	25
Fat (g)	11.5	4.6	Vitamin E	mg	7.5	3	25
of which saturates (g)	4.7	1.88	Vitamin K	µg	62.5	25	33
Carbohydrates (g)	31.3	12.5	Vitamin C	mg	50	20	25
of which sugars (g)	29.5	11.8	Thiamin	mg	0.69	0.28	25
Fibre (g)	9.7	3.9	Riboflavin	mg	1	0.4	29
Protein (g)	33.1	13.2	Niacin	mg	12.25	4.9	31
Salt (g)	3.5	1.4	Vitamin B6	mg	1.25	0.5	36
			Folic acid	µg	125	50	25
			Vitamin B12	µg	1.56	0.63	25
			Biotin	µg	31.25	12.5	25
			Pantothenic acid	mg	3.75	1.5	25
			Potassium	mg	1334	534	27
			Chloride	mg	598	239	30
			Calcium	mg	707	283	35
			Phosphorus	mg	711	284	41
			Magnesium	mg	261	104	28
			Iron	mg	10	4	29
			Zinc	mg	6.25	2.5	25
			Copper	mg	0.94	0.38	38
			Manganese	mg	1.38	0.55	28
			Fluoride	mg	2.19	0.88	25
			Selenium	µg	34.38	13.75	25
			Chromium	µg	25	10	25
			Molybdenum	µg	31.25	12.5	25
			Iodine	µg	93.75	37.5	25

Savoury Foodpack: Scotch Broth soup

Ingredients: Milk proteins, flavourings and smoked flavouring (contains **milk**, **celery**), maltodextrin, **soya** protein concentrate, vegetables (freeze-dried courgette 5%, carrot 4%, onion, leek 1%, **celery**), **soya** oil, modified starch, inulin, minerals (potassium chloride, magnesium carbonate, iron fumarate, zinc oxide, manganese sulphate, cupric sulphate, sodium fluoride, chromium chloride, potassium iodide, sodium selenium, sodium molybdate), pea protein, salt, parsley, pepper, vitamins (vitamin C, niacin, vitamin E, vitamin A, pantothenic acid, vitamin B12, vitamin B6, vitamin D3, vitamin K1, riboflavin, thiamin, folic acid, biotin), emulsifier (**soya** lecithin), antioxidants (ascorbyl palmitate acid and alpha-tocopherol).

- 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 serving	Per 40g serving	Typical analysis	Per 100g serving	Per 40g serving	% RI	
Energy (kJ)	1576	630	Vitamin A	µg	500	200	25
(kcal)	374	150	Vitamin D	µg	3.1	1.3	25
Fat (g)	9.1	3.6	Vitamin E	mg	7.5	3.0	25
of which saturates (g)	1.9	0.8	Vitamin K	µg	62.5	25	33
Carbohydrates (g)	31	12.5	Vitamin C	mg	50	20	25
of which sugars (g)	8.6	3.4	Thiamin	mg	0.7	0.3	25
Fibre (g)	7.1	2.8	Riboflavin	mg	1.0	0.4	29
Protein (g)	38	15	Niacin	mg	11.3	4.5	28
Salt (g)	3.7	1.5	Vitamin B6	mg	1.3	0.5	36
			Folic acid	µg	125	50	25
			Vitamin B12	µg	1.6	0.6	25
			Biotin	µg	31	12.5	25
			Pantothenic acid	mg	3.8	1.5	25
			Potassium	g	1.3	0.5	25
			Chloride	g	4.3	1.7	214
			Calcium	mg	693	277	35
			Phosphorus	mg	606	242	35
			Magnesium	mg	236	94	25
			Iron	mg	10	4.0	29
			Zinc	mg	6.3	2.5	25
			Copper	mg	0.9	0.4	37
			Manganese	mg	1.3	0.5	25
			Fluoride	mg	2.2	0.9	25
			Selenium	µg	34	14	25
			Chromium	µg	25	10	25
			Molybdenum	µg	31.3	12.5	25
			Iodine	µg	94	38	25

Savoury Foodpack: 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: ascorbyl 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**.
- May also contain celery, egg, mustard and sulphites.
- The soya in this product is from a non-genetically modified source.
- Suitable for vegetarians.

