



BOOST SNACK PRODUCTS 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

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)], Desiccated 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], Desiccated 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

MINI DARK CHOCOLATE RICE CAKES

INGREDIENTS:

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

CONTAINS SOY.

MAY CONTAIN MILK, TREE NUTS AND SESAME SEEDS.

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



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

ARTISAN CHOC GRANOLA COOKIE

INGREDIENTS:

Dark Couverture Chocolate (18.2%) [Cocoa Mass, Sugar, Cocoa Butter, Emulsifier: Soya Lecithin, Natural Vanilla Flavouring], Unsalted Butter, Wheat Flour [Vitamins (Thiamin, Folate)], Rolled Oats, Brown Sugar, Pepita Seeds, Sunflower Seeds, Quinoa Flakes, Golden Syrup, Maple Flavoured Syrup [Colour (Caramel (4))], Chia Seeds, Linseeds, Honey, Baking Powder [Mineral Salts (170, 450, 500), Wheat Starch], Bi-Carbonate of Soda and Sea Salt Flakes.

CONTAINS GLUTEN, DAIRY AND SOY.

MAY CONTAIN TRACES OF PEANUTS, EGG, SESAME SEEDS, SULPHITES AND TREE NUTS.

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 50 g		
	Avg Quantity per Serving	Avg Quantity per 100 g
Energy	1066 kJ (254 Cal)	2132 kJ (509 Cal)
Protein	5.0 g	10 g
Fat, total	14.4 g	28.8 g
- saturated	6.9 g	13.8 g
Carbohydrate	25.5 g	50.9 g
- sugars	11.6 g	23.1 g
Sodium	185 mg	370 mg

- Made with more of what matters
- Packed with oats and seeds



ARTISAN CHOC CHIA FUDGE (GF) COOKIE

INGREDIENTS:

Dark Couverture Chocolate (19.4%) [Sugar, Cocoa Mass, Cocoa Butter, Emulsifier [Soy Lecithin (322)]], Brown Sugar, Unsalted Butter, Raisins, Almond, Whole Egg, Gluten Free Plain Flour [Maize Starch, Tapioca Flour, Rice Flour, Vegetable Gums: Guar], Golden Syrup, Sour Cream [Light Cream, Halal Gelatine, Sour Cream Culture], Desiccated Coconut Flour, Desiccated Coconut, Pepita Seeds, Sunflower Seeds, Cocoa Powder, Honey, Chia Seeds, Xanthan Gum (E415) and Baking Powder.

CONTAINS DAIRY, EGG, SOY AND TREE NUTS.

MAY CONTAIN TRACES OF PEANUTS, SESAME SEEDS, SULPHITES AND OTHER TREE NUTS.

DOES NOT CONTAIN ANY DETECTABLE GLUTEN.

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 50 g		
	Avg Quantity per Serving	Avg Quantity per 100 g
Energy	1005 kJ (240 Cal)	2009 kJ (480 Cal)
Protein	4.5 g	9.0 g
Fat, total	13.5 g	27.0 g
- saturated	7.8 g	15.5 g
Carbohydrate	23.6 g	47.1 g
- sugars	14.8 g	29.6 g
Sodium	32 mg	64 mg

- Gluten Free
- Made with more of what matters
- Packed with nuts, fruit and seeds



BANANA BREAD

INGREDIENTS

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

ALLERGENS

CONTAINS GLUTEN, DAIRY AND EGGS.

MAY CONTAIN TRACES OF PEANUTS, SESAME SEEDS, SULPHITES, SOY, LUPIN AND TREE NUTS.

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 120 g		
	Avg Quantity per Serving	Avg Quantity per 100 g
Energy	1692 kJ (404 Cal)	1410 kJ (338 Cal)
Protein	5.9 g	4.9 g
Fat, total	16.6 g	13.8 g
- saturated	3.4 g	1.5 g
Carbohydrate	55.6 g	46.3 g
- sugars	35.8 g	29.8 g
Dietary fibre, total	4.9 g	4.1 g
Sodium	276 mg	230 mg

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



ORGANIC POPCORN > SEA SALT

INGREDIENTS

Organic Popcorn (80 %), Organic Sunflower Oil – Hi Oleic, Sea Salt.

ALLERGENS

MAY CONTAIN TRACES OF MILK

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 25 g		
	Avg Quantity per Serving	Avg Quantity per 100 g
Energy	496 kJ	1987 kJ
Protein	1.8 g	7.2 g
Fat, total	6.2 g	24.6 g
- saturated	0.6 g	2.3 g
- trans	<0.1 g	<0.1 g
- polyunsaturated	1.4 g	5.4 g
- monounsaturated	4.2 g	16.9 g
Cholesterol	0 mg	0 mg
Carbohydrate	12.4 g	49.9 g
- sugars	0.2 g	0.9 g
Dietary fibre, total	3.3 g	13.3 g
Sodium	90 mg	360 mg
Gluten	Nil detected	Nil detected

- Gluten Free
- Certified Organic
- Suitable for Vegans
- Cholesterol Free
- Source of Fibre
- No Preservatives
- No Artificial Colours or Flavours



ORGANIC POPCORN > LIGHTLY SALTED, SLIGHTLY SWEET

INGREDIENTS

Organic Popcorn (63 %), Organic Sunflower Oil – Hi Oleic, Organic Raw Cane Sugar, Sea Salt.

ALLERGENS

MAY CONTAIN TRACES OF MILK

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 40 g		
	Avg Quantity per Serving	Avg Quantity per 100 g
Energy	812 kJ	2030 kJ
Protein	2.1 g	5.2 g
Fat, total	8.9 g	22.4 g
- saturated	0.8 g	2.1 g
- trans	<0.1 g	<0.1 g
- polyunsaturated	1.5 g	3.7 g
- monounsaturated	6.6 g	16.6 g
Cholesterol	0 mg	0 mg
Carbohydrate	24.5 g	61.6 g
- sugars	6.5 g	16.2 g
Dietary fibre, total	3.3 g	8.2 g
Sodium	109 mg	272 mg
Gluten	Nil detected	Nil detected

- Gluten Free
- Certified Organic
- Suitable for Vegans
- Cholesterol Free
- Source of Fibre
- No Preservatives
- No Artificial Colours or Flavours