

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
Vive Cookies																				
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
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