

LighterLife
Product Nutritional Information
Issued: Feb 2023

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 TotalFast 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 -

VLCD -

Banana Shake
Chocolate Shake
Strawberry Shake
Vanilla Shake
Chai Latte
Mango & Passionfruit Shake
Apple & Cinnamon Porridge
Original Porridge
Porridge with Vanilla FastPot
Vegetable Soup
Chicken & Sweetcorn Soup
Sweet Potato & Spicy Carrot Soup
Blueberry Pancake
Chocolate Mug Cake
Shepherd's Pie
Pasta Carbonara
Spaghetti Bolognese
Tomato & Pesto Flatbread
Crispy Peanut Bar
Nut Fudge Bar
Toffee Bar

MRF -

Chocolate Smoothie
Mixed Berry Smoothie
Super Green Vegetable Soup
Banana Porridge
Maple Syrup Pancakes
Sticky Toffee Pudding
Jerk Noodle FastPot
Pasta Bolognese FastPot
Thai Noodle FastPot
Chicken Noodle FastPot
Chocolate Raisin Bar
Chocolate Peanut Bar
Double Chocolate Bar
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.

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

Jelly Mixes – can also be added to LighterLife shakes to make “blancmange”. Not suitable for vegetarians. in three flavours:

- Raspberry
- Orange & Mango
- Blackcurrant

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

- Cheese & Onion
- Sweet Chilli
- Salt & Vinegar
- BBQ

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Apple & Cinnamon Porridge - VLCD

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, riboflavin, sodium molybdate), calcium phosphates, sweetener: sucralose.

- Allergy advice: for allergens, , 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

Banana Porridge - MRF

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, riboflavin), 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.
- Contains naturally occurring sugars
- 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	6.9	3.8	32
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	140	77.3	39
			Vitamin B12 µg	1.4	0.8	30
			Biotin µg	32.2	17.7	35
			Pantothenic acid mg	3.6	2.0	33
			Potassium mg	982	546	27
			Calcium mg	492	270	34
			Phosphorus mg	727	400	57
			Magnesium mg	213	117	31
			Iron mg	10.9	6.0	43
			Zinc mg	6.7	3.7	37
			Copper mg	0.9	0.5	48
			Manganese mg	1.2	0.6	32
			Selenium µg	54.5	30.0	55
			Iodine µg	81.8	45.0	30

Banana Shake - VLCD

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, riboflavin, sodium molybdate), colour: carotenes; sweetener: sucralose.

- Allergy advice: for allergens, see ingredients in **bold**.
- May also contain egg, celery, 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	55.0	21.8	40
			Chromium	µg	25.0	10.0	25
			Molybdenum	µg	31.3	12.5	25
			Iodine	µg	176	70.4	47

Blueberry Pancakes - VLCD

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, riboflavin, 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	0.8	0.3	31
Fibre (g)	10.2	4.1	Riboflavin	mg	1.8	0.7	51
Protein (g)	32.3	12.9	Niacin	mg	13	5.2	33
Salt (g)	2.09	0.84	Vitamin B6	mg	1.5	0.6	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	1.0	0.4	39
			Manganese	mg	1.4	0.6	29
			Fluoride	mg	2.3	0.9	26
			Selenium	µg	39	16	28
			Chromium	µg	26	10	26
			Molybdenum	µg	32	13	26
			Iodine	µg	144	57.7	38

Chai Latte - VLCD

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, riboflavin, sodium molybdate), dipotassium phosphate, flavourings, sweetener: sucralose.

- Allergy advice: for allergens, 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
			Molybdenum	µg	31.3	12.5	25
			Iodine	µg	161	64.5	43

Chicken & Sweetcorn Soup - VLCD

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, riboflavin, sodium molybdate), nutmeg extract, thickener: xanthan gum.

