

# SNACK

## NUTRITION GUIDE



### HAZELNUT PROTEIN BALL

#### INGREDIENTS

Biscuit Crumb [Wheat Flour, Sugar, Vegetable Oil, Golden Syrup, Salt, Natural Vanilla Flavour], Unsalted Butter [Cream (From Milk)], Hazelnut, Whey Protein Concentrate (From Milk), Sweetened Condensed Milk [Milk, Sugar], Coconut Oil, Almond Meal, Cocoa Powder, Honey, Dessicated Coconut [Coconut, Preservative(223)], Sesame Seed, Rolled Oats, Sunflower Kernels, Hazelnut Flavour, Natural Vanilla Flavour.

#### ALLERGENS

**CONTAINS WHEAT, MILK, HAZELNUT (TREE NUTS), SESAME SEEDS, SULPHITES, ALMONDS (TREE NUTS) & OATS (GLUTEN), SOY. MAY CONTAIN OTHER GLUTEN CEREALS, PEANUTS, OTHER TREE NUTS, EGG & LUPINS.**

Made in Australia.

Whey protein is not suitable for children under 15 years of age or pregnant women.



NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 35 g		
	Avg Quantity per Serving	Avg Quantity per 100 g
Energy	839 kJ (200 Cal)	2397 kJ (572 Cal)
Protein	6.1 g	17.4 g
Fat, total	15.2 g	43.4 g
- saturated	8.3 g	23.8 g
Carbohydrate	9.9 g	28.3 g
- sugars	5.6 g	16.0 g
Dietary fibre, total	1.5 g	4.3 g
Sodium	33 mg	94 mg

- Source of Protein
- No Artificial Colours or Flavours
- Suitable for Vegetarians

### WHITE CHOCOLATE PROTEIN BALL

#### INGREDIENTS

Unsalted Butter [Cream (From Milk)], Biscuit Crumb [Wheat Flour, Sugar, Vegetable Oil, Golden Syrup, Salt, Natural Vanilla Flavour], Whey Protein Concentrate (13%) [Whey Powder (From Milk), Vegetable Oil, Emulsifier (322 From Soy)], Sweetened Condensed Milk [Milk, Sugar], Vegetable Oil, Almond Meal, Honey, White Compound Chocolate (4%) [Sugar, Vegetable Fat, Milk Solids, Emulsifiers (492, 322 From Soy)], Dessicated Coconut [Coconut, Preservative (223)], Yoghurt Powder (Milk Solids, Cultures), Full Cream Milk Powder, Sesame Seeds, Rolled Oats, Sunflower Kernels, Natural Vanilla Flavour.

#### ALLERGENS

**ALLERGENS: CONTAINS MILK, WHEAT, SOY, ALMONDS (TREE NUTS), SULPHITES, SESAME SEEDS & OATS (GLUTEN). MAY CONTAIN OTHER GLUTEN CEREALS, PEANUTS, OTHER TREE NUTS, EGG & LUPINS.**

Made in Australia.

Whey protein is not suitable for children under 15 years of age or pregnant women.



NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 35 g		
	Avg Quantity per Serving	Avg Quantity per 100 g
Energy	799 kJ 191 (Cal)	2280 kJ 545 (Cal)
Protein	5.5 g	15.6 g
Fat, total	14.3 g	40.9 g
- saturated	9.5 g	27.0 g
Carbohydrate	10.0 g	28.5 g
- sugars	6.6 g	18.7 g
Dietary fibre, total	0.8 g	2.4 g
Sodium	36 mg	102 mg

- Source of Protein
- No Artificial Colours or Flavours
- Suitable for Vegetarians

### CHOCOLATE PROTEIN BALL

#### INGREDIENTS

Biscuit Crumb [Wheat Flour, Sugar, Vegetable Oil, Raising Agent (500), Salt], Unsalted Butter [Cream (From Milk)], Whey Cream (From Milk), Water], Whey Protein Concentrate (12%) [Whey Protein Concentrate (From Milk), Emulsifier (322 From Soy)], Sweetened Condensed Milk [Milk, Sugar], Dessicated Coconut [Coconut, Preservative (223)], Almond Meal, Alkalised Cocoa Powder (6%), Vegetable Oil, Honey, Sesame Seeds, Sunflower Kernels, Rolled Oats.

