

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
Vive Cookies																				
Lites Apricot & Coconut Servings per pack: 24	10.5	1	176	1675	0.6	5.8	0.8	8.0	0.4	3.5	less than 0.1	less than 0.1	7.6	72.7	3.9	37.4	0.7	6.9	35	337
Lites Caramel Pecan Servings per pack: 24	10.5	1	184	1748	0.4	4.0	0.98	9.3	0.1	1.2	less than 0.1	less than 0.1	8.1	77.6	3.8	35.8	0.2	2.2	41	389
Lites Choc Chip Servings per pack: 24	10.5	1	185	1765	0.4	3.8	0.9	8.8	0.4	3.4	less than 0.1	less than 0.1	8.3	79.3	3.5	33.5	0.3	3.3	37	348
Lites Triple Choc Servings per pack: 24	10.5	1	180	1718	0.5	4.5	0.8	7.8	0.4	3.7	less than 0.1	0.1	8.2	78.0	4.2	39.6	0.4	3.7	41	395
Wellbeing Date & Ginger Servings per pack: 14	18	2	277	1540	0.8	4.7	0.8	4.5	less than 0.1	0.4	less than 0.1	less than 0.1	12.8	71.2	7.4	40.9	2.0	10.9	47	260
Wellbeing Lemon & Almond Servings per pack: 21	10.5	1	219	2088	0.5	4.6	2.4	23.2	1.3	12.3	less than 0.1	0.6	7.1	67.8	2.9	27.5			29	280
Vive Cookies Minis: Servings Per Pack - 8																				
Lites Choc Chip	30	9	519	1730	1.6	5.2	2.0	6.8	0.9	3.0	less than 0.1	less than 0.1	24.2	80.6	10.2	34.1	0.9	3.0	98	325
Lites Triple Choc	30	9	520	1733	1.4	4.8	2.4	7.9	1.2	4.0	less than 0.1	less than 0.1	23.6	78.8	9.6	32.0	0.9	3.1	116	388
Vive Tartlets: Servings Per Pack - 16																				
Lites Blackcurrant	13.5	1	221	1640	0.5	3.6	0.98	7.3	0.6	4.8			10.3	76.2	4.1	30.6			54	403
Lites Strawberry	13.5	1	211	1564	0.8	5.6	0.8	5.9	0.5	3.9	less than 0.1	0.2	9.8	72.3	4.9	36.2	0.4	2.6	56	413
Vive Crispbreads: Servings Per Pack - 8																				
Lites White	28	4	434	1550	3.2	11.3	0.6	2.1	0.3	0.9	less than 0.1	less than 0.1	20.2	72	0.5	1.9	2.3	8.2	171	610
Lites Wholemeal	28	4	440	1570	3.2	11.3	1	3.6	0.2	0.8	less than 0.1	0.2	19.6	70	1.3	4.5	1.9	6.7	95	340
Wellbeing 7 Grains	32	4	528	1650	4.6	14.5	2.3	7.1	0.4	1.1	less than 0.1	less than 0.1	19.8	62	0.9	2.9	3.2	10	141	440
Wellbeing Soy & Linseed	32	4	544	1700	4.9	15.3	3.6	11.2	0.5	1.6	less than 0.1	less than 0.1	17.6	55	0.9	2.8	3.9	12.2	243	760
Vive Snactiv: Servings Per Pack - 6																				
Mixed Berry & Yoghurt	36	2	594	1650	3.6	10.0	3.3	9.2	2.8	7.7	less than 0.1	less than 0.1	23.4	65.0	10.1	28.0	1.3	3.6	95	260
Sultana & Yoghurt	36	2	588	1634	3.1	8.5	3.9	10.9	3.3	9.2	less than 0.1	less than 0.1	22.3	62.0	13.7	38.0	1.4	3.8	97	270