- Allergy advice: for allergens, 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 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	225	28
(kcal)	386	154	Vitamin D	µg	3.5	1.4	28
Fat (g)	12.5	5.0	Vitamin E	mg	7.8	3.1	26
of which saturates (g)	7.2	2.9	Vitamin K	µg	64.9	25.8	34
Carbohydrates (g)	31.8	12.7	Vitamin C	mg	53.5	21.4	27
of which sugars (g)	12.2	4.9	Thiamin	mg	0.8	0.3	28
Fibre (g)	9.7	3.9	Riboflavin	mg	1.3	0.5	36
Protein (g)	31.2	12.5	Niacin	mg	12.8	5.1	32
Salt (g)	3.65	1.46	Vitamin B6	mg	1.4	0.6	39
			Folic acid	µg	156	62.6	31
			Vitamin B12	µg	2.0	0.8	31
			Biotin	µg	35.0	14	28
			Pantothenic acid	mg	4.3	1.7	29
			Potassium	mg	1279	512	26
			Chloride	mg	1843	737	92
			Calcium	mg	568	227	28
			Phosphorus	mg	631	253	36
			Magnesium	mg	246	98.4	26
			Iron	mg	12.1	4.8	34
			Zinc	mg	7.4	3.0	30
			Copper	mg	1.1	0.5	45
			Manganese	mg	1.4	0.6	28
			Fluoride	mg	2.3	0.9	26
			Selenium	µg	37.0	14.8	27
			Chromium	µg	25.8	10.3	26
			Molybdenum	µg	32.3	12.9	26
			Iodine	µg	117	46.7	31

Chicken Noodle FastPot® - MRF

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-II-gluconate, manganese sulphate, potassium iodate, sodium selenite), bell pepper, maize (1.6%), 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 40g serving	Typical analysis	Per 100g	Per 255g serving	% RI	
Energy (kJ)	1618	647	Vitamin A	µg	450	247.30	31
(kcal)	386	154	Vitamin D	µg	2.8	1.5	31
Fat (g)	12.5	5.0	Vitamin E	mg	7.6	23.5	31
of which saturates (g)	7.2	2.9	Vitamin K	µg	42.7	4.2	35
Carbohydrates (g)	31.8	12.7	Vitamin C	mg	44.7	24.6	31
of which sugars (g)	12.2	4.9	Thiamin	mg	0.7	0.4	32
Fibre (g)	9.7	3.9	Riboflavin	mg	0.9	0.5	37
Protein (g)	31.2	12.5	Niacin	mg	10.6	5.8	37
Salt (g)	3.65	1.46	Vitamin B6	mg	0.9	0.5	37
			Folic acid	µg	185	101.9	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	502.5	25
			Calcium	mg	472	240.5	30
			Phosphorus	mg	437	340.4	49
			Magnesium	mg	207	114.0	30
			Iron	mg	13.9	7.7	55
			Zinc	mg	7.2	4.0	40
			Copper	mg	1.0	0.5	53
			Manganese	mg	1.4	0.8	38
			Selenium	µg	34.4	18.9	34
			Iodine	µg	98.6	54.2	36

Chocolate Mug Cake - VLCD

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, riboflavin, sodium molybdate) thickener: xanthan gum, sweetener: sucralose.

- Allergy advice: for allergens, 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 Peanut Bar - MRF

Ingredients:

soya crisps (17.6%) (**soya** protein, tapioca starch, salt), glucose syrup, **peanuts** (11.3%), **milk** chocolate (10.7%) (sugar, cocoa butter, whole **milk** powder, cocoa mass, emulsifier: **soya** lecithin; flavours), bulking agent: polydextrose; humectant: glycerol; **soya** crisps (6.0%) (**soya** protein, low fat cocoa, tapioca starch), rice flour, minerals (dipotassium phosphate, magnesium carbonate, tricalcium phosphate, trisodium citrate, ferric pyrophosphate, zinc oxide, copper(II)gluconate, manganese sulphate, potassium iodide, sodium selenite), dates, chicory root fibre, fructose, skimmed **milk** powder, **soya** protein (1.5%), sunflower oil, flavours (contains **peanut**), rice bran, sugar, 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), rice extract

