

All-Bran® Original 6 x 1 kg

Wheat bran cereal

NUTRITION INFORMATION (AVERAGE)

Serving per package: 133
Serving size: 45 g (1/2 metric cup†)

	quantity per serving	% daily intake Δ per serving	quantity per 100g
Energy	640 kJ	7 %	1420 kJ
Protein	6.3 g	13 %	14.1 g
Fat, total	2.1 g	3 %	4.6 g
- saturated	0.4 g	2 %	0.9 g
Carbohydrate	20.7 g	7 %	46.0 g
- sugars	7.1 g	8 %	15.7 g
Dietary fibre	12.6 g	42 %	28.0 g
- soluble	1.5 g	-	3.3 g
- insoluble	11.1 g	-	24.7 g
Sodium	148 mg	6 %	330 mg
		%RDI*	
Riboflavin (Vit B2)	0.42 mg	25 %	0.94 mg
Niacin	2.5 mg	25 %	5.6 mg
Vitamin B6	0.4 mg	25 %	0.9 mg
Folate	50 µg	25 %	111 µg
Iron	3.0 mg	25 %	6.7 mg
Magnesium	108 mg	34 %	241 mg
Zinc	1.8 mg	15 %	4.0 mg

† Cup measurement is approximate and is only to be used as a guide. If you have any specific dietary requirements please weigh your serving.

Δ Percentage daily intakes are based on an average adult diet of 8700 kJ.

* Percentage Recommended Dietary Intake (Aust/NZ)

Ingredients

Wheat bran (85%), sugar, barley malt extract, salt, minerals (iron, zinc oxide), vitamins (niacin, vitamin B6, riboflavin, folate). (Natural source of magnesium).

Contains cereals containing gluten.

May contain traces of peanuts and/or tree nuts.

Health Star Rating: 5.0

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Allergen Information

Contains added sulphites (10mg/kg or more)	No
Contains gluten	Yes
Contains crustacea and their products	No
Contains egg and egg products	No
Contains fish and fish products	No
Contains milk and milk products	No
Contains peanuts and peanut products	Trace
Contains soybeans and soybean products	No
Contains sesame seeds and sesame seed products	No
Contains tree nuts and tree nut products	Trace
Contains lupins	No

Please refer to ingredient statement for cross contact information

Country Of Origin Labelling

Made in Australia from at least 99% Australian ingredients.
95% Australian Ingredients (Bar Chart)

General Food Information

Storage and Use: Store in a cool dry place

Dietary Lifestyle Claims

Vegan Suitable
Vegetarian Suitable