

Product: **Strawberry flavour with Apple**

NUTRITIONAL INFORMATION (APPROX.):

		Per 100g	Per serve (40g)
Energy	kcal	403	161
Protein	g	9.5	3.8
Total Carbohydrate	g	75.6	30.2
of which Sugars*	g	14.9	6.0
Total Fat	g	7.0	2.8
Saturated Fat	g	1.3	0.5
MUFA	g	3.3	1.3
PUFA	g	2.5	1.0
Trans Fat	g	0.0	0.0
Cholesterol	mg	0.0	0.0
Total Dietary Fibre	g	8.0	3.2
Soluble Fibre	g	3.2	1.3
Insoluble Fibre	g	4.8	1.9
Sodium	mg	20.2	8.1

Total Trans Fat content not more than 0.05 per cent by weight.

Total Saturated Fat content not more than 1.8 per cent by weight.

Ingredients:

Oats(76%), Sugar, Dried apple bits(5%), Beetroot juice powder.

CONTAINS ADDED FLAVOUR (NATURAL AND NATURE IDENTICAL FLAVOURING SUBSTANCES)

With Real Apple

- Rich source of Dietary Fibre ^
- Energy to Keep you going+
- Vegetarian
- No added MSG
- No artificial flavouring
- Trans fat free #

* Total sugars

^As per Codex Alimentarius Commission guidelines

+ Whole Grains provide energy and are a source of dietary fibre.

The term "Trans-fat free" means where trans-fat is less than 0.2 g per serving of food [Regulation No. 2.2.2 (3) proviso 2, of The Indian Food Safety and Standards (Packaging and Labeling) Regulation, 2011].