

Te Pānui Tapanga

Me āta whakataurite i ngā kai mā te pānui i te tīwae o te 100g/100ml

Ngā Aratohu ā-Taiora mō ia 100g/100ml

Tāpeke Ngako – iti iho i te 10g

Ka nui ake te tāpeke ngako i ngā Nati me ngā kākano – ngā ngako māori

Huka – iti iho i te 10g

me te huarākau 20g kia iti ake rānei

Te Huka i ngā inu me te Miraka – 5g iti iho rānei

Muka Kai – nui ake i te 5g

Konutai – iti iho i te 400mg

Kua whakaraupapahia ngā kai whakauru mā ngā mea nui rawa tae rawa ki ngā mea iti noa



WHEAT BISCUITS

INGREDIENTS
Wholegrain wheat (97%), sugar, salt, barley malt extract.

Contains wheat, gluten.
May contain lupin.

NUTRITION INFORMATION

Average Quantity per Serving	% Daily Intake* per Serving	Average Quantity per 100g	Average Quantity per 33g Serving with 2/3 cup (170ml) trim milk
Energy	485kJ	6%	1470kJ
Protein	4.1g	8%	12.3g
Fat, total	0.5g	1%	0.3g
- saturated	0.1g	7%	2.6g
Carbohydrate	21.9g	1%	66.4g
- sugars	0.9g	12%	10.5g
Dietary fibre	3.5g	4%	284mg
Sodium	94mg		150mg

*Percentage Daily Intakes are based on an average adult diet of 8700kJ.
MADE IN NEW ZEALAND FROM IMPORTED AND LOCAL INGREDIENTS.
STORE IN A COOL, DRY PLACE, AWAY FROM DIRECT SUNLIGHT. ONCE OPENED SEAL BAG & BOX OR STORE IN AN AIRTIGHT CONTAINER.

NGĀ KAI WHAKAURU

Pū Kākano wīti (97%), huka, tote, pārihi

He wīti, he kurutini kei roto.

He rūpini hoki pea kei roto

KŌRERO TAIORANGA

Ngā wāhinga ki ia moki: 36 Te rahinga: 33g tōna (2 Pikikete)

	Te Rahinga Toharite ki ia wāhinga	% Te Nui o te wāhinga o ia Rā	Te Rahinga Toharite ki ia 100g	Te Rahinga Toharite ki ia 33g me 2/3 kapu (170ml) o te miraka kore kirīm
Pūngao	485kJ	6%	1470kJ	745kJ
Pūmua	4.1g	8%	12.3g	10.5g
Tāpeke Ngako	0.5g	1%	1.4g	0.6g
-kohura	0.1g	0%	0.3g	0.2g
Warowaihā	21.9g	7%	66.4g	30.6g
-Huka	0.9g	1%	2.6g	9.4g
Muka kai	3.5g	12%	10.5g	3.8g
Konutai	94mg	4%	284mg	150mg

*Ko te ōrau o ngā wāhinga o ia rā ka hāngai ki te pakeke ka kai i te 8700kJ

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