

NUTRITIONAL INFORMATION 2017



Product Description	Ingredients	Product Description	Ingredients
Coca Cola Can 330ml	Carbonated Water, Sugar, Colour (Caramel E150d), Phosphoric Acid, Natural Flavourings Including Caffeine.	Lucozade Original 380ml	Carbonated Water, Glucose Syrup (25%), Acids (Citric Acid, Lactic Acid), Flavouring, Preservatives (Potassium Sorbate, Sodium Bisulphite), Caffeine, Antioxidant (Ascorbic Acid), Colours (Sunset Yellow, Ponceau 4R)
Typical Nutritional Information	Per 100 ml	Typical Nutritional Information	Per 100 ml
Energy	180kj/42kcal	Energy	158kj/37kcal
Fat:	0g	Fat:	0g
Of which are saturates	0g	Of which are saturates	0g
Carbohydrates:	10.6g	Carbohydrates:	8.9g
Of which are sugars	10.6g	Of which are sugars	4.5g
Protein:	0g	Protein:	0g
Salt:	0g	Salt:	0.08g
		Contains negligible amounts of - Fat, Saturates and Protein	
Reference intake of an average adult (8400kj/2000kcal)		Reference intake of an average adult (8400kj/2000kcal)	

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Product Description	Ingredients
Centra Still Water 1LTR	Still water
Typical Nutritional Information	Per 100 ml
Energy	0.00kj/0.0kcal
Fat:	0g
Of which are saturates	0g
Carbohydrates:	0g
Of which are sugars	0g
Protein:	0g
Salt:	0g
Reference intake of an average adult (8400kj/2000kcal)	

Product Description	Ingredients
Centra Still Water 500ml	Still water
Typical Nutritional Information	Per 100 ml
Energy	0.00kj/0.0kcal
Fat:	0g
Of which are saturates	0g
Carbohydrates:	0g
Of which are sugars	0g
Protein:	0g
Salt:	0g
Reference intake of an average adult (8400kj/2000kcal)	

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Product Description	Ingredients
Ballygowan 750ml	Still Water
Typical Nutritional Information	Per 100 ml
Energy	0.00kj/0.0kcal
Fat:	0g
Of which are saturates	0g
Carbohydrates:	0g
Of which are sugars	0g
Protein:	0g
Salt:	0g
Reference intake of an average adult (8400kj/2000kcal)	

Product Description	Ingredients
Diet Coca Cola Can	Carbonated Water, Colour (Caramel E150d), Sweeteners (Aspartame, Acesulfame K), Natural Flavourings Including Caffeine, Phosphoric Acid, Citric Acid.
Typical Nutritional Information	Per 100 ml
Energy	1.6kj/0.4kcal
Fat:	0g
Of which are saturates	0g
Carbohydrates:	0g
Of which are sugars	0g
Protein:	0g
Salt:	0g
Reference intake of an average adult (8400kj/2000kcal)	

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Centra
LIVE EVERY DAY

Product Description	Ingredients
Coca Cola Zero 330ml	Carbonated Water, Colour (Caramel E150d), Phosphoric Acid, Sweeteners (Aspartame, Acesulfame K), Natural Flavourings including Caffeine, Acidity Regulator (Sodium Citrate)
Typical Nutritional Information	Per 100 ml
Energy	1.4kj/0.3kcal
Fat:	0g
Of which are saturates	0g
Carbohydrates:	0g
Of which are sugars	0g
Protein:	0g
Salt:	0.02g
Reference intake of an average adult (8400kj/2000kcal)	

Product Description	Ingredients
Club Orange Can	Carbonated Water, Sugar, Orange Fruit from Concentrate (11%), Citric Acid, Preservative (Potassium Sorbate), Antioxidant (Ascorbic Acid), Colours (Beta-Carotene, Beta-Apo-8'-Carotenal), Natural Orange Flavouring
Typical Nutritional Information	Per 100 ml
Energy	231kj/54kcal
Fat:	0g
Of which are saturates	0g
Carbohydrates:	13g
Of which are sugars	13g
Protein:	0g
Salt:	0.02g
Reference intake of an average adult (8400kj/2000kcal)	

