

# FRUIT & NUT CHIA

**FREE OF:** Gluten, Wheat, Dairy, Egg.

No Sulphites No GMO, No Added Cane Sugar,  No Artificial Colours, Flavours or Additives.

Source of Protein  High in Fibre,  Vegetarian. Low GI.

## NUTRITION INFORMATION

Servings per package: 1

Serving size: 35g

	Average Quantity per Serving	% Daily Intake (per Serving)	Average Quantity per 100g
ENERGY	662kJ (158Cal)	8%	1890kJ (452Cal)
PROTEIN	5.3g	11%	15.2g
FAT, TOTAL	10.1g	14%	29.0g
- SATURATED	1.4g	6%	4.1g
- TRANS	less than 0.1g		less than 0.1g
- POLYUNSATURATED	3.3g		9.8g
- OMEGA 3	237mg		678mg
- MONOUNSATURATED	5.3g		15.0g
CHOLESTEROL	0.0mg		0.0mg
CARBOHYDRATE	10.8g	3%	30.9g
- SUGARS	8.5g	9%	24.3g
DIETARY FIBRE	3.0g	10%	8.6g
SODIUM	2mg	.09%	7mg
POTASSIUM	192mg		547mg
MAGNESIUM	45.8mg (14%RDI)		131mg
PHOSPHORUS	103mg (10%RDI)		296mg
THIAMIN	0.2mg (15%RDI)		0.5mg
NIACIN	2.5mg (25%RDI)		7.2mg
VITAMIN E	2.2mg (22%RDI)		6.2mg
FOLATE**	42.9ug (21%RDI)		123ug
GLUTEN	0.0mg		0.0mg
GLYCEMIC INDEX (GI)	36 (Low)		

Percentage Daily Intakes are based on an average adult diet of 8700 kJ. Your daily intakes may be higher or lower depending on your energy needs. \*\*1 Serve provides women of child bearing age 10.5% of the RDI of Folate

<b>ENERGY</b> 662kj DI* 8%	<b>PROTEIN</b> 5.3g DI* 11%	<b>FAT</b> 10.1g DI* 14%	<b>SATFAT</b> 1.4g DI* 6%	<b>CARBS</b> 10.8g DI* 3%	<b>SUGARS</b> 8.5g DI* 9%	<b>FIBRE</b> 3.0g DI* 10%	<b>SODIUM</b> 2.0mg DI* .1%
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PER SERVE

Ingredients: ^Nuts (56%) (Peanut, Almond, Macadamia), ^Rice Syrup, ^Dried Fruit (14%) (Apricot, Raisin) ^Honey, Chia Seed (3%), Chicory Extract (Inulin).

^Certified Organic

**Contains Peanuts, Tree Nuts.**

**May Contain Traces of Soy, Sesame, Other Seeds.**