

Label Reading

Always compare foods by using the per 100g/100ml column

Nutrition Guidelines per 100g/100ml

Fat Total – less than 10g

Fat total can be higher with nuts and seeds – healthy fats

Sugar – less than 10g

With dried fruit 20g or less

Sugar in drinks and milk – 5g or less

Dietary Fibre – more than 5g

Sodium – less than 400mg

Ingredients are listed in order of what's in the food the most to the least



Ingredients

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

Contains wheat, gluten.

May contain lupin.

NUTRITION INFORMATION

Servings per package: 36

Serving size: 33g approx. (2 biscuits)

	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	745kJ
Protein	4.1g	8%	12.3g	10.5g
Fat, Total	0.5g	1%	1.4g	0.6g
-saturated	0.1g	0%	0.3g	0.2g
Carbohydrates	21.9g	7%	66.4g	30.6g
-sugars	0.9g	1%	2.6g	9.4g
Dietary Fibre	3.5g	12%	10.5g	3.8g
Sodium	94mg	4%	284mg	150mg

*Percentage Daily Intakes are based on an average adult diet of 8700 kJ.

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