- 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)	1597	894	Vitamin A µg	435	244	30
(kcal)	381	213	Vitamin D µg	2.7	1.6	31
Fat (g)	12.5	7.0	Vitamin E mg	6.5	3.6	30
of which saturates (g)	4.0	2.2	Vitamin K µg	40.9	22.9	30
Carbohydrates (g)	40.8	22.9	Vitamin C mg	43.6	24.4	30
of which sugars (g)	19.7	11.0	Thiamin mg	0.6	0.3	31
Fibre (g)	10.3	5.7	Riboflavin mg	0.8	0.4	30
Protein (g)	24.2	13.5	Niacin mg	8.7	4.9	30
Salt (g)	1.01	0.57	Vitamin B6 mg	0.8	0.4	30
			Folic acid µg	109	61	30
			Vitamin B12 µg	1.4	0.8	31
			Biotin µg	27.2	15.2	30
			Pantothenic acid mg	3.3	1.9	31
			Potassium mg	906	507	25
			Calcium mg	444	248	31
			Phosphorus mg	646	361	51
			Magnesium mg	202	113	30
			Iron mg	11.1	6.2	44
			Zinc mg	6.4	3.6	36
			Copper mg	1.0	0.6	55
			Manganese mg	1.2	0.7	35
			Selenium µg	30.0	16.8	30
			Iodine µg	82.1	46.0	30

Chocolate Raisin Bar - MRF

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, see ingredients in **bold**.
- May also contain traces of gluten, 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)	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 K	µg	40.2	24.1	30
Carbohydrates (g)	36.3	21.7	Vitamin C	mg	0.6	0.3	30
of which sugars (g)	29.8	17.9	Thiamin	mg	37.7	22.6	30
Fibre (g)	12.6	7.6	Riboflavin	mg	0.7	0.4	30
Protein (g)	25.4	15.3	Niacin	mg	8.0	4.8	30
Salt (g)	1.04	0.62	Vitamin B6	mg	0.7	0.4	30
			Folic acid	µg	100	60.3	30
			Vitamin B12	µg	1.3	0.8	31
			Biotin	µg	25.1	15.0	30
			Pantothenic acid	mg	3.0	1.8	30
			Potassium	mg	865	519	26
			Calcium	mg	444	266	33
			Phosphorus	mg	641	384	55
			Magnesium	mg	193	116	31
			Iron	mg	11.5	69	49
			Zinc	mg	6.2	3.7	37
			Copper	mg	1.1	0.6	64
			Manganese	mg	1.4	0.8	40
			Selenium	µg	27.7	16.6	30
			Iodine	µg	75.8	45.5	30

Chocolate shake - VLCD

Ingredients:

Whey powder (19.5%) (**milk**); inulin; maltodextrin; **soya** protein (13.7%); **milk** protein; vegetable oil preparation (contains **milk**); fat reduced cocoa powder (8.3%); emulsifier: **soya** lecithin; acidity regulators: potassium chloride, magnesium carbonate; thickeners: xanthan gum, carboxymethylcellulose; flavouring; stabiliser: diphosphates; salt; vitamin and mineral premix (vitamin C, vitamin E, vitamin B3, ferric pyrophosphate, vitamin B5, zinc oxide, sodium fluoride, manganese sulphate, vitamin B6, vitamin B2, vitamin B1, copper carbonate, vitamin A, vitamin B9, potassium iodide, vitamin K1, sodium selenite, vitamin B8, sodium molybdate, chromium chloride, vitamin D3, vitamin B12); vanilla extract; antioxidants: calcium citrate, sweeteners: acesulfame K, sucralose.

- Allergy advice: for allergens see ingredients in **bold**.
- Produced in a factory that handles: eggs
- 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)	1522	640	Vitamin A	µg	619	260	33
(kcal)	363	153	Vitamin D	µg	4.5	1.9	38
Fat (g)	8.8	3.7	Vitamin E	mg	17.0	7.1	59
of which saturates (g)	2.1	0.9	Vitamin K	µg	77.0	32.3	43
Carbohydrates (g)	31.0	13.0	Vitamin C	mg	90.0	37.8	47
of which sugars (g)	13.0	5.5	Thiamin	mg	1.0	0.4	38
Fibre (g)	18.0	7.6	Riboflavin	mg	1.5	0.6	45
Protein (g)	30.9	13.0	Niacin	mg	15.0	6.3	39
Salt (g)	1.80	0.76	Vitamin B6	mg	1.3	0.6	39
			Folic acid	µg	200	84.0	42
			Vitamin B12	µg	3.4	1.4	56
			Biotin	µg	60.0	25.2	50
			Pantothenic acid	mg	6.0	2.5	42
			Potassium	mg	1200	504	25
			Chloride	mg	1000	420	53
			Calcium	mg	477	200	25
			Phosphorus	mg	450	189	27
			Magnesium	mg	224	94.0	25
			Iron	mg	18.0	7.6	54
			Zinc	mg	6.0	2.5	25
			Copper	mg	1.5	0.6	60
			Manganese	mg	1.6	0.7	34
			Fluoride	mg	3.1	1.3	37
			Selenium	µg	40.0	16.8	31
			Chromium	µg	38.0	16.0	40
			Molybdenum	µg	45.0	18.9	38
			Iodine	µg	135	56.7	38

