

*Doozy*  
Snacks

# URBAN FRUIT



Certified



Per 100g (Portion size 35g)

	Energy (KJ)	Energy (Kcal)	Fat	Saturates	Carbohydrates	Sugars	Fibre	Protein	Salt
Urban Fruit Magnificent Mango Snack Packs	1239	296	0.3g	0.1g	68.2g	56.6g	9.0g	2.9g	Trace
Urban Fruit Perfect Pineapple Snack Packs	1201	287	0.2g	0g	69.3g	57.2g	8.0g	2.0g	Trace
Urban Fruit Smashing Strawberry Snack Packs	1230	293	0.2g	0g	67.3g	58.1g	6.1g	2.0g	Trace

# LOVE, CORN.



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Per 100g (Portion size 45g)

	Energy (KJ)	Energy (Kcal)	Fat	Saturates	Carbohydrates	Sugars	Fibre	Protein	Salt
Love Corn Sea Salt	1828	435	13.3g	1.3g	66.0g	0.7g	7.0g	7.4g	1.5g



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Per 100g (Portion size 40g)

	Energy (KJ)	Energy (Kcal)	Fat	Saturates	Carbohydrates	Sugars	Fibre	Protein	Salt
Kind Bar Dark Chocolate and Sea Salt	2083	498	38.0g	7.7g	39.0g	13.0g	18.0g	14.0g	0.78g
Kind Bar Caramel Almond and Sea Salt	2121	507	39.0g	6.9g	38.0g	13.0g	18.0g	15.0g	0.78g





FUELLED BY NATURE



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Per 100g (Portion size 55g)	Energy (KJ)	Energy (Kcal)	Fat	Saturates	Carbohydrates	Sugars	Fibre	Protein	Salt
Trek Protein Berry Burst	1350	322	2.9g	0.3g	53.1g	44.6g	6.0g	18.2g	0.5g
Trek Protein Cocoa Chaos	1419	338	6.3g	1.3g	49.6g	41.4g	6.5g	18.2g	0.5g

# nākd.

WHOLEFOODS




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Per 100g (Portion size 35g)	Energy (KJ)	Energy (Kcal)	Fat	Saturates	Carbohydrates	Sugars	Fibre	Protein	Salt
Nakd Cocoa Orange	1736	415	20.0g	4.2g	45.1g	38.9g	6.4g	11.0g	0.1g



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Per 100g (Portion size 22g)	Energy (KJ)	Energy (Kcal)	Fat	Saturates	Carbohydrates	Sugars	Fibre	Protein	Salt
Eat Real Lentil Chips	1954	466	19.5g	1.4g	66.0g	2.2g	3.2g	9.3g	1.89g
Eat Real Hummus Chips	1983	474	23.0g	1.8g	58.0g	2.0g	5.8g	6.7g	2.9g
Eat Real Quinoa Chips	2017	482	20.0g	1.8g	62.4g	3.3g	5.1g	7.3g	2.1g



# popchips®



Per 100ml (Portion size 23g)	Energy (KJ)	Energy (Kcal)	Fat	Saturates	Carbohydrates	Sugars	Fibre	Protein	Salt
Popchips Barbeque	1799	430	16.0g	1.7g	66.0g	3.4g	3.6g	6.1g	1.4g
Popchips Sea Salt & Vinegar	1707	408	14.0g	1.7g	67.0g	2.6g	4.0g	5.2g	2.2g
Popchips Ridges Smokey Bacon	1759	420	15.0g	1.4g	62.0g	8.7g	3.9g	5.7g	2.1g



# PERK!ER

Nutritious energy



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Per 100g (Portion size 35g)	Energy (KJ)	Energy (Kcal)	Fat	Saturates	Carbohydrates	Sugars	Fibre	Protein	Salt
Perkier Goji and Cranberry Quinoa Bar	2546	370	11.0g	1.5g	51.0g	39.0g	10.0g	13.0g	0.30g
Perkier Peanut Quinoa Bar	1799	432	23.0g	3.6g	35.0g	27.0g	10.0g	18.0g	0.24g
Perkier Cacao and Cashew Quinoa Bar	1631	391	18.0g	2.8g	39.0g	29.0g	14.0g	14.0g	0.26g