#### ALLERGENS

**ALLERGENS: CONTAINS WHEAT, MILK, SESAME SEEDS, ALMONDS (TREE NUTS), SULPHITES, & OATS (GLUTEN), SOY. MAY CONTAIN OTHER GLUTEN CEREALS, PEANUTS, OTHER TREE NUTS, EGG & LUPINS.**

Made in Australia.

Whey protein is not suitable for children under 15 years of age or pregnant women.



NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 35 g		
	Avg Quantity per Serving	Avg Quantity per 100 g
Energy	784 kJ (187 Cal)	2240 kJ (536 Cal)
Protein	5.7 g	16.2 g
Fat, total	13.6 g	38.8 g
- saturated	8.5 g	24.4 g
Carbohydrate	10.2 g	29.1 g
- sugars	5.8 g	16.6 g
Dietary fibre, total	1.5 g	4.4 g
Sodium	26 mg	75 mg

- Source of Protein
- No Artificial Colours or Flavours
- Suitable for Vegetarians

### SALTED CARAMEL PROTEIN BALL

#### INGREDIENTS

Biscuit Crumb [Wheat Flour, Sugar, Canola Oil, Water, Salt, Sodium Carbonate], Unsalted Butter [Pasteurised Cream, Water], Protein Powder (Milk, Sunflower Lecithin), Condensed Milk [Cows Milk, Sugar], Coconut Oil (Coconut White Meat, Sodium Metabisulphite (E223)), Almond Meal, Honey, White Chocolate (Sugar, hydrogenated Vegetable Fat, Skimmed Milk powder, Whey, Stabiliser: Sorbitan Tristearate (E492), Emulsifier (E322) Soy Lecithin) Yoghurt Powder (Skimmed Milk yoghurt), Whole Milk, Sesame Seeds, Rolled Oats (Wholegrain Oats (Gluten)), Natural Butterscotch Flavour, Cocoa Powder, Salt, Natural Colour.

#### ALLERGENS

**ALLERGENS CONTAINS: SESAME SEEDS, SOY, SULPHITES, TREE NUTS, WHEAT, GLUTEN, MILK, MAY CONTAIN: EGGS, LUPINS, & PEANUTS.**

Made in Australia.

Whey protein is not suitable for children under 15 years of age or pregnant women.



NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 35 g		
	Avg Quantity per Serving	Avg Quantity per 100 g
Energy	813 kJ (194 Cal)	2323 kJ (555 Cal)
Protein	6.1 g	17.3 g
Fat, total	13.2 g	37.6 g
- saturated	8.6 g	24.6 g
Carbohydrate	12.6 g	36.0 g
- sugars	7.8 g	22.4 g
Dietary fibre, total	0.3 g	0.9 g
Sodium	76.0 mg	217.4 mg

- Source of Protein
- No Artificial Colours or Flavours
- Suitable for Vegetarians

# PEANUT BUTTER PROTEIN BALL

## INGREDIENTS

Unsalted Peanut butter (PEANUTS) Dark Compound (Sugar, hydrogenated vegetable fat, cocoa powder alkalised, whey, emulsifier: SOYA lecithin, stabiliser: sorbitan tristearate) Cranberries (Cranberries, cane sugar, sunflower oil) Margarine (Vegetable fats and oils, water, salt, emulsifiers (471, SOY bean lecithin), acidity regulators (331,330), antioxidant (307b), flavours and colour(160a), Coconut Oil (Coconut Oil) Almond Meal, Rolled oats (Wholegrain oats (GLUTEN) Coconut (Coconut, sodium metabisulphite(E223) Condensed Milk (Cow's MILK, sugar) Peanuts Honey Salt (Salt, potassium iodate) Protein Powder (MILK, sunflower).