Chocolate Smoothie - MRF

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, see ingredients in **bold**.
- May also contain 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 as prepared	Typical analysis	Per 100g	Per 40g serving as prepared	% 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	69.0	27.6	37
Carbohydrates (g)	44.3	29.8	Vitamin C	mg	63.8	25.5	32
of which sugars (g)	18.3	19.4	Thiamin	mg	0.7	0.3	26
Fibre (g)	19.7	7.9	Riboflavin	mg	0.5	0.2	15
Protein (g)	18.6	16.2	Niacin	mg	14.0	5.6	35
Salt (g)	0.79	0.57	Vitamin B6	mg	0.9	0.4	25
			Folic acid	µg	144	57.6	29
			Vitamin B12	µg	0.8	0.3	12
			Biotin	µg	32.9	13.1	26
			Pantothenic acid	mg	2.9	1.2	20
			Potassium	mg	1075	430	22
			Calcium	mg	403	161	20
			Phosphorus	mg	378	151	22
			Magnesium	mg	215	86	23
			Iron	mg	16.9	6.8	48
			Zinc	mg	6.8	2.7	27
			Copper	mg	1.4	0.6	55
			Manganese	mg	1.8	0.7	36
			Selenium	mg	51.2	20.5	37
			Iodine	µg	128	51.1	34

Crispy Peanut Bar - VLCD

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 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

Double Chocolate Bar - MRF

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 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

Jerk Noodle FastPot® - MRF

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 acids of mono, 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, celery and mustard.
- 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)	1.20	0.78	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

Mango & Passionfruit Shake - VLCD

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, riboflavin, sodium molybdate), dipotassium phosphate, sweetener: sucralose.

- Allergy advice: for allergens, 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 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

Maple Syrup Pancakes - MRF

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, copper gluconate, manganese sulphate, vitamin B12, 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 125g 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	1.1	0.6	50
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	1.2	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	295	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

Mixed Berry Smoothie - MRF

Ingredients:

Skimmed **milk** powder (30%), maltodextrin, inulin, fat powder (contains **soya, milk**), **whey** protein concentrate (6%), thickeners: xanthan gum, guar gum, carboxy methyl cellulose; magnesium citrate, dried strawberries (1%), colours: beetroot red, anthocyanins; flavouring, 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), quinoa (1%) tripotassium citrate, salt, emulsifier: lecithins; sweeteners: sucralose, acesulfame k.

- Allergy advice: for allergens, 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, milk, celery, mustard and sulphites.
- Suitable for vegetarians.
- Gluten free.

Nutrition information

Typical analysis	Per 100g	Per 298g serving as prepared	Typical analysis	Per 100g	Per 298g serving as prepared	% 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	69.0	27.6	35
Carbohydrates (g)	48.1	31.3	Vitamin C	mg	63.9	28.1	37
of which sugars (g)	19.8	20.0	Thiamin	mg	0.7	0.4	35
Fibre (g)	19.7	7.9	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 - VLCD