Nutrition information

Typical analysis	Per 100g serving	Per 39.5g serving	Typical analysis	Per 100g serving	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 B6	mg	1.4	0.6	40
			Folic acid	µg	330	130	65
			Vitamin B12	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

Savoury Foodpack: 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: ascorbyl 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**.
- May also contain egg and sulphites.
- The soya in this product is from a non-genetically modified source.
- Suitable for vegetarians.

Nutrition information

Typical analysis	Per 100g serving	Per 41g serving	Typical analysis	Per 100g serving	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

Savoury Foodpack: 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: ascorbyle 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**.
- May also contain celery, egg and sulphites.
- The soya in this product is from a non-genetically modified source.
- Suitable for vegetarians.

Nutrition information

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

Savoury Foodpack: Three Cheese Pasta

Ingredients: Pasta (37.5%) (durum **wheat** semolina – contains **gluten**), **milk** and vegetable proteins (contains **soya**), inulin, vegetable oil preparation (contains **soyabean** oil & refined palm oil; glucose syrup; **milk** protein; stabiliser: pentasodium triphosphate; anti-caking agent: silicon dioxide), cheese powder (**milk**) (5.3%), flavours (**milk**), acidity regulators (potassium gluconate, potassium chloride, magnesium oxide), vitamin & 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 selenite, vitamin K, biotin, vitamin D3, vitamin B12), stabiliser (tricalcium phosphate), thickener (modified corn starch), spices, colour (turmeric extract), anti-caking agent (silicon dioxide), parsley, antioxidant (tocopherol).

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

Nutrition information

Typical analysis	Per 100g serving	Per 40g serving	Typical analysis	Per 100g serving	Per 40g serving	% RI
Energy (kJ)	1607	641	Vitamin A	µg	501	25
(kcal)	382	152	Vitamin D	µg	3.1	25
Fat (g)	11.1	4.4	Vitamin E	mg	15.3	51
of which saturates (g)	2.3	0.9	Vitamin K	µg	63.9	34
Carbohydrates (g)	33.8	13.5	Vitamin C	mg	70.1	35
of which sugars (g)	3.2	1.3	Thiamin	mg	0.7	25.5
Fibre (g)	8.6	3.4	Riboflavin	mg	1.0	29
Protein (g)	32.5	13	Niacin	mg	11.5	29
Salt (g)	3.1	1.3	Vitamin B6	mg	1.3	35.5
			Folic acid	µg	125	25
			Vitamin B12	µg	1.6	25
			Biotin	µg	33.3	26.5
			Pantothenic acid	mg	3.8	25
			Potassium	mg	1250	25
			Chloride	mg	861	43
			Calcium	mg	725	36
			Phosphorus	mg	438	25
			Magnesium	mg	235	25
			Iron	mg	9.2	26
			Zinc	mg	6.9	27.5
			Copper	mg	0.9	36.5
			Manganese	mg	1.3	25.5
			Fluoride	mg	2.2	25
			Selenium	µg	35.1	25.5
			Chromium	µg	29.3	29.5
			Molybdenum	µg	33.7	27
			Iodine	µg	94	25

Savoury Foodpack: Vegetable Biryani

Ingredients: Soya protein, vegetables (17%) (tomatoes, onion, bell pepper), **milk** protein concentrate, rice (15%), fat powder (**soy** oil, maltodextrin, **milk** protein, emulsifier: lecithins, antioxidant: fatty acid esters of ascorbic acid, antioxidant: alpha-tocopherol), spices (6%) (coriander seeds, paprika, cumin, turmeric, chilli, fenugreek seeds, cayenne pepper, caraway, fennel, spices), fat powder (palm oil, glucose syrup, **milk** protein), chicory fibre, coconut powder (coconut extract, maltodextrin, **milk** protein, anti-caking: calcium phosphates), salt, herbs (1.5%) (coriander, lovage leaves, parsley), garlic powder, flavouring (containing **wheat**), tripotassium citrate, potassium phosphates, pineapple juice concentrate (pineapple, maltodextrin), tricalcium 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 D3, vitamin K, thiamin, riboflavins, sodium molybdate), garlic.