## ALLERGENS

ALLERGENS: CONTAINS PEANUT, SOY, SULPHITES, TREE NUTS, WHEAT, GLUTEN, MILK.  
MAY CONTAIN: EGGS, LUPIN, SESAME

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 35 g		
	Avg Quantity per Serving	Avg Quantity per 100 g
Energy	787 kJ (196 Cal)	2250 kJ (561 Cal)
Protein	6.1 g	17.6 g
Fat, total	14.32 g	40.91 g
- saturated	6.44 g	18.83 g
Carbohydrate	10.67 g	30.48 g
- sugars	6.5 g	18.83 g
Dietary fibre, total	0.93 g	2.65 g
Sodium	64.2 mg	183.55 mg

- Source of Protein
- No Artificial Colours or Flavours
- Suitable for Vegetarians

# BANANA BREAD

## INGREDIENTS

Banana, Wheat Flour, Sugar, Canola Oil, Eggs, Greek Style Yoghurt (Milk, Milk Solids, Culture), Sodium Bicarbonate (500), Vanilla, Salt, Cinnamon.

## ALLERGENS

CONTAINS: WHEAT, EGGS, GLUTEN, MILK  
MAY CONTAIN: LUPIN, PEANUT, SESAME, SOY, SULPHITES, TREE NUTS

- Made with 100% Australian bananas
- Suitable for vegetarians
- No Preservatives
- No Artificial Colours



NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 120 g		
	Avg Quantity per Serving	Avg Quantity per 100 g
Energy	1872 kJ (449 Cal)	1560.37 kJ (374 Cal)
Protein	6.65 g	5.54 g
Fat, total	15.51 g	12.92 g
- saturated	2.15 g	1.79 g
Carbohydrate	70.60 g	58.83 g
- sugars	39.98 g	33.32 g
Dietary fibre, total	2.67 g	2.23 g
Sodium	281.37 mg	234.47 mg

# TABLE OF PLENTY - MINI RICE CAKES DARK CHOCOLATE

## INGREDIENTS:

Dark Chocolate (60%) (Sugar, Cocoa Mass (37%), Cocoa Butter, Emulsifier (Soy Lecithin), Natural Vanilla Flavour), Wholegrain Rice (40%).

## ALLERGENS

CONTAINS : SOY.  
MAY CONTAIN: MILK, TREE NUTS AND SESAME SEEDS.

- Gluten Free
- Vegan Friendly Ingredients
- Only 16 Calories Per Pack
- Pure Dark Chocolate



NUTRITION INFORMATION		
Servings per package: 4		
Serving size: 15 g		
	Avg Quantity per Serving	Avg Quantity per 100 g
Energy	307 kJ (73 Cal)	2045 kJ (489 Cal)
Protein	0.8 g	5.8 g
Fat, total	3.6 g	23.9 g
- saturated	2.2 g	14.5 g
Carbohydrate	9.0 g	59.9 g
- sugars	4.1 g	27.2 g
Dietary fibre, total	0.8 g	5.4 g
Sodium	<0.1mg	<0.1mg

# CLIF BAR PEANUT BUTTER

## INGREDIENTS

Peanut Butter, Oat Flour, Rolled Oats, Brown Rice Syrup, Date Paste, Cane Syrup, Pea Protein, Tapioca Syrup, Rice Starch, High Oleic Sunflower Oil, Palm Oil, Peanut Flour, Cane Sugar, Rice Flour, Natural Flavours Peanuts, Humectant (Vegetable Glycerin), Sea Salt, Emulsifier (Sunflower Lecithin) & Antioxidant (Mixed Tocopherols).