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Product Description	Ingredients	Product Description	Ingredients
7up Cans	Carbonated Water, Sugar, Acids (Citric Acid, Malic Acid), Natural Lemon and Lime Flavouring, Acidity Regulator (Sodium Citrate)	7up Diet Cans	Carbonated Water, Sugar, Acids (Citric Acid, Malic Acid), Natural Lemon and Lime Flavouring, Acidity Regulator (Sodium Citrate)
Typical Nutritional Information	Per 100 ml	Typical Nutritional Information	Per 100 ml
Energy	174kj/41kcal	Energy	8kj/2kcal
Fat:	0g	Fat:	0g
Of which are saturates	0g	Of which are saturates	0g
Carbohydrates:	11g	Carbohydrates:	0g
Of which are sugars	11g	Of which are sugars	0g
Protein:	0g	Protein:	0g
Salt:	0.03g	Salt:	0.04g
Reference intake of an average adult (8400kj/2000kcal)		Reference intake of an average adult (8400kj/2000kcal)	

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Product Description	Ingredients
Coca Cola Contour 500ml	Carbonated Water, Sugar, Colour (Caramel E150d), Phosphoric Acid, Natural Flavourings including Caffeine
Typical Nutritional Information	Per 100 ml
Energy	180kj/42kcal
Fat:	Negligible Amount
Of which are saturates	Negligible Amount
Carbohydrates:	10.6g
Of which are sugars	10.6g
Protein:	Negligible Amount
Salt:	Negligible Amount
Reference intake of an average adult (8400kj/2000kcal)	

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Product Description	Ingredients	Product Description	Ingredients
Tayto Crisps Cheese & Onion	Potato, Sunflower Oil, Cheese & Onion Flavour (Flavourings, Salt, Wheat Flour, Dextrose, Flavour Enhancers (E621, E635), Cheese Powder (Milk), Colour (Turmeric Extract, Paprika Extract))	Hunky Dorys Crisps Cheese & Onion	Potato, Sunflower Oil, Cheese & Onion Flavour [Onion Powder, Yeast Powder, Dextrose, Salt, Flavourings (Soya) (contains Smoke Flavouring, Flavour Enhancer (E621), Colour (Ammonia Caramel)), Flavour Enhancer (E621)]
Typical Nutritional Information	Per 100g	Typical Nutritional Information	Per 100g
Energy	2162kj/519kcal	Energy	2179kj/522kcal
Fat:	34.3g	Fat:	30.3g
Of which are saturates	3.9g	Of which are saturates	3.4g
Carbohydrates:	46g	Carbohydrates:	53.8g
Of which are sugars	0.6g	Of which are sugars	2.3g
Protein:	5.8g	Protein:	6.7g
Salt:	1.5g	Salt:	2.0g
Reference intake of an average adult (8400kj/2000kcal)		Reference intake of an average adult (8400kj/2000kcal)	

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Product Description	Ingredients	Product Description	Ingredients
King Crisps Cheese & Onion	Potato, Sunflower Oil, Cheese & Onion Flavour [Flavouring, Salt, Flavour Enhancer (E621), Dextrose]	Manhattan Salted Popcorn	Maize, Coconut Oil, Salt
Typical Nutritional Information	Per 100g	Typical Nutritional Information	Per 100g
Energy	2232kj/536kcal	Energy	1834kj/439kcal
Fat:	33.6g	Fat:	18.8g
Of which are saturates	3.4g	Of which are saturates	12.9g
Carbohydrates:	49.1g	Carbohydrates:	65.9g
Of which are sugars	2.1g	Of which are sugars	0.2g
Protein:	6.6g	Protein:	9.6g
Salt:	1.4g	Salt:	2.28g
		Protein	9.6g
Reference intake of an average adult (8400kj/2000kcal)		Reference intake of an average adult (8400kj/2000kcal)	