- Allergy advice: for allergens, including cereals containing gluten, see ingredients in **bold**.
- May also contain celery, egg, gluten (and cereals containing 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 serving	Per 40g serving	Typical analysis	Per 100g serving	Per 40g serving	% RI
Energy (kJ)	1584	634	Vitamin A	µg	500	25
(kcal)	377	151	Vitamin D	µg	3.1	25
Fat (g)	11.1	4.5	Vitamin E	mg	7.5	25
of which saturates (g)	4.8	1.9	Vitamin K	µg	62.5	33
Carbohydrates (g)	31.3	12.5	Vitamin C	mg	50.1	25
of which sugars (g)	10.1	4.1	Thiamin	mg	0.8	28
Fibre (g)	10.8	4.3	Riboflavin	mg	1.0	30
Protein (g)	31.7	12.7	Niacin	mg	12.4	31
Salt (g)	2.4	0.9	Vitamin B6	mg	1.3	37
			Folic acid	µg	171.7	34
			Vitamin B12	µg	1.6	25
			Biotin	µg	31.3	25
			Pantothenic acid	mg	3.9	26
			Potassium	mg	1253	25
			Chloride	mg	978.9	49
			Calcium	mg	594	30
			Phosphorus	mg	468.7	27
			Magnesium	mg	239.2	25
			Iron	mg	12.4	35
			Zinc	mg	7.1	28
			Copper	mg	1.2	48
			Manganese	mg	1.4	28
			Fluoride	mg	2.2	25
			Selenium	µg	34.4	25
			Chromium	µg	25	25
			Molybdenum	µg	31.3	25
			Iodine	µg	93.8	25

Meal-replacement Savoury Foodpack: Fragrant Thai Noodles with Lemongrass FastPot®

Ingredients: 32.7% pasta (durum **wheat** semolina, salt), **soya** protein, glucose syrup, vegetable oils (sunflower oil, palm oil), inulin, minerals (calcium phosphates, magnesium phosphate, potassium chloride, iron pyrophosphate, zinc sulphate, copper gluconate, manganese sulphate, potassium iodate, sodium selenite), carrots, starch, white mushrooms, **soya** sauce powder (**soya** sauce [water, **soya** beans, **wheat**, salt], salt, maltodextrin), salt, flavourings (containing **egg**), leek, spices, **milk** protein, beetroot, coriander, emulsifier (**soya** lecithin [containing **soya**]), vitamins (vitamin A, vitamin D, vitamin E, vitamin C, thiamin, riboflavin, niacin, vitamin B6, folic acid, vitamin B12, biotin, pantothenic acid), 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 serving	Per 55g serving	Typical analysis	Per 100g serving	Per 55g serving	% RI	
Energy (kJ)	1530	841	Vitamin A	µg	388	214	27
(kcal)	363	200	Vitamin D	µg	2.8	1.5	30
Fat (g)	7.5	4.1	Vitamin E	mg	5.6	3.1	25
of which saturates (g)	2.1	1.1	Vitamin C	mg	25	14	17
Carbohydrates (g)	43.0	23.6	Thiamin	mg	0.81	0.44	40
of which sugars (g)	8.5	4.7	Riboflavin	mg	0.97	0.53	38
Fibre (g)	9.4	5.2	Niacin	mg	10	5.7	35
Protein (g)	26.3	14.5	Vitamin B6	mg	0.92	0.51	36
Salt (g)	2.7	1.4	Folic acid	µg	185	102	51
			Vitamin B12	µg	0.78	0.43	17
			Biotin	µg	11	6.3	13
			Pantothenic acid	mg	2.0	1.1	18
			Potassium	mg	933	513	26
			Calcium	mg	490	269	34
			Phosphorus	mg	574	315	45
			Magnesium	mg	158	86.8	23
			Iron	mg	13	7.3	52
			Zinc	mg	7.2	4.0	39
			Copper	mg	1.2	0.64	63
			Manganese	mg	0.80	0.44	22
			Selenium	µg	34	19	34
			Iodine	µg	80.1	44.1	29

