

Nutri-Grain® 6 x 1 kg

Cereal made with wheat, oats and corn.

NUTRITION INFORMATION (AVERAGE)

	quantity per serving	% daily intake Δ per serving	quantity per 100g
Serving per package:	150		
Serving size:	40 g (1 metric cup†)		
Energy	650 kJ	8 %	1630 kJ
Protein	8.7 g	17 %	21.8 g
Fat, total	1.2 g	2 %	3.0 g
- saturated	0.2 g	0.8 %	0.5 g
Carbohydrate	26.1 g	8 %	65.2 g
- sugars	9.7 g	11 %	24.2 g
Dietary fibre	2.1 g	7 %	5.3 g
Sodium	140 mg	6 %	350 mg
		%RDI*	
Riboflavin (Vit B2)	0.42 mg	25 %	1.06 mg
Niacin	2.5 mg	25 %	6.2 mg
Vitamin B6	0.4 mg	25 %	1.0 mg
Folate	50 µg	25 %	125 µg
Calcium	80 mg	10 %	200 mg
Iron	3.0 mg	25 %	7.5 mg
Zinc	1.8 mg	15 %	4.5 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

Cereals (51%)(wheat flour, oatmeal, maize flour), sugar, wheat protein, maltodextrin, molasses, oat fibre, vegetable gum (acacia gum), salt, barley malt extract, minerals (calcium carbonate, iron, zinc oxide), raising agent (potassium bicarbonate), natural flavours, natural colours (paprika, turmeric), vitamins (niacin, B6 riboflavin, folate).

Contains cereals containing gluten.

May contain traces of peanuts and/or tree nuts.

Health Star Rating: 4.0

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Allergen Information

Contains added sulphites (10mg/kg or more)	No
Contains cereals containing 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 81% Australian ingredients.
80% Australian Ingredients (Bar Chart)

General Food Information

Shelf Life: 270 days

Storage and Use: Store in a cool dry place

Dietary Lifestyle Claims

Vegan Suitable
Vegetarian Suitable