# metcalfe's food co

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SUITABLE FOR  
  
 VEGETARIANS



Per 100g (Portion size 34g)	Energy (KJ)	Energy (Kcal)	Fat	Saturates	Carbohydrates	Sugars	Fibre	Protein	Salt
Metcalfe Skinny Ricecakes Dark Chocolate	1978	471	19.1g	10.9g	64.6g	27.8g	4.3g	8.1g	0.03g
Metcalfe Skinny Ricecakes Milk Chocolate	1997	476	19.3g	11.1g	66.9g	31.4g	1.9g	6.0g	0.11g
Metcalfe Skinny Ricecakes Yoghurt	2041	486	20.9g	11.9g	66.5g	32.7g	1.1g	7.6g	0.14g

# Quibbles

Fussy about nibbles



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Per 100g (Portion size 35g)

	Energy (KJ)	Energy (Kcal)	Fat	Saturates	Carbohydrates	Sugars	Fibre	Protein	Salt
Quibbles Belgian Milk Chocolate Caramelised Almond	2238	536	31.1g	12.8g	51.7g	49.9g	3.8g	10.4g	0g



# Snacking Essentials



Per 100g (Portion size 25g)

	Energy (KJ)	Energy (Kcal)	Fat	Saturates	Carbohydrates	Sugars	Fibre	Protein	Salt
Snacking Essentials Chocolate Raisins	1798	428	17.0g	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	31.0g	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
Snacking Essentials Roasted and Salted Cashews	2577	622	50.9g	10.1g	18.8g	5.6g	3.2g	20.5g	0.72g



# CRANBERRY

healthy • delicious



Per 100g	Energy (KJ)	Energy (Kcal)	Fat	Saturates	Carbohydrates	Sugars	Fibre	Protein	Salt
Cranberry Almond & Corn (Portion Size 30g)	2175	523	33.5g	0.5g	30.3g	3.3g	13.5g	18.5g	1.82g
Cranberry Raw Nuts (Portion Size 40g)	2545	613	55.8g	6.1g	14.4g	4.7g	6.0g	17.2g	0.02g



# graze



Per 100g	Energy (KJ)	Energy (Kcal)	Fat	Saturates	Carbohydrates	Sugars	Fibre	Protein	Salt
Graze Cocoa and Protein Flapjack (Portion size 53g)	1950	467	25.0g	8.1g	47.0g	25.0g	5.4g	17.0g	1.0g
Graze Punchy Protein Power (Portion size 41g)	2490	598	47.0g	6.7g	22.0g	4.9g	7.2g	22.0g	0.89g
Graze Lively Lemon Flapjack (Portion size 53g)	1960	468	24.0g	8.7g	54.0g	26.0g	5.8g	5.9g	0.66g
Graze Smoky Barbecue Crunch (Portion size 31g)	1850	443	16.0g	6.3g	57.0g	4.2g	7.9g	11.0g	0.99g





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Per 100g	Energy (Kcal)	Fat	Saturates	Carbohydrates	Sugars	Fibre	Protein	Salt
Itsu Katsu Rice Noodles	216	2.2g	0.5g	43.0g	4.4g	1.6g	5.3g	2.33g
Itsu Satay Rice Noodles	229	3.5g	0.6g	43.0g	3.1g	2.2g	5.5g	2.40g

# PROPER *Corn*



Certified  
**GF**  
Gluten-Free®



Per 100g (Portion size 30g)	Energy (KJ)	Energy (Kcal)	Fat	Saturates	Carbohydrates	Sugars	Fibre	Protein	Salt
Proper Corn Sweet and Salty	1889	451	18.0g	1.4g	63.2g	27.0g	10.8g	5.4g	1.47g

\*All information correct as of 29/11/2018

*Doozy*

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