

## PARADISE FOOD - PRODUCT NUTRITIONALS

Last updated 18.03.10. Please refer to packs for most up-to-date nutritional and ingredient information.

	Weight		Energy		Protein		Fat -Total		Fat -Saturated		Fat -Trans		Carbohydrate -Total		Carbohydrate -Sugars		Dietary Fibre		Sodium	
	Per serve (g)	No biscuits	kJ per serve	kJ per 100g	g per serve	g per 100g	g per serve	g per 100g	g per serve	g per 100g	g per serve	g per 100g	g per serve	g per 100g	g per serve	g per 100g	g per serve	g per 100g	mg per serve	mg per 100g
<b>Paradise Plain Sweet</b>																				
<b>Butterscotch Shortbread</b> Servings per pack: 11.5	18	2	378	2100	1.1	6.3	4.2	23.3	2.0	11.0			11.8	65.3	3.6	20.2	less than 0.1	1.9	57	316
<b>Highland Oatmeal</b> Servings per pack: 12	18.2	2	337	1850	1.3	7	2.5	13.8	1.2	6.8			12.6	69.3	3.9	21.6	1	5.5	37	205
<b>Malt</b> Servings per pack: 13	16.7	2	309	1850	1.1	6.6	2.1	12.8	1.1	6.7			12	71.7	3.6	21.3	1	5.9	38	225
<b>Rich Shortbread</b> Servings per pack: 11.5	18	2	374	2080	1.2	6.7	4.0	22.5	1.9	10.7			11.8	65.7	3.6	20.1	less than 0.1	2	54	302
<b>Rich Tea</b> Servings per pack: 12	17	2	320	1880	1	5.8	2.7	15.8	1.4	8.4			11.5	67.5	3.9	23.1	1.1	6.2	36	210
<b>Paradise Assorted</b>																				
<b>Family Assorted</b> Servings per pack: 49	10.4	1	201	1930	0.8	7.9	1.8	17.5	1.0	9.9	less than 0.1	0.3	6.9	66.0	2.9	28.0	0.3	2.8	40	380
<b>Cream Assorted</b> Serving per pack: 29	17.2	1	366	2130	1.0	5.6	4.5	26.3	3.2	18.7	less than 0.1	0.3	10.7	62.0	6.9	40.0	0.3	1.9	53	310
<b>Paradise Fancies</b>																				
<b>Jam Fancies</b> Servings per pack: 15	17	1	313	1840	0.9	5.0	2.8	16.4	1.4	8.0			11.4	66.9	4.1	23.8	0.3	1.8	35	206
<b>Strawberry Mallows</b> Servings per pack: 16	16.5	1	262	1590	0.6	3.5	1.8	10.9	1.0	5.9			10.8	65.3	5.5	33.2	less than 0.1	1.6	18	111