Meal-replacement Savoury Foodpack: Indian Lentil Masala FastPot®

Ingredients: **Soya** protein, 27% rice, 20% lentils, vegetable fats (sunflower, palm), glucose syrup, spices (curry, paprika, turmeric, cayenne pepper, cardamom, ginger, cinnamon), minerals (calcium phosphates, magnesium phosphate, potassium chloride, iron pyrophosphate, zinc sulphate, copper gluconate, manganese sulphate, potassium iodate, sodium selenite), salt, starch, green bell pepper, yeast extract, **milk** protein, flavourings, maltodextrin, coriander, emulsifier (**soya** lecithin [containing **soya**]), lemon powder, vitamins (vitamin A, vitamin D, vitamin E, vitamin C, thiamin, riboflavin, niacin, vitamin B6, folic acid, vitamin B12, biotin, pantothenic acid), thickener (xanthan gum).

- 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 serving	Per 59g serving	Typical analysis	Per 100g serving	Per 59g serving	% RI	
Energy (kJ)	1454	858	Vitamin A	µg	357	211	26
(kcal)	345	204	Vitamin D	µg	2.6	1.5	30
Fat (g)	6.0	3.5	Vitamin E	mg	5.1	3.0	25
of which saturates (g)	1.4	0.8	Vitamin C	mg	23	14	17
Carbohydrates (g)	41.1	24.3	Thiamin	mg	0.76	0.45	40
of which sugars (g)	5.1	3.0	Riboflavin	mg	0.90	0.53	38
Fibre (g)	9.5	5.6	Niacin	mg	9.5	5.6	35
Protein (g)	26.9	15.9	Vitamin B6	mg	0.85	0.50	36
Salt (g)	2.5	1.5	Folic acid	µg	172	101	51
			Vitamin B12	µg	0.71	0.42	17
			Biotin	µg	10	6.0	12
			Pantothenic acid	mg	1.8	1.1	18
			Potassium	mg	873	515	26
			Calcium	mg	455	268	34
			Phosphorus	mg	525	310	44
			Magnesium	mg	150	88.5	23
			Iron	mg	12	7.2	51
			Zinc	mg	6.6	3.9	39
			Copper	mg	1.1	0.63	63
			Manganese	mg	0.72	0.42	21
			Selenium	µg	31	18	34
			Iodine	µg	73.7	43.5	29

Foodpack bar: Crispy Cranberry & Raspberry

Ingredients: Soya granules, **soya** crisps (**soya** protein, tapioca starch, salt), fructose, **soya** crisps (**soya** protein, rice flour, **barley** malt extract, salt), oligofructose, bulking agent (polydextrose), humectant (glycerol), **soya** protein, maltitol syrup, sweetened cranberries (3.1%) (cranberries, sugar, sunflower oil), vegetable fat, vegetable fibre (acacia gum), potassium phosphate, acidity regulator (citric acid), tricalcium phosphate, salt, flavourings (contain **milk**), sunflower oil, magnesium oxide, vitamin & mineral mix (vitamin C, ferric pyrophosphate, niacin (as niacinamide), zinc oxide, vitamin E, copper gluconate, sodium fluoride, calcium d-pantothenate, manganese sulphate, chromium chloride, sodium selenite, riboflavin, vitamin B6, sodium molybdate, thiamin, potassium iodide, vitamin A, folic acid, vitamin K, d-biotin, vitamin D3, vitamin B12), sodium citrate, sweetener (sucralose).