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Product Description	Ingredients	Product Description	Ingredients
Tayto Crisps Salt & Vinegar	Potato, Sunflower Oil, Salt & Vinegar Flavour (Lactose (Milk), Flavouring, Salt, Flavour Enhancer (E621), Acidity Regulator (Sodium Acetate), Potassium Chloride, Sugar)	Hunky Dorys Crisps Sour Cream & Onion	Potato, Sunflower Oil, Sour Cream & Onion Flavour (Salt, Sugar, Skimmed Milk Powder, Onion Powder, Flavour Enhancer (E621), Whey Powder (Milk), Yoghurt Powder (Milk), Butter Milk Powder, Cream Powder (Milk), Dextrose, Yeast Powder, Food Acids (Lactic Acid, Citric Acid), Herb, Acidity Regulator (Calcium Lactate), Flavourings (Milk))
Typical Nutritional Information	Per 100 ml	Typical Nutritional Information	Per 100g
Energy	2251kj/540kcal	Energy	2209kj/539kcal
Fat:	34.5g	Fat:	30.9g
Of which are saturates	3.5g	Of which are saturates	3.5g
Carbohydrates:	49.7g	Carbohydrates:	55.2g
Of which are sugars	2.1g	Of which are sugars	3.9g
Protein:	5.1g	Protein:	6.0g
Salt:	2.3g	Salt:	1.7g
Reference intake of an average adult (8400kj/2000kcal)		Reference intake of an average adult (8400kj/2000kcal)	

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Product Description	Ingredients	Product Description	Ingredients
Hunky Dorys Crisps Salt & Vinegar	Potato, Sunflower Oil, Salt & Vinegar Flavour (Acidity Regulators (Sodium Diacetate, Sodium Acetate, Sodium Citrate), Salt, Wheat Flour, Potassium Chloride, Sugar, Citric Acid, Flavour Enhancer (E621))	Hunky Dorys Crisps Buffalo	Potato, Sunflower Oil, Spicy Buffalo Wing Flavour (Cornflour, Flavourings (Soya, Barley) (Paprika Extract), including Smoke Flavouring), Sugar, Salt, Yeast Extract (Colour (Sulphite Ammonia Caramel)), Flavour Enhancer (E621), Onion Powder, Potassium Chloride, Spices, Chilli Powder, Acidity Regulator (Sodium Acetate), Garlic Powder, Lactose (Milk), Citric Acid, Colours (Paprika Extract, Turmeric Extract), Sweetener (Saccharin), Smoke Flavourings)
Typical Nutritional Information	Per 100g	Typical Nutritional Information	Per 100 ml
Energy	2201kj/527kcal	Energy	2171kj/520kcal
Fat:	31.4g	Fat:	30.2g
Of which are saturates	3.5g	Of which are saturates	3.3g
Carbohydrates:	54.7g	Carbohydrates:	54.7g
Of which are sugars	0.6g	Of which are sugars	2.5g
Protein:	5.1g	Protein:	5.6g
Salt:	2.5g	Salt:	2.5g
Reference intake of an average adult (8400kj/2000kcal)		Reference intake of an average adult (8400kj/2000kcal)	

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Product Description	Ingredients	Product Description	Ingredients
Tayto Waffles	Potato Powder, Sunflower Oil, Rice Flour, Bacon Flavour [Rusk (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Salt], Salt, Dextrose, Hydrolysed Vegetable Protein (Soya), Flavour Enhancer (E621), Flavourings (Barley), Yeast Powder, Yeast Extract, Caramelised Sugar Powder, Colour (Paprika Extract), Smoke Flavourings], Modified Potato Starch, Maize Starch, Sugar, Salt, Hydrolysed Soya Protein, Emulsifier (Soya Lecithin), Spice	Propercorn Sweet & Salty Single Serve	Popped Corn, Rapeseed Oil, Brown Cane Sugar, Sea Salt
Typical Nutritional Information	Per 100g	Typical Nutritional Information	Per 100g
Energy	1994kj/477kcal	Energy	1797kj/431kcal
Fat:	24.4g	Fat:	15.8g
Of which are saturates	2.1g	Of which are saturates	1.2g
Carbohydrates:	56.6g	Carbohydrates:	64.4g
Of which are sugars	4.2g	Of which are sugars	28.1g
Protein:	6.3g	Protein:	9.9g
Salt:	4.9g	Salt:	1.25g
		Protein:	6.5g
Reference intake of an average adult (8400kj/2000kcal)		Reference intake of an average adult (8400kj/2000kcal)	

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Product Description	Ingredients
CADBURY DAIRYMILK 53GRM X48	Milk**,Sugar, Cocoa Butter, Cocoa Mass, Vegetable Fat, Emulsifiers (E442, E476),Flavourings,**The equivalent of 426ml of fresh liquid milk in every 227g of milk chocolate, Milk Solids 20% minimum, actual 23%,Cocoa Solids 20% minimum, Contains Vegetable Fats in addition to Cocoa Butter
Typical Nutritional Information	Per 100g
Energy	2210kj/530kcal
Fat:	30.5g
Of which are saturates	18.5g
Carbohydrates:	56.5g
Of which are sugars	56g
Fibre:	0.7g
Salt:	0.23g
Protein:	7.5g
Reference intake of an average adult (8400kj/2000kcal)	