## ALLERGENS

CONTAINS: PEANUTS & GLUTEN  
MAY CONTAIN: TREE NUTS, MILK, SESAME & SOY



NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 50 g		
	Avg Quantity per Serving	Avg Quantity per 100 g
Energy	949 kJ	1898 kJ
Protein	7 g	14 g
Fat, total	10 g	21.4 g
- saturated	2.3 g	4.6 g
Carbohydrate	26.7 g	53.4 g
- sugars	9.5 g	19 g
Dietary fibre, total	2.9 g	5.8 g
Sodium	156.3 mg	312.6 mg

# CLIF BAR CHOCOLATE HAZELNUT BUTTER

## INGREDIENTS

Nut Butter Blend (Hazelnut Butter, Cashew Butter, Almond Butter), Oat Flour, Rolled Oats, Pea Protein, Brown Rice Syrup, Date Paste, High Oleic Sunflower Oil, Tapioca Syrup, Cane Syrup, Cane Sugar, Rice Starch, Palm Oil, Rice Flour, Alkalized Cocoa, Humectant (Vegetable Glycerin), Natural Flavours, Sea Salt, Unsweetened Chocolate, Coconut, Cocoa, Emulsifier (Sunflower Lecithin) & Antioxidant (Mixed Tocopherols).

## ALLERGENS

CONTAINS: ALMONDS, CASHEWS, HAZELNUTS & GLUTEN  
MAY CONTAIN: TREE NUTS, OTHER TREE NUTS, MILK, SESAME & SOY



NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 50 g		
	Avg Quantity per Serving	Avg Quantity per 100 g
Energy	946.3 kJ	1892.6 kJ
Protein	6 g	12 g
Fat, total	10.8 g	21.6 g
- saturated	2 g	4
Carbohydrate	27 g	54 g
- sugars	9.7 g	19.4 g
Dietary fibre, total	3 g	6 g
Sodium	164.2 mg	328.4 mg

# DO-GOOD-LAB POPCORN CHEDDAR CHEESE

## INGREDIENTS

Wholegrain Corn (79%), Sunflower Oil, Sea Salt (1.5%)

## ALLERGENS

MAY CONTAIN PEANUTS, TREE NUTS,  
SOY AND SULPHITES



NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 25 g		
	Avg Quantity per Serving	Avg Quantity per 100 g
Energy	460 kJ (110 Cal)	1840 kJ (440 Cal)
Protein	2.5 g	10.2 g
- Gluten	Not Detected	Not Detected
Fat, total	5.5 g	22.3 g
- saturated	less than 1.0 g	2.6 g
Carbohydrate	10.9 g	43.8 g
- sugars	less than 1.0 g	less than 1.0 g
Sodium	161 mg	646 mg

# DO-GOOD-LAB POPCORN CHEDDAR CHEESE

## INGREDIENTS

Wholegrain Corn (63%), Cane Sugar, Sunflower Oil, Sea Salt (1%)

## ALLERGENS

MAY CONTAIN PEANUTS, TREE NUTS,  
SOY AND SULPHITES



NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 25 g		
	Avg Quantity per Serving	Avg Quantity per 100 g
Energy	569 kJ (136 Cal)	2270 kJ (543 Cal)
Protein	1.4 g	5.8 g
- Gluten	Not Detected	Not Detected
Fat, total	8.6 g	34.6 g
- saturated	2.4 g	9.8 g
Carbohydrate	12.5 g	50.1 g
- sugars	4.7 g	18.9 g
Sodium	220 mg	882 mg

# DO-GOOD-LAB POPCORN CHEDDAR CHEESE

## INGREDIENTS

Wholegrain Corn (55%), Sunflower Oil, Tasty Cheddar Cheese (16%) [Milk Solids, Cheese Solids (Pasteurised Milk, Salt, Starter Culture, Enzymes), Salt, Acidity Regulator (Citric Acid)], Sea Salt, Natural Colour (Beta Carotene).

## ALLERGENS

CONTAINS MILK  
MAY CONTAIN PEANUTS, TREE NUTS,  
SOY AND SULPHITES



NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 25 g		
	Avg Quantity per Serving	Avg Quantity per 100 g
Energy	545 kJ (130 Cal)	2180 kJ (521 Cal)
Protein	2.4 g	9.8 g
- Gluten	Not Detected	Not Detected
Fat, total	9.0 g	36.2 g
- saturated	1.9 g	7.9 g
Carbohydrate	8.9 g	35.8 g
- sugars	1.2 g	5.1 g
Sodium	174 mg	697 mg