Ingredients:

milk chocolate 15,2% (sugar, cocoa butter, whole **milk** powder, cocoa mass, emulsifier (**soy** lecithin), flavours), rice syrup, hydrolysed **wheat** gluten, **milk** protein, **soy** 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, vitamin B2, vitamin B6, vitamin B1, 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.
- 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	204	25
(kcal)	340	156	Vitamin D	µg	2.8	1.3	25
Fat (g)	9.5	4.4	Vitamin E	mg	6.6	3.0	25
of which saturates (g)	4.1	1.9	Vitamin K	µg	55.3	25.4	34
Carbohydrates (g)	36.8	16.9	Vitamin C	mg	44.2	20.3	25
of which sugars (g)	21.0	9.6	Thiamin	mg	0.6	0.3	25
Fibre (g)	8.4	3.9	Riboflavin	mg	0.9	0.4	29
Protein (g)	27.7	12.7	Niacin	mg	9.9	4.6	28
Salt (g)	0.57	0.26	Vitamin B ₆	mg	1.1	0.5	36
			Folic acid	µg	111	50.9	25
			Vitamin B ₁₂	µg	1.4	0.7	26
			Biotin	µg	27.6	12.7	25
			Pantothenic acid	mg	3.3	1.6	25
			Potassium	mg	1207	555	28
			Chloride	mg	435	200	25
			Calcium	mg	461	212	26
			Phosphorus	mg	386	177	25
			Magnesium	mg	208	95.4	25
			Iron	mg	11.2	5.2	37
			Zinc	mg	6.1	2.8	28
			Copper	mg	1.1	0.5	52
			Manganese	mg	1.3	0.6	30
			Fluoride	mg	2.0	0.9	25
			Selenium	µg	30.4	14.0	25
			Chromium	µg	22.0	10.0	25
			Molybdenum	µg	27.6	12.7	25
			Iodine	µg	83.7	38.5	25

Original Porridge - VLCD

Ingredients:

Skimmed **milk** powder (23.5%), **oats** (22%), **soya** protein, milk protein concentrate, fat powder (contains **soya, milk**), fat powder (contains **milk**), **oat** fibres (4%), trisodium citrate, **wheat** flour, tripotassium citrate, maltodextrin, magnesium citrate, calcium chloride, flavouring, 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, riboflavin, sodium molybdate), 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 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)	13.2	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

Pasta Bolognese FastPot® - MRF

Ingredients:

Pasta (38.5%), (Durum **wheat**, semolina), **soya** protein, tomatoes (9.3%), glucose syrup, flavourings, sunflower oil, onions, starch, garlic (1.5%), minerals (calcium carbonate, magnesium phosphate, ferric pyrophosphate, zinc sulphate, potassium iodate, copper-II-gluconate, sodium selenite, manganese 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, celery, mustard 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)	1.23	0.76	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

Pasta Carbonara - VLCD

Ingredients:

Pre-cooked pasta (34.5%) (durum **wheat** 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, 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)	1589	645	Vitamin A	µg	536	217	27
(kcal)	378	153	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

Porridge FastPot® - VLCD

Ingredients:

Oat flakes (48%), milk protein (29.4%), inulin, skimmed milk powder, vegetable oils (soya, palm), thickener (xanthan gum, acacia), 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**.
- Produced in a factory that handles: egg, celery, and sulphites.
- 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	61.4
			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

Salted Caramel Bar - MRF

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 traces of 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 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

Shepherd's Pie - VLCD

Ingredients:

Soya and pea protein (45%), dehydrated vegetables (potato flakes, onions, pea, garlic)(13%), vegetable oils (**soya, milk**), maltodextrin, corn starch, flavours (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, sulphites, maltodextrin, 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, colours (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, 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	32
(kcal)	365	150	Vitamin D	µg	3.1	1.3	25
Fat (g)	10.4	4.3	Vitamin E	mg	14.4	5.9	50
of which saturates (g)	2.8	1.2	Vitamin K	µg	63.4	26.0	35
Carbohydrates (g)	33.5	13.7	Vitamin C	mg	77.4	31.7	40
of which sugars (g)	5.7	2.6	Thiamin	mg	0.8	0.3	30
Fibre (g)	7.6	3.1	Riboflavin	mg	1.0	0.4	31
Protein (g)	30.5	12.5	Niacin	mg	12.0	4.9	31
Salt (g)	3.35	1.38	Vitamin B6	mg	1.3	0.6	40
			Folic acid	µg	240	98.0	49
			Vitamin B12	µg	1.5	0.6	25
			Biotin	µg	31.4	12.9	26
			Pantothenic acid	mg	3.9	1.6	27
			Potassium	mg	1900	779	39
			Chloride	mg	1000	410	51
			Calcium	mg	488	200	25
			Phosphorus	mg	655	268	39
			Magnesium	mg	233	95.6	26
			Iron	mg	12.4	5.1	37
			Zinc	mg	7.1	2.9	29
			Copper	mg	0.9	0.4	35
			Manganese	mg	1.3	0.5	26
			Fluoride	mg	2.1	0.9	25
			Selenium	µg	35.6	14.6	27
			Chromium	µg	25.5	10.5	26
			Molybdenum	µg	30.5	12.5	25
			Iodine	µg	91.5	37.5	25

