

PARADISE FOOD - PRODUCT NUTRITIONALS

Last updated 18.04.07. 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
Veri Deli Crackers																				
Cheddar & Chives Servings per pack: approx 6	25	5	502	2008	3.0	11.9	5.5	22.0	2.7	10.7	less than 0.1	0.1	14.6	58.3	1.3	5.1			227	907
Italian Herb Servings per pack: approx 7.5	20	5	388	1941	2.1	10.5	3.5	17.3	1.7	8.4	less than 0.1	less than 0.1	13.2	66.0	0.9	4.4			158	790
Sesame & Poppy Servings per pack: approx 8	25	5	536	2145	2.1	8.2	6.5	25.8	3.0	11.8	less than 0.1	less than 0.1	15.5	61.9	2.3	9.3			162	648
Soy & Linseed Servings per pack: approx 8.6	21	5	426	2029	2.6	12.5	4.3	20.3	2.8	13.1	less than 0.1	less than 0.1	13.2	62.8	0.3	1.3			138	655
Spring Onion Servings per pack: approx 6	25	6.5	491	1963	2.5	9.9	4.7	18.6	2.2	8.8	less than 0.1	less than 0.1	16.3	65.0	3.4	13.5			147	589
Veri Deli Cracker Snacks: Servings Per Pack - 7																				
Rosemary & Sea Salt	25		450	1800	2.9	11.6	3.9	15.5	2.8	11.1	less than 0.1	less than 0.1	15.8	63.0	0.5	1.9	1	4	200	800
Soy & Linseed	25		500	2000	3.3	13.0	5.4	21.7	3.7	14.7	less than 0.1	0.1	14.0	56.0	0.2	0.9	1.1	4.4	195	780