Product Description	Ingredients		
FULFIL PEANUT & CARAMEL PROTEIN BAR 60GRM	Milk Chocolate with Fibres and Sweeteners 20% (Cocoa Butter, Inulin, Oligofructose , Cocoa Mass, Whole Milk Powder, Skimmed Milk Powder, Sweetener (Erythritol, Steviol Glycosides), Emulsifier (Soy Lecithin), Flavours),Milk Protein,Caramel Flavoured Layer 16,4% (Bulking Agent (Polydextrose), Palm Fat, Xylitol, Skimmed Milk Powder, Emulsifier (Soy Lecithin), Salt),Gelatine Hydrolysate,Humectant (Glycerol),Peanuts 5,6%,Soy Crisps 5,5% (Soy Protein, Tapioca Starch, Salt),Cocoa Butter,Flavours (contains Peanut),Low Fat Cocoa,Soy Oil,Vitamins (Vitamin C (Ascorbic Acid), Nicotinamide, Vitamin E (Tocopheryl Acetate), Calcium Pantothenate, Vitamin B2 (Riboflavin), Vitamin B6 (Pyridoxine Hydrochloride), Vitamin B1 (Thiamin Hydrochloride), Folic Acid, Vitamin B12 (Cyanocobalamine)),Salt,Sweetener (Sucralose),Emulsifier (Soy Lecithin)		
Typical Nutritional Information	Per 100g		
Energy	1555kj/373kcal	Salt	0.73g
Fat:	15.9g	Vitamin C	145.9mg
Of which are saturates	7.9g	Vitamin B6	2.55mg
Carbohydrates:	18.8g	Vitamin B12	4.56mg
Of which are sugars	3.3g	Vitamin E	22.0mg
Of which are polypols	12.4g	Folic Acid	366.9mg
Fibre:	16.1g	Thiamine (Vitamin(e) B1)	2.03mg
Protein:	36.3g	Riboflavin (Vitamin(e) B2)	2.54mg
		Niacin (Vitamin(e) B3)	29.2mg
		Pantothenic acid	10.95mg
Reference intake of an average adult (8400kj/2000kcal)			

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Product Description	Ingredients	Product Description	Ingredients
CADBURY'S TWIRL 43GRM X 48	Milk,Sugar,Cocoa Butter,Cocoa Mass,Vegetable Fats (Palm, Shea),Emulsifier (E442),Flavourings,Milk Solids 14% minimum,Cocoa Solids 25% minimum,Contains Vegetable Fats in addition to Cocoa Butter	KINDER BUENO 42GRM X 30	Milk Chocolate 31.5% (Sugar, Cocoa Butter, Cocoa Mass, Skimmed Milk Powder, Concentrated Butter, Emulsifier: Lecithins (Soya), Vanillin),Sugar,Palm Oil,Wheat Flour ,Hazelnuts (10.5%),Skimmed Milk Powder,Whole Milk Powder,Chocolate (Sugar, Cocoa Mass, Cocoa Butter, Emulsifier: Lecithins (Soya), Vanillin),Fat-Reduced Cocoa ,Emulsifier: Lecithins (Soya),Raising Agents (Sodium Bicarbonate, Ammonium Bicarbonate),Salt,Vanillin,Total Milk constituents: 19.5%
Typical Nutritional Information	Per 100g	Typical Nutritional Information	Per 100g
Energy	2235kj/535kcal	Energy	2387kj/572kcal
Fat:	31.0g	Fat:	35.9g
Of which are saturates	19.0g	Of which are saturates	16.8g
Carbohydrates:	56.5g	Carbohydrates:	53.0g
Of which are sugars	56.0g	Of which are sugars	43.6g
Protein:	7.6g	Protein:	8.8g
Salt:	0.25g	Salt:	0.356g
Fibre	0.8g		
Reference intake of an average adult (8400kj/2000kcal)		Reference intake of an average adult (8400kj/2000kcal)	