- 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 serving	Per 46g serving	Typical analysis	Per 100g serving	Per 46g serving	% RI	
Energy (kJ)	1406	647	Vitamin A	µg	446	205	25
(kcal)	335	154	Vitamin D	µg	2.8	1.3	25
Fat (g)	7.8	3.6	Vitamin E	mg	6.7	3.0	25
of which saturates (g)	1.9	0.9	Vitamin K	µg	55	25	34
Carbohydrates (g)	35.2	16.2	Vitamin C	mg	44.6	20.5	25
of which sugars (g)	15.2	7.0	Thiamin	mg	0.6	0.3	25
Fibre (g)	11.8	5.4	Riboflavin	mg	0.9	0.4	29
Protein (g)	29.7	13.6	Niacin	mg	10	4.6	29
Salt (g)	1.1	0.5	Vitamin B6	mg	1.1	0.5	36
			Folic acid	µg	111.5	51.4	25
			Vitamin B12	µg	1.4	0.6	25
			Biotin	µg	27.8	12.8	25
			Pantothenic acid	mg	3.4	1.6	25
			Potassium	mg	1136	522	26
			Chloride	mg	437	201	25
			Calcium	mg	448	206	26
			Phosphorus	mg	426	196	28
			Magnesium	mg	204.5	94.1	25
			Iron	mg	11.5	5.3	38
			Zinc	mg	6.4	2.9	29
			Copper	mg	1.3	0.6	60
			Manganese	mg	1.6	0.7	36
			Fluoride	mg	2.0	0.9	25
			Selenium	µg	30.7	14.1	25
			Chromium	µg	22	10	25
			Molybdenum	µg	27.8	12.8	25
			Iodine	µg	84	38.6	25

Foodpack bar: Crispy Peanut

Ingredients: **Soya** crisps (**soya** protein, tapioca starch, salt), bulking agent (polydextrose, calcium carbonate), **peanuts** (11.2%), rice syrup, rice crisps (rice flour, **wheat gluten**, sugar, **wheat** malt, glucose, salt), **milk** protein, **soya** granules, humectant (glycerol), whey powder (contains **milk**), minerals (dipotassium phosphate, trimagnesium citrate, ferric diphosphate, zinc oxide, copper gluconate, sodium fluoride, manganese sulphate, chromium chloride, sodium selenite, sodium molybdate, potassium iodide), maltodextrin, erythritol, vegetable fibre (acacia gum), flavours, salt, vitamins (vitamin C, nicotinamide, vitamin E, calcium pantothenate, riboflavin, vitamin B6, thiamin hydrochloride, 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 serving	Per 46g serving	Typical analysis	Per 100g serving	Per 46g serving	% RI	
Energy (kJ)	1418	652	Vitamin A	µg	446	205	25
(kcal)	338	155	Vitamin D	µg	2.8	1.3	25
Fat (g)	8.9	4.1	Vitamin E	mg	6.7	3.0	25
of which saturates (g)	1.6	0.7	Vitamin K	µg	55	25	34
Carbohydrates (g)	35.8	16.4	Vitamin C	mg	44.5	20.5	25
of which sugars (g)	12.5	5.7	Thiamin	mg	0.6	0.3	25
Fibre (g)	12	5.5	Riboflavin	mg	0.9	0.4	29
Protein (g)	27.5	12.6	Niacin	mg	10	4.6	29
Salt (g)	1.5	0.7	Vitamin B6	mg	1.1	0.5	36
			Folic acid	µg	111.4	51.2	25
			Vitamin B12	µg	1.4	0.6	25
			Biotin	µg	27.8	12.8	25
			Pantothenic acid	mg	3.4	1.6	25
			Potassium	mg	1122	516	26
			Chloride	mg	437	201	25
			Calcium	mg	435	200	25
			Phosphorus	mg	529	243	35
			Magnesium	mg	203.9	93.8	25
			Iron	mg	11.1	5.1	36
			Zinc	mg	6.2	2.8	28
			Copper	mg	1.2	0.6	54
			Manganese	mg	1.4	0.7	32
			Fluoride	mg	2.0	0.9	25
			Selenium	µg	30.6	14.1	25
			Chromium	µg	22	10	25
			Molybdenum	µg	27.8	12.8	25
			Iodine	µg	83.6	38.4	25

