

Doozy

Nutritional Information

Doozy
Boxes & Bars

graze



	Energy (KJ)	Energy (Kcal)	Fat	Saturates	Carbohydrates	Sugars	Fibre	Protein	Salt
Graze Lemon Drizzle Flapjack	1040	248	13g	4.6g	29g	14g	3.1g	3.1g	0.35g
Graze Punchy Protein Nuts	1020	245	19g	2.8g	9.1g	2g	3g	9g	0.37g
Graze Smokehouse BBQ Crunch	572	137	4.5g	2g	19g	1.3g	2.3g	3.1g	0.31g



Certified
GF
Gluten-Free



	Energy (KJ)	Energy (Kcal)	Fat	Saturates	Carbohydrates	Sugars	Fibre	Protein	Salt
9 Bar Apricot & Strawberry Breakfast Boost	932	223	11g	2.5g	20.5g	14.8g	3.1g	9g	0.32g
9 Bar Peanut Original Lift	1146	276	21g	3.9g	10.5g	7.5g	4.1g	9.9g	0.32g
9 Bar Raspberry Cocoa Kick	901	217	15.2g	4g	12g	10.8g	4.3g	6g	0.13g



Bounce[®]

NATURAL ENERGY BALLS



	Energy (KJ)	Energy (Kcal)	Fat	Saturates	Carbohydrates	Sugars	Fibre	Protein	Salt
Bounce Balls Almond Protein Hit	905	216	9g	0.8g	20g	11g	3.5g	12g	0.32g
Bounce Balls Coconut & Macadamia Protein Bliss	748	178	7g	2.6g	18g	10g	4g	9g	0.27g

nākd.

WHOLEFOODS



	Energy (KJ)	Energy (Kcal)	Fat	Saturates	Carbohydrates	Sugars	Fibre	Protein	Salt
Nakd Nibble Cashew Cookie Bar	604	143	8.2g	1.6g	16.1g	13.7g	1.6g	3.5g	0.1g
Nakd Nudie Choc Orange	607	145	7g	1.5g	15.8g	13.6g	2.2g	3.9g	0.1g

TREK

FUELLED BY NATURE



	Energy (KJ)	Energy (Kcal)	Fat	Saturates	Carbohydrates	Sugars	Fibre	Protein	Salt
Trek Protein Berry Burst	322	177	1.6g	0.2g	29.2g	24.5g	3.3g	10g	0.3g
Trek Protein Cocoa Chaos	780	186	3.5g	0.7g	27.3g	22.8g	3.6g	10g	0.3g

Doozy
Bags & Snacks

URBAN FRUIT

just fruit, gently baked

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	Energy (KJ)	Energy (Kcal)	Fat	Saturates	Carbohydrates	Sugars	Fibre	Protein	Salt
Urban Fruit Magnificent Mango Snack Packs	432	103	0.1g	0g	23.8g	19.8g	3.2g	1g	Trace
Urban Fruit Perfect Pineapple Snack Packs	420	100	0g	0g	24.25g	20g	2.8g	0.7g	Trace
Urban Fruit Smashing Strawberry Snack Packs	430	102	0g	0g	23.5g	20.3g	2.1g	0.7g	Trace

popchips®

Certified
GF
Gluten-Free®



	Energy (KJ)	Energy (Kcal)	Fat	Saturates	Carbohydrates	Sugars	Fibre	Protein	Salt
Popchips Barbeque	405	97	3.6g	0.3g	14g	2.1g	0.9g	1.3g	0.49g
Popchips Ridges Sea Salt & Vinegar	407	97	3.3g	0.3g	15g	0.6g	0.8g	1.3g	0.38g
Popchips Ridges Smokey Bacon	414	99	3.6g	0.4g	15g	0.8g	0.8g	1.4g	0.33g



HOOTS SNACKS



	Energy (KJ)	Energy (Kcal)	Fat	Saturates	Carbohydrates	Sugars	Fibre	Protein	Salt
Hoots Cheese & Onion	715	170	6.7g	0.8g	23.2g	1.9g	1.2g	3.7g	0.8g
Hoots Salt & Vinegar	711	169	6.7g	0.7g	23g	1.3g	1.1g	3.6g	1g
Hoots Smokey Bacon	712	170	6.7g	0.7g	23g	0.9g	1.1g	3.9g	0.7g

metcalfe's food co

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	Energy (KJ)	Energy (Kcal)	Fat	Saturates	Carbohydrates	Sugars	Fibre	Protein	Salt
Metcalfe Skinny RiceCakes Dark Chocolate	336	80	3.2g	1.9g	11g	4.7g	0.7g	1.4g	0.01g
Metcalfe Skinny Rice Cakes Milk Chocolate	346	83	3.8g	2.6g	10.9g	4.8g	0.5g	1g	0.01g
Metcalfe Skinny Rice Cakes Yoghurt	333	80	3.2g	2g	11g	5.1g	0.5g	1.5g	0.04g

Veronica's

Munchy Happiness

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	Energy (KJ)	Energy (Kcal)	Fat	Saturates	Carbohydrates	Sugars	Fibre	Protein	Salt
Veronicas Veg Crisps BBQ	404	96	2.8g	0.3g	17g	0.4g	1g	1.4g	0.4g
Veronicas Veg Crisps Sour Cream/Onion	404	96	2.8g	0.3g	17g	0.44g	1.4g	0.4g	1g
Veronicas Veg Crisps Tomato & Paprika	404	96	2.8g	0.3g	17g	0.44g	1.4g	0.4g	1g