Spaghetti Bolognese - VLCD

Ingredients:

Vegetable protein blend (contains **soya**), pre-cooked spaghetti (32.5%)(durum **wheat** semolina), vegetable oil (**soya** bean oil and sunflower oil; maltodextrin, **milk** protein, emulsifier: **soya** lecithin, antioxidants: ascorbyle palmitate, alpha tocopherols), tomato powder (5.2%), 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 (0.1%), 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	26
(kcal)	375	150	Vitamin D	µg	3.1	25
Fat (g)	10.5	4.2	Vitamin E	mg	8.1	27
of which saturates (g)	1.4	0.6	Vitamin K	µg	62.6	34
Carbohydrates (g)	34.8	13.9	Vitamin C	mg	76.4	38
of which sugars (g)	4.9	2.0	Thiamin	mg	0.8	29
Fibre (g)	7.9	3.2	Riboflavin	mg	1.1	31
Protein (g)	31.3	12.5	Niacin	mg	12.0	30
Salt (g)	3.53	1.4	Vitamin B6	mg	1.4	39
			Folic acid	µg	488	98
			Vitamin B12	µg	1.6	25
			Biotin	µg	31.3	25
			Pantothenic acid	mg	3.9	26
			Potassium	mg	1312	27
			Chloride	mg	1567	78
			Calcium	mg	500	25
			Phosphorus	mg	477	28
			Magnesium	mg	245	26
			Iron	mg	11.5	33
			Zinc	mg	7.2	29
			Copper	mg	0.8	31
			Manganese	mg	1.3	26
			Fluoride	mg	2.2	25
			Selenium	µg	34.6	25
			Chromium	µg	25	25
			Molybdenum	µg	31.3	25
			Iodine	µg	93.8	25

Spicy Sweet Potato & Carrot Soup - VLCD

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, riboflavin, sodium molybdate), parsley.

- Allergy advice: for allergens, 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)	1595	638	Vitamin A	µg	501	200	25
(kcal)	380	152	Vitamin D	µg	3.1	1.3	25
Fat (g)	11.1	4.4	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	50.3	20.1	25
of which sugars (g)	7.2	2.9	Thiamin	mg	0.7	0.3	26
Fibre (g)	13.1	5.2	Riboflavin	mg	1.0	0.4	29
Protein (g)	31.6	12.7	Niacin	mg	12.3	4.9	31
Salt (g)	3.06	1.23	Vitamin B6	mg	1.4	0.5	36
			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	1290	516	26
			Chloride	mg	1493	597	75
			Calcium	mg	525	210	26
			Phosphorus	mg	831	332	48
			Magnesium	mg	242	97	26
			Iron	mg	14.0	6.0	43
			Zinc	mg	7.5	3.0	30
			Copper	mg	1.4	0.6	54
			Manganese	mg	1.7	0.7	34
			Fluoride	mg	2.2	0.9	25
			Selenium	µg	63.0	25.2	46
			Chromium	µg	25.1	10.0	25
			Molybdenum	µg	31.3	12.5	25
			Iodine	µg	94.1	37.6	25

Sticky Toffee Pudding - MRF

Ingredients:

Maize flour, **whey** 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, copper gluconate, manganese sulphate, vitamin B12, vitamin D, vitamin B6, folic acid, thiamin, vitamin K, riboflavin); potassium chloride, magnesium oxide, emulsifier: lecithins; 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 115g 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	0.6	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

Strawberry Shake - VLCD

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, riboflavin, 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 Vegetable Soup - MRF