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Product Description	Ingredients
CADBURY DAIRYMILK GOLDEN CRISP 54GRM X 48	Milk Chocolate (Milk**, Sugar, Cocoa Butter, Cocoa Mass, Vegetable Fat, Emulsifiers (E442, E476), Flavourings),Honeycombed Granules (12%) (Sugar, Glucose Syrup),**The equivalent of 426ml of Fresh Liquid Milk in every 227g of Milk Chocolate,Milk Chocolate: Milk Solids 20% minimum, actual 23%,Cocoa Solids 20% minimum,Contains Vegetable Fats in addition to Cocoa Butter
Typical Nutritional Information	Per 100g
Energy	2150kj/515kcal
Fat:	26.5g
Of which are saturates	16.0g
Carbohydrates:	61.5g
Of which are sugars	57.5g
Protein:	7.4g
Salt:	0.33g
Protein	7.4g
Reference intake of an average adult (8400kj/2000kcal)	

Product Description	Ingredients
CADBURY DAIRYMILK CAMELLO 47GRM x 48	Milk Chocolate (Milk**, Sugar, Cocoa Butter, Cocoa Mass, Vegetable Fat, Emulsifiers (E442, E476), Flavourings),Caramel Filling (26%) (Glucose Syrup, Vegetable Oil, Sugar, Dried Skimmed Milk, Emulsifier (E471), Flavourings, Salt),**The equivalent of 426ml of Fresh Liquid Milk in every 227g of Milk Chocolate,Milk Chocolate: Milk Solids 20% minimum, actual 23%,Contains Vegetable Fats in addition to Cocoa Butter
Typical Nutritional Information	Per 100g
Energy	2040kj/490kcal
Fat:	24.5g
Of which are saturates	15.5g
Carbohydrates:	59.5g
Of which are sugars	54.5g
Protein:	6.9g
Salt:	0.28g
Protein	6.9g
Reference intake of an average adult (8400kj/2000kcal)	

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Product Description	Ingredients	Product Description	Ingredients
CADBURY STAR BAR 49 GRM X32	Milk,Peanuts,Sugar,Glucose Syrup,Vegetable Fats (Palm, Shea),Cocoa Mass,Cocoa Butter,Dried Whey (from Milk),Dried Skimmed Milk,Humectant (Glycerol),Rice Flour,Wheat Flour,Emulsifiers (E442, E471),Salt,Barley Malt Syrup,Barley Malt Extract,Flavourings,Milk Chocolate: Milk Solids 14 % minimum,Contains Vegetable Fats in addition to Cocoa Butter	GALAXY MILK 42GRM X 24	Sugar,Cocoa Butter,Skimmed Milk Powder,Cocoa Mass,Milk Fat,Lactose,Whey Powder (from Milk),Palm Fat,Emulsifier (Soya Lecithin),Natural Vanilla Extract,Milk Chocolate contains Milk Solids 14% minimum and Cocoa Solids 25% minimum,Milk Chocolate contains Vegetable Fats in addition to Cocoa Butter
Typical Nutritional Information	Per 100g	Typical Nutritional Information	Per 100g
Energy	2130kj/510kcal	Energy	2280kj/546kcal
Fat:	28.5g	Fat:	32.4g
Of which are saturates	12.5g	Of which are saturates	19.6g
Carbohydrates:	53.0g	Carbohydrates:	56.0g
Of which are sugars	44.0g	Of which are sugars	55.4g
Protein:	10.0g	Protein:	6.7g
Salt:	0.33g	Salt:	0.25g
Fibre	2.3g		
Reference intake of an average adult (8400kj/2000kcal)		Reference intake of an average adult (8400kj/2000kcal)	

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Product Description	Ingredients
KIT KAT STANDARD 41.5GRM X 48	Sugar,Wheat Flour (contains Calcium, Iron, Thiamin and Niacin),Dried Whole Milk,Cocoa Mass ,Cocoa Butter,Vegetable Fats (Palm Kernel, Palm, Shea/Ililpe/Mango Kernel/Kokum Gurgi/Sal),Lactose and Proteins from Whey (from Milk),Whey Powder (from Milk),Emulsifiers (Sunflower Lecithin, Soya Lecithin),Yeast,Skimmed Milk Powder ,Raising Agent (Sodium Bicarbonate),Salt,Natural Vanilla Flavouring ,Butterfat (from Milk),Natural Flavourings,Sugar, Cocoa, Vanilla: traded in compliance with Fairtrade Standards, total 60%
Typical Nutritional Information	Per 100g
Energy	2103kj/502kcal
Fat:	24.5g
Of which are saturates	13.7g
Carbohydrates:	62.7g
Of which are sugars	51.0g
Protein:	6.7g
Salt:	0.23g
Fibre	2.1g
Reference intake of an average adult (8400kj/2000kcal)	