Quibbles

Fussy about nibbles



	Energy (KJ)	Energy (Kcal)	Fat	Saturates	Carbohydrates	Sugars	Fibre	Protein	Salt
Chilli Honey Peanuts (per 100g)	2137	511	25.7g	3.6g	53.5g	48g	4.2g	14.2g	0.6g
Belgian Milk Chocolate Caramelised Almond (per 100ml)	2238	536	31.1g	12.8g	51.7g	49.9g	3.8g	10.4g	0g
Sour Cream & Onion Cashews (per 100g)	2475	595	43.8g	8.7g	31.5g	5.5g	2.9g	17.4g	1.2g



CRANBERRY

healthy • delicious



	Energy (KJ)	Energy (Kcal)	Fat	Saturates	Carbohydrates	Sugars	Fibre	Protein	Salt
Cranberry Almond & Corn (per 100g)	2175	523	33.5g	0.5g	30.3g	3.3g	13.5g	18.5g	1.82g
Cranberry Raw Nuts	2545	613	55.8g	6.1g	14.4g	4.7g	6g	17.2g	0.02g

Snacking Essentials



	Energy (KJ)	Energy (Kcal)	Fat	Saturates	Carbohydrates	Sugars	Fibre	Protein	Salt
Snacking Essentials Chocolate Raisins	1798	428	17g	10.8g	63.6g	63.2g	1.2g	4.6g	0.25g
Snacking Essentials Fruity Berry Mix	1276	301	0.4g	0g	71.2g	68.9g	2.7g	1.7g	0.12g
Snacking Essentials Fruit, Nuts & Seed Mix	2092	503	33.7g	4.5g	31g	24.7g	5.1g	16.3g	0.05g
Snacking Essentials Yoghurt Covered Peanuts	2398	576	39.7g	14.2g	38.6g	35.3g	4.1g	14.1g	0.25g



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	Energy (KJ)	Energy (Kcal)	Fat	Saturates	Carbohydrates	Sugars	Fibre	Protein	Salt
Portbay Sweet & Salty Popcorn	490	117	4.6g	0.3g	16.5g	7g	2g	1.7g	0.4g

Doozy
Cold Drinks

JUICY FUEL. COLA



	Energy (KJ)	Energy (Kcal)	Fat	Saturates	Carbohydrates	Sugars	Fibre	Protein	Salt
Juicy Fuel Blueberry Cola (per 100ml)	213	50	0.1g	0.1g	11.9g	11.4g	0.1g	0.2g	
Juicy Fuel Cherry Cola (per 100ml)	180	42	0.1g	0g	10.1g	10g	Trace	0.2g	
Juicy Fuel Cola (per 100ml)	209.4	50	0.1g	0g	11.9g	11.4g	0.1g	0.2	

CAWSTON PRESS



	Energy (KJ)	Energy (Kcal)	Fat	Saturates	Carbohydrates	Sugars	Fibre	Protein	Salt
Cawston Sparkling Apple & Rhubarb	159	38	Trace	0g	8.5g	8.5g		0.1g	0g
Cawston Sparkling Cloudy Apple	126	30	Trace	0g	7g	7g		0.1g	0g
Cawston Sparkling Elderflower&Lemonade	129	30	0g	0g	7.4g	7.4g		0.1g	0g

more DRINKS



	Energy (KJ)	Energy (Kcal)	Fat	Saturates	Carbohydrates	Sugars	Fibre	Protein	Salt
Get More Vitamins Still Apple & Raspberry	25	6	0g	0g	0g	0g	0g	0g	0g
Get More Vitamins Still Mango & Passonfruit	30	7	0g	0g	0g	0g	0g	0g	0g
Get More Sparkling Lemon & Lime	30	7	0g	0g	0.5g	0.5g	0g	0g	0g

JUICE BURST



	Energy (KJ)	Energy (Kcal)	Fat	Saturates	Carbohydrates	Sugars	Fibre	Protein	Salt
Juice Burst Orange (per 100ml)	185	44	0.5g	0g	10.2g	10.2g	0.5g	0.1g	0.01g
Juice Burst Pink Lemonade (per 100ml)	147	35	0.5g	0.1g	7.8g	7.8g	0.5g	0.5g	0.01g
Juice Burst Tropical (per 100ml)	228	54	0.1g	0.1g	10.9g	10.4g		Trace	0.05g



	Energy (KJ)	Energy (Kcal)	Fat	Saturates	Carbohydrates	Sugars	Fibre	Protein	Salt
Vit Hit Coconut & Pineapple (per 100ml)	29	7	0.9g	0.6g					0.01g
Vit Hit Detox Mandarin (per 100ml)	37	7.2	1.2g	1.2g					0.2g
Vit Hit Immunitea Dragonfruit (per 100ml)	30	7	1.3g	1.3g					0.01g
VitHit Lean&Green Apple & Elderflower (per 100ml)	31	7.4	1.4g	1.3g					0.02g

WHOLE EARTH™



	Energy (KJ)	Energy (Kcal)	Fat	Saturates	Carbohydrates	Sugars	Fibre	Protein	Salt
Whole Earth-Organic Cranberry	145	34	0g	0g	8g	8g		1g	0g
Whole Earth-Organic Lemonade	117	28	0g	0g	6.9g	6.9g		1g	0g

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