

# AMBIENT RANGE



## NUTRITION GUIDE

### APPLE JUICE

#### INGREDIENTS

Apple Juice from Concentrate (99.6%) Food Acid (330), Natural Flavour, Vitamin C, Colour (150d)

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 170 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	309 kJ (74 Cal)	182 kJ (44 Cal)
Protein	0.2 g	0.1 g
Fat, total	LESS THAN 0.1 g	LESS THAN 0.1 g
- saturated	LESS THAN 0.1 g	LESS THAN 0.1 g
Carbohydrate	17.2 g	10.1 g
- sugars	17.2 g	10.1 g
Dietary fibre, total	LESS THAN 0.1 g	LESS THAN 0.1 g
Sodium	12 mg	7 mg

### MANGO NECTAR

#### INGREDIENTS

Water, Mango Puree from Concentrate (38%), Sugar, Food Acid (330), Natural Flavour.

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 170 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	340 kJ (81 Cal)	200 kJ (48 Cal)
Protein	0.3 g	0.2 g
Fat, total	LESS THAN 0.1 g	LESS THAN 0.1 g
- saturated	LESS THAN 0.1 g	LESS THAN 0.1 g
Carbohydrate	20.2 g	11.9 g
- sugars	19.4 g	11.4 g
Dietary fibre, total	0.6 g	0.4 g
Sodium	6 mg	4 mg

### TROPICAL JUICE

#### INGREDIENTS

Juices from Concentrate (Apple Juice (40%), Pineapple (37.7%), Orange (10%), Passionfruit (4.9%), Mango (2%), Guava Puree (5.3%)), Food Acid (330), Natural Flavour, Vitamin C

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 170 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	326 kJ (78 Cal)	192 kJ (46 Cal)
Protein	0.7 g	0.4 g
Fat, total	LESS THAN 0.1 g	LESS THAN 0.1 g
- saturated	LESS THAN 0.1 g	LESS THAN 0.1 g
Carbohydrate	19.6 g	11.5 g
- sugars	17.2 g	10.1 g
Dietary fibre, total	0.7 g	0.4 g
Sodium	7 mg	4 mg

### COCONUT WATER

#### INGREDIENTS

100 % Natural Coconut Water.

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 170 mL		
	Avg Quantity per Serving	Avg Quantity per 100 mL
Energy	125 kJ (30 Cal)	74 kJ (18 Cal)
Protein	0 g	0 g
Fat, total	0 g	0 g
- saturated	0 g	0 g
Carbohydrate	7.5 g	4.4 g
- sugars	6.0 g	3.5 g
Dietary fibre, total	0 g	0 g
Sodium	45 mg	27 mg