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 (1%), 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, riboflavin) 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)	1633	865	Vitamin A	µg	454	241	30
(kcal)	388	206	Vitamin D	µg	2.8	1.5	30
Fat (g)	10.9	5.8	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)	41.8	22.2	Vitamin C	mg	45.5	24.1	30
of which sugars (g)	6.2	3.3	Thiamin	mg	0.6	0.3	30
Fibre (g)	8.4	4.4	Riboflavin	mg	0.8	0.4	30
Protein (g)	26.3	13.9	Niacin	mg	9.1	4.8	30
Salt (g)	3.02	1.60	Vitamin B6	mg	0.8	0.4	30
			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	998	529	27
			Calcium	mg	565	299	37
			Phosphorus	mg	624	331	47
			Magnesium	mg	214	114	30
			Iron	mg	9.0	4.8	34
			Zinc	mg	5.8	3.1	31
			Copper	mg	0.7	0.4	35
			Manganese	mg	1.1	0.6	30
			Selenium	µg	46.2	24.5	45
			Iodine	µg	85.6	45.4	30

Thai Noodle FastPot® - MRF

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, manganese 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	99.0	54.5	36
			Selenium µg	37.8	20.8	38

Toffee Bar - VLCD

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 (7.0%) (sugar, glucose syrup, **milk** fat), soy crisps (6.3%) (**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, nuts 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	203	25
(kcal)	336	155	Vitamin D	µg	2.8	1.3	25
Fat (g)	8.8	4.0	Vitamin E	mg	6.6	3.0	25
of which saturates (g)	3.8	1.7	Vitamin K	µg	55.2	25.4	34
Carbohydrates (g)	36.9	17	Vitamin C	mg	44.1	20.3	25
of which sugars (g)	22.7	10.4	Thiamin	mg	0.6	0.3	25
Fibre (g)	7.6	3.5	Riboflavin	mg	0.9	0.4	29
Protein (g)	28.7	13.2	Niacin	mg	9.9	4.5	28
Salt (g)	0.64	0.29	Vitamin B6	mg	1.1	0.5	36
			Folic acid	µg	110	50.8	25
			Vitamin B12	µg	1.4	0.7	26
			Biotin	µg	27.5	12.6	25
			Pantothenic acid	mg	3.3	1.5	25
			Potassium	mg	1083	498	25
			Chloride	mg	450	207	26
			Calcium	mg	553	254	31
			Phosphorus	mg	469	216	30
			Magnesium	mg	208	95.5	25
			Iron	mg	11.8	5.4	39
			Zinc	mg	6.9	3.1	32
			Copper	mg	1.2	0.5	54
			Manganese	mg	1.2	0.6	28
			Fluoride	mg	2.0	0.9	25
			Selenium	µg	30.4	14.0	25
			Chromium	µg	22.0	10.0	25
			Molybdenum	µg	27.5	12.7	25
			Iodine	µg	83.5	38.4	25

Tomato & Pesto Flatbread - VLCD

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, riboflavin, 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

Vanilla Shake - VLCD

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, 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 - VLCD

Ingredients:

Vegetable protein (27.4%) (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 (15.9%), 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, 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)	4.4	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)	3.75	1.48	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

Drink Mixes

Fruits of the Forest

Ingredients:

Fructo-oligosaccharides, acid: malic acid, sweetener: sucralose, flavourings, concentrated beetroot juice powder.

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

Nutrition information

Typical analysis	Per 100g	Per 5g Serving
Energy (kJ)	994	50
(kcal)	240	12
Fat (g)	0.0	0.0
of which saturates (g)	0.0	0.0
Carbohydrates (g)	9.3	0.5
of which sugars (g)	5.9	0.3
Fibre (g)	62.0	3.1
Protein	0.0	0.0
Salt (g)	0.0	0.0

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 gluten, egg, fish, soya, milk, nuts and celery
- Suitable for vegans.

Nutrition information

Typical analysis	Per 100g	Per 250ml serving as prepared
Energy (kJ)	1046	26
(kcal)	251	7
Fat	0.3	0.0
of which saturates (g)	0.1	0.0
Carbohydrates (g)	13.0	0.4
of which sugars (g)	6.0	0.2
Fibre (g)	56.0	1.4
Protein	0.1	0.0
Salt (g)	0.01	0.0

Sunrise Orange

Ingredients:

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

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

Nutrition information

Typical analysis	Per 100g	Per 250ml serving as prepared
Energy (kJ)	1016	26
(kcal)	245	6
Fat	0.2	0.0
of which saturates (g)	0.0	0.0
Carbohydrates (g)	9.9	0.3
of which sugars (g)	5.4	0.2
Fibre (g)	60.0	1.5
Protein	0.0	0.0
Salt (g)	0.0	0.0

Fibre Mix

Ingredients:

Fructo-oligosaccharide (chicory).

