

PARADISE FOOD - PRODUCT NUTRITIONALS

Last updated 05.03.07. 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
Paradise Plain Sweet																				
Butterscotch Shortbread 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
Cinnamon Crunch Servings per pack: 10	20	2	375	1875	1.4	6.9	3.0	15.1	1.5	7.3	less than 0.1	less than 0.1	13.8	69.0	6.2	30.8	0.7	3.7	76	380
Ginger Crunch Servings per pack: 12	17	2	337	1980	1.6	9.3	3.1	18.4	1.7	9.9	less than 0.1	0.2	11.2	66.0	4.6	27.0	0.4	2.6	54	320
Highland Oatmeal Servings per pack: 12	17	2	314	1849	1.1	6.7	2.2	13.2	1.1	6.6	less than 0.1	less than 0.1	12.2	72.0	3.7	21.8	0.5	3.1	68	402
Malt Servings per pack: 13	16	2	296	1850	1.3	8.0	2.0	12.6	1.0	6.1	less than 0.1	0.1	11.5	72.0	6.9	43.0	less than 0.1	1.9	43	270
Marie Servings per pack: 10.5	19.5	2	340	1740	1.2	6.4	2.6	13.3	1.3	6.7			12.9	66.0	3.5	18.1	0.6	3	125	640
Rich Shortbread 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
Rich Tea Servings per pack: 12	17	2	311	1830	1.1	6.6	2.7	16.0	1.3	7.9	less than 0.1	0.1	10.7	63.0	5.8	34.0	1.1	6.4	58	340
Paradise Assorted																				
Family Assorted 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
Cream Assorted Servings 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
Paradise Fancies																				
Jam Fancies 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
Strawberries & Cream Fancies Servings per pack: 12	21	1	445	2120	1.2	5.7	5.3	25.4	3.7	17.5			13.3	63.4	5.8	27.9			44	210
Strawberry Mallows 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
Paradise Bakehouse																				
Anzac Servings per pack: 25	20	2	425	2072	1.2	5.7	4.7	22.8	2.6	12.9	less than 0.1	0.3	13.6	66.5	6.9	33.9			43	210
Choc Chip Servings per pack: 25	20	2	392	1959	1.4	7.1	3.4	17.0	1.8	8.9	less than 0.1	0.3	14.3	71.3	7.5	37.3			43	217
Double Choc Servings per pack: 14.5	26	2	534	2054	1.5	5.8	5.5	21.0	3.6	14.0	0.1	0.4	18.0	69.3	9.2	35.4			43	166