Foodpack bar: Nut Fudge

Ingredients: Milk chocolate (15.2%) (sugar, cocoa butter, whole **milk** powder, cocoa mass, emulsifier: **soya** lecithin; flavours), rice syrup, hydrolysed **wheat** gluten, **milk** protein, **soya** protein, **wheat** starch, humectant (glycerol), butterscotch pieces (4.5%) (sugar, glucose syrup, **milk** fat), **soya** granules, minerals (dipotassium phosphate, trimagnesium citrate, potassium chloride, ferric diphosphate, zinc oxide, copper gluconate, sodium fluoride, manganese sulphate, chromium chloride, sodium selenite, sodium molybdate, potassium iodide), sweetener (erythritol), rice crisps (rice flour, **wheat** gluten, sugar, **wheat** malt, glucose, salt), **peanuts** (2.1%), sunflower oil, bulking agent (calcium carbonate), flavours, vitamins (vitamin C, nicotinamide, vitamin E, calcium pantothenate, riboflavin, vitamin B6, thiamin hydrochloride, 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, nuts and sesame seeds.
- Suitable for vegetarians.
- The soya in this product is from a non-genetically modified source.

Nutrition information

Typical analysis	Per 100g serving	Per 46g serving	Typical analysis	Per 100g serving	Per 50g serving	% RI
Energy (kJ)	1418	652	Vitamin A	µg	443	25
(kcal)	338	155	Vitamin D	µg	2.8	25
Fat (g)	9.8	4.5	Vitamin E	mg	6.6	25
of which saturates (g)	4.2	1.9	Vitamin K	µg	55	34
linoleic acid (g)	1.65	0.76	Vitamin C	mg	44	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)	20.7	9.5	Niacin	mg	9.9	28
Fibre (g)	8.4	3.8	Vitamin B ₆	mg	1.1	36
Protein (g)	27.6	12.7	Folic acid	µg	111	25
Salt (g)	0.58	0.27	Vitamin B ₁₂	µg	1.4	26
			Biotin	µg	28	25
			Pantothenic acid	mg	3.3	25
			Potassium	mg	1166	27
			Chloride	mg	438	25
			Calcium	mg	452	26
			Phosphorus	mg	385	25
			Magnesium	mg	205	25
			Iron	mg	10.8	35
			Zinc	mg	6.1	28
			Copper	mg	0.98	45
			Manganese	mg	1.3	30
			Fluoride	mg	1.95	25
			Selenium	µg	30.5	25
			Chromium	µg	22	25
			Molybdenum	µg	28	25
			Iodine	µg	83.7	25

Foodpack bar: Toffee

Ingredients: **Milk** chocolate (15.2%) (sugar, cocoa butter, whole **milk** powder, cocoa mass, emulsifier: **soya** lecithin; flavours), rice syrup, **milk** protein, hydrolysed **wheat** gluten, **wheat** starch, **soya** protein, butterscotch pieces (7%) (sugar, glucose syrup, **milk** fat), **soya** crisps (**soya** protein, tapioca starch, salt), humectant (glycerol), minerals (dipotassium phosphate, trimagnesium citrate, potassium chloride, ferric diphosphate, zinc oxide, copper gluconate, sodium fluoride, manganese sulphate, chromium chloride, sodium selenite, sodium molybdate, potassium iodide), sweetener (erythritol), sunflower oil, flavours, bulking agent (calcium carbonate), vitamins (vitamin C, nicotinamide, vitamin E, calcium pantothenate, riboflavin, vitamin B6, thiamin hydrochloride, 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, 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 serving	Per 46g serving	Typical analysis	Per 100g serving	Per 46g serving	% RI	
Energy (kJ)	1405	646	Vitamin A	µg	442	203	25
(kcal)	334	154	Vitamin D	µg	2.8	1.3	25
Fat (g)	8.9	4.1	Vitamin E	mg	6.6	3.0	25
of which saturates (g)	4.1	1.9	Vitamin K	µg	55	25	34
Carbohydrates (g)	36.9	17	Vitamin C	mg	44	20	25
of which sugars (g)	22.5	10.3	Thiamin	mg	0.61	0.28	25
Fibre (g)	7.5	3.4	Riboflavin	mg	0.88	0.41	29
Protein (g)	28.7	13.2	Niacin	mg	9.9	4.5	28
Salt (g)	0.64	0.3	Vitamin B6	mg	1.1	0.50	36
			Folic acid	µg	111	50.8	25
			Vitamin B12	µg	1.4	0.65	26
			Biotin	µg	28	13	25
			Pantothenic acid	mg	3.3	1.5	25
			Potassium	mg	1090	501	25
			Chloride	mg	453	208	26
			Calcium	mg	540	248	31
			Phosphorus	mg	467	215	30
			Magnesium	mg	205	94.3	25
			Iron	mg	11.4	5.2	37
			Zinc	mg	6.9	3.1	32
			Copper	mg	1.0	0.47	46
			Manganese	mg	1.2	0.57	28
			Fluoride	mg	1.95	0.90	25
			Selenium	µg	30.4	14	25
			Chromium	µg	22	10	25
			Molybdenum	µg	28	13	25
			Iodine	µg	83.5	38.4	25