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

Nutrition information

Typical analysis	Per 100g	Per 5g Serving
Energy (kJ)	848	42
(kcal)	210	10
Fat	0.0	0.0
of which saturates (g)	0.0	0.0
Carbohydrates (g)	8.0	0.4
of which sugars (g)	8.0	0.4
Fibre (g)	89.0	4.5
Protein	0.0	0.0
Salt (g)	0.0	0.0

Mousse Mix

Ingredients:

Gelatine (bovine).

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

Nutrition information

Typical analysis	Per 100g	Per 10g Serving
Energy (kJ)	1581	158
(kcal)	372	37
Fat	0.0	0.0
of which saturates (g)	0.0	0.0
Carbohydrates (g)	0.0	0.0
of which sugars (g)	0.0	0.0
Fibre (g)	0.0	0.0
Protein	93.0	9.3
Salt (g)	0.75	0.08

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**.
- Suitable for vegans.

Nutrition information

Typical analysis	Per 100ml	Per 6g serving as prepared
Energy (kJ)		77
(kcal)		18
Fat		0.6
of which saturates (g)		0.3
Carbohydrates (g)		2.3
of which sugars (g)		0.3
Fibre (g)		0.3
Protein		0.8
Salt (g)		1.72

Jelly Mixes

Blackcurrant

Ingredients:

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

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

Nutrition information

Typical analysis	Per 100g	Per 7g serving
Energy (kJ)	1451	102
(kcal)	342	24
Fat	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	66.0	4.6
Salt (g)	3.60	0.26

Orange & Mango

Ingredients:

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

- May also contain gluten, egg, fish, soya, milk, nuts and celery
- **NOT** suitable for vegetarians

Nutrition information

Typical analysis	Per 100g	Per 7g Serving
Energy (kJ)	1461	102
(kcal)	344	24
Fat	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	64.0	4.5
Salt (g)	3.60	0.25

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).

- May also contain gluten, egg, fish, soya, milk, nuts and celery
- **NOT** suitable for vegetarians

Nutrition information

Typical analysis	Per 100g	Per 7g Serving
Energy (kJ)	1408	99
(kcal)	331	23
Fat	0.4	0.0
of which saturates (g)	0.2	0.0
Carbohydrates (g)	16.0	1.1
of which sugars (g)	2.7	0.2
Fibre (g)	4.5	0.3
Protein	64.0	4.5
Salt (g)	3.6	0.25

Cheese & Onion Popped Chips

Ingredients:

Soya flour (31%), tapioca starch, sunflower oil, chickpea flour(10%), rice flour, 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.

- Allergy advice: for allergens, 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)	1.4	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 flour (31%), tapioca starch, sunflower oil, chickpea flour (10%), rice flour, sugar, salt, yeast extract, onion powder, spices (ginger, cayenne, aniseed, white pepper), tomato powder, garlic powder, acidity Regulator: citric acid, natural flavouring, basil, natural flavouring colour: paprika extract.

- Allergy advice: for allergens, see ingredients in **bold**.
- Made in a factory that handles milk
- 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 flour (31%), tapioca starch, sunflower oil, chickpea flour (10%), rice flour, maltodextrin, spirit vinegar, acidity regulator: citric acid, salt, sugar, dextrose, sea salt, natural flavouring yeast extract.

- Allergy advice: for allergens, see ingredients in **bold**.
- Made in a factory that handles milk
- 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 flour (31%), tapioca starch, sunflower oil, chickpea flour (10%), rice flour, sugar, salt, yeast extract, dextrose monohydrate, onion powder, natural flavouring, spices (smoked paprika, cayenne), garlic powder, acidity regulator: citric acid, colour: paprika extract.

- Allergy advice: for allergens, see ingredients in **bold**.
- Made in a factory that handles milk
- 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