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Product Description	Ingredients	Product Description	Ingredients
CT PINEAPPLE KIWI & GRAPE POT	Pineapple(54%), Kiwi(32%) & Red Grapes (14%)	CT PINEAPPLE CHUNKS 170GRM	Pineapple (100%)
Typical Nutritional Information	Per 100 ml	Typical Nutritional Information	Per 100 ml
Energy	186kj/44kcal	Energy	208kj/49kcal
Fat:	<0.5g	Fat:	<0.5g
Of which are saturates	<0.1g	Of which are saturates	<0.1g
Carbohydrates:	8.8g	Carbohydrates:	11g
Of which are sugars	7g	Of which are sugars	11g
Protein:	<0.5g	Protein:	<0.5g
Fibre:	2.0g	Fibre:	0.9g
Salt:	0.03g	Salt:	0.02g
Reference intake of an average adult (8400kj/2000kcal)		Reference intake of an average adult (8400kj/2000kcal)	

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Product Description	Ingredients	Product Description	Ingredients
CT TROPICAL FRUIT SALAD 400GRM	Pineapple(33%), Cantaloupe Melon(20%),Red Grape(20%),Kiwi(13%),Mango(7%), Strawberry(7%)	CT EXOTIC SALAD MIX 270GRM	Pineapple(24%), Cantaloupe Melon (20%), Orange Segments(19%), Red Apple (15%), Red Grapes (10%), Green Apple (10%), Blueberry (2%)
Typical Nutritional Information	Per 100 ml	Typical Nutritional Information	Per 100 ml
Energy	164kj/39kcal	Energy	221kj/52kcal
Fat:	<0.5g	Fat:	<0.5g
Of which are saturates	<0.1g	Of which are saturates	<0.1g
Carbohydrates:	8.1g	Carbohydrates:	12g
Of which are sugars	6.0g	Of which are sugars	12g
Protein:	0.6g	Protein:	0.6g
Salt:	0.03g	Salt:	0.03g
Reference intake of an average adult (8400kj/2000kcal)		Reference intake of an average adult (8400kj/2000kcal)	

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Product Description	Ingredients	Product Description	Ingredients
CT FRUIT SALAD MIX 270GRM	Honeydew Melon(20%), Pineapple(20%), Green Apple(17%), Cantaloupe Melon(14%), Red Apple (14%), Red Grape(14%)	CT MELON AND GRAPE POT 170GRM	Honeydew Melon(50%), Cantaloupe Melon(33%), Red Grapes(17%)
Typical Nutritional Information	Per 100 ml	Typical Nutritional Information	Per 100 ml
Energy	263kj/62kcal	Energy	203kj/48kcal
Fat:	<0.5g	Fat:	<0.5g
Of which are saturates	<0.1g	Of which are saturates	<0.1g
Carbohydrates:	14g	Carbohydrates:	10g
Of which are sugars	14g	Of which are sugars	10g
Protein:	<0.5g	Protein:	0.8g
Fibre:	0.7g	Fibre:	1.9g
Salt:	0.05g	Salt:	0.18g
Reference intake of an average adult (8400kj/2000kcal)		Reference intake of an average adult (8400kj/2000kcal)	

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Product Description	Ingredients	Product Description	Ingredients
CT FRUIT SALAD 170GRM	Red Apple(28%), Pineapple(22%), Honeydew Melon(22%), Cantaloupe Melon(17%), Red Grapes (11%)	CT KIWI LOOSE	
Typical Nutritional Information	Per 100 ml	Typical Nutritional Information	Per 100 ml
Energy	221kj/52kcal	Energy	207kj/49kcal
Fat:	<0.5g	Fat:	0.5g
Of which are saturates	<0.1g	Of which are saturates	<0.5g
Carbohydrates:	11g	Carbohydrates:	10.6g
Of which are sugars	11g	Of which are sugars	10.6g
Protein:	0.6g	Protein:	1.1g
Fibre:	2.0g	Fibre:	1.9g
Salt:	0.04g	Salt:	0.04g
Reference intake of an average adult (8400kj/2000kcal)		Reference intake of an average adult (8400kj/2000kcal)	