Meal-replacement Foodpack bar: Chocolate Hazelnut

Ingredients: Chocolate (17.9%) (sugar, cocoa mass, cocoa butter, emulsifier: **soya** lecithin), rice syrup, **milk** protein, **soya** protein, hydrolysed **wheat** gluten, oligofructose, bulking agent (polydextrose), humectant (glycerol), **soya** crisps (**soya** protein, tapioca starch, salt), minerals (dipotassium phosphate, tricalcium phosphate, trimagnesium citrate, ferric diphosphate, zinc oxide, copper sulphate, manganese sulphate, potassium iodide, sodium selenite), **hazelnuts** (2.2%), sunflower oil, flavours, emulsifier (**soya** lecithin), salt, vitamins (vitamin C, nicotinamide, vitamin E, calcium pantothenate, riboflavin, vitamin B6, thiamin hydrochloride, vitamin A, folic acid, biotin, vitamin D, vitamin B12), 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 serving	Per 56g serving	Typical analysis	Per 100g serving	Per 56g serving	% RI	
Energy (kJ)	1517	849	Vitamin A	µg	381	213	26
(kcal)	362	203	Vitamin D	µg	2.7	1.6	31
Fat (g)	12	6.7	Vitamin E	mg	5.7	3.2	26
of which saturates (g)	4.8	2.7	Vitamin C	mg	24.5	13.7	17
Carbohydrates (g)	28.5	15.9	Thiamin	mg	0.6	0.3	31
of which sugars (g)	17.8	9.9	Riboflavin	mg	0.9	0.5	35
Fibre (g)	11.3	6.3	Niacin	mg	9.8	5.5	34
Protein (g)	31.5	17.7	Vitamin B6	mg	0.8	0.5	32
Salt (g)	0.8	0.5	Folic acid	µg	109	61	30
			Vitamin B12	µg	0.8	0.4	17
			Biotin	µg	27.2	15.2	30
			Pantothenic acid	mg	1.7	0.9	15
			Potassium	mg	1101	566	28
			Calcium	mg	403	226	28
			Phosphorus	mg	657	368	52
			Magnesium	mg	107	60.1	16
			Iron	mg	13.5	7.5	54
			Zinc	mg	6.0	3.4	34
			Copper	mg	0.8	0.4	43
			Manganese	mg	0.7	0.4	19
			Selenium	µg	30	16.8	30
			Iodine	µg	70.8	39.6	26

Meal-replacement Foodpack bar: Chocolate Raisin

Ingredients: **Soya** crisps (**soya** protein, tapioca starch, salt), fructose syrup, **milk** chocolate (11.7%) (sugar, cocoa butter, whole **milk** powder, cocoa mass, emulsifier (**soya** lecithin), flavourings), oligofructose, glucose syrup, raisins (7.3%), vegetable fibres (acacia gum), **soya** granules, **soya** protein, **cream** powder, **oat** flakes, dipotassium phosphate, sunflower oil, cocoa mass, flavourings, tricalcium phosphate, emulsifier (**soya** lecithin), vitamin & mineral mix (ferric diphosphate, vitamin C, nicotinamide, zinc oxide, vitamin E, copper sulphate, calcium pantothenate, manganese sulphate, riboflavin, vitamin B6, thiamin, vitamin A, potassium iodide, folic acid, biotin, sodium selenite, vitamin D, vitamin B12, magnesium oxide).