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Product Description	Ingredients	Product Description	Ingredients
CENTRA STRAWBERRIES PUNNET 227 GRM		CENTRA RASPBERRIES PUNNET 125 GRM	
Typical Nutritional Information	Per 100 g	Typical Nutritional Information	Per 100 g
Energy	113kj/27kcal	Energy	109kj/25kcal
Fat:	0.1g	Fat:	0.3g
Of which are saturates	Trace	Of which are saturates	0.1g
Carbohydrates:	6.0g	Carbohydrates:	4.6g
Of which are sugars	6.0g	Of which are sugars	4.6g
Protein:	0.8g	Protein:	1.4g
Fibre:	1.1g	Fibre:	2.5g
Salt:	0.06g	Salt:	0.03g
Reference intake of an average adult (8400kj/2000kcal)		Reference intake of an average adult (8400kj/2000kcal)	

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Product Description	Ingredients
CENTRA BLUEBERRIES 125 GRM	
Typical Nutritional Information	Per 100 g
Energy	239kj/57kcal
Fat:	0.3g
Of which are saturates	Trace
Carbohydrates:	14g
Of which are sugars	10g
Protein:	0.7g
Fibre:	2.4g
Salt:	0.01g
Reference intake of an average adult (8400kj/2000kcal)	

Product Description	Ingredients
KEELINGS MIXED BERRIES 160 GRM	
Typical Nutritional Information	Per 100 g
Energy	
Fat:	
Of which are saturates	
Carbohydrates:	
Of which are sugars	
Protein:	
Fibre:	
Salt:	
Reference intake of an average adult (8400kj/2000kcal)	

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Product Description	Ingredients
CT EASY PEELER LOOSE	
Typical Nutritional Information	Per 100g
Energy	158kj/37kcal
Fat:	0.1g
Of which are saturates	<0.5g
Carbohydrates:	8.7g
Of which are sugars	8.7g
Protein:	0.9g
Fibre:	1.2g
Salt:	0.04g
Reference intake of an average adult (8400kj/2000kcal)	

Product Description	Ingredients
CENTRA ORANGES LOOSE	
Typical Nutritional Information	Per 100 ml
Energy	158kj/37kcal
Fat:	0.1g
Of which are saturates	<0.5g
Carbohydrates:	8.5g
Of which are sugars	8.5g
Protein:	1.1g
Fibre:	1.7g
Salt:	0.05g
Reference intake of an average adult (8400kj/2000kcal)	

Product Description	Ingredients
CT ROYAL GALA APPLE LOOSE	
Typical Nutritional Information	Per 100 ml
Energy	199kj/47kcal
Fat:	0.1g
Of which are saturates	<0.5g
Carbohydrates:	11.8g
Of which are sugars	11.8g
Protein:	0.4g
Fibre:	1.8g
Salt:	0.03g
Reference intake of an average adult (8400kj/2000kcal)	

Product Description	Ingredients
CT GRANNY SMITH APPLE LOOSE	
Typical Nutritional Information	Per 100 ml
Energy	199kj/47kcal
Fat:	0.1g
Of which are saturates	<0.5g
Carbohydrates:	11.8g
Of which are sugars	11.8g
Protein:	0.4g
Fibre:	1.8g
Salt:	0.03g
Reference intake of an average adult (8400kj/2000kcal)	

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Product Description	Ingredients
BANANA LOOSE	
Typical Nutritional Information	Per 100g
Energy	435kj/103kcal
Fat:	0.3g
Of which are saturates	0.1g
Carbohydrates:	23.2g
Of which are sugars	20.9g
Protein:	1.2g
Fibre:	1.1g
Salt:	Trace
Reference intake of an average adult (8400kj/2000kcal)	

Product Description	Ingredients
AVOCADO LOOSE	
Typical Nutritional Information	Per 100 ml
Energy	784kj/190kcal
Fat:	19.5g
Of which are saturates	4.1g
Carbohydrates:	1.9g
Of which are sugars	0.5g
Protein:	1.9g
Fibre:	3.4g
Salt:	0.06g
Reference intake of an average adult (8400kj/2000kcal)	