- 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 serving	Per 60g serving	Typical analysis	Per 100g serving	Per 60g serving	% RI	
Energy (kJ)	1579	947	Vitamin A	µg	354	212	26
(kcal)	376	226	Vitamin D	µg	2.6	1.5	30
Fat (g)	11.4	6.8	Vitamin E	mg	5.3	3.2	26
of which saturates (g)	5.1	3.1	Vitamin C	mg	22.7	13.6	17
Carbohydrates (g)	36.1	21.7	Thiamin	mg	0.6	0.3	30
of which sugars (g)	29.9	17.9	Riboflavin	mg	0.8	0.5	35
Fibre (g)	12.9	7.7	Niacin	mg	9.1	5.4	34
Protein (g)	25.6	15.4	Vitamin B6	mg	0.8	0.5	32
Salt (g)	1.1	0.6	Folic acid	µg	101	60.6	30
			Vitamin B12	µg	0.7	0.4	18
			Biotin	µg	25.3	15.1	30
			Pantothenic acid	mg	1.5	0.9	15
			Potassium	mg	883	529	26
			Calcium	mg	375	225	28
			Phosphorus	mg	645	387	55
			Magnesium	mg	98.9	59.3	16
			Iron	mg	12.2	7.3	52
			Zinc	mg	6.0	3.6	36
			Copper	mg	0.9	0.5	53
			Manganese	mg	0.9	0.6	28
			Selenium	µg	27.8	16.7	30
			Iodine	µg	66.2	39.7	26

Drinks Mix: 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.

Drinks Mix Sticks: Pink Grapefruit

Ingredients: Fructo-oligosaccharides, acidity regulator (malic acid), natural grapefruit flavouring with other natural flavourings, maltodextrin, sweetener (sucralose), colouring (beta-carotene, concentrated beetroot juice).

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

Drinks Mix: St Clements

Ingredients: Fructo-oligosaccharides, acid (malic acid), natural lemon & orange flavouring with other natural flavourings, emulsifier (tricalcium phosphate), sweetener (sucralose).

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

Drinks Mix: 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.

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 100ml once prepared	Per 250ml serving
Energy (kcal)	2.5	6.25
Fat (g)	0.0	0.0
of which saturates (g)	0.0	0.0
Carbohydrates (g)	0.11	0.28
of which sugars (g)	0.04	0.11
Fibre (g)	0.58	1.45
Protein	0.0	0.0
Salt (g)	0.0	0.0

Nutrition information

Typical analysis	Per 100g	Per 500ml serving
Energy (kcal)	246	12
Fat (g)	0.01	0.0
of which saturates (g)	0.0	0.0
Carbohydrates (g)	11.1	0.56
of which sugars (g)	3.1	0.15
Fibre (g)	46.9	2.3
Protein	0.07	0.0
Salt (g)	0.07	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

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 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

Raspberry Jelly Sticks

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

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

Nutrition information

Typical analysis	Per 100g	Per 100ml prepared product	Per 7g stick
Energy (kcal)	348	11.8	29.5
Fat (g)	0.6	0.016	0.04
of which saturates (g)	0.2	0.0	0.0
Carbohydrates (g)	17.2	0.48	1.2
of which sugars (g)	0.8	0.024	0.06
Fibre (g)	5.2	0.144	0.36
Protein	66.1	1.85	4.63
Salt (g)	3	0.084	0.21

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

Sweeteners

Ingredients: Lactose (**milk**), sweetener (sucralose), leucine, stabiliser (sodium carboxymethylcellulose)

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

Nutrition information

Typical analysis	Per 100g	Per tablet (0.05g)
Energy (kJ)	1633	50
(kcal)	385	0
Fat (g)	0.3	0.0
of which saturates (g)	0.2	0.0
Carbohydrates (g)	87.4	0.0
of which sugars (g)	64.9	0.0
Fibre (g)	2.9	0.0
Protein (g)	6.7	0.0
Salt (g)	0.57	0.0