

- ・ スープ

(信号機表示システム。アレルギーの説明表示のところにベジタリアンに至適な旨の表示あり)



(6cm x 1.5cm)

Water, broccoli (35%), potatoes, cream, onions, Stilton cheese (3%), milk, butter, salt, concentrated lemon juice, black pepper.

Stilton is a registered trademark.

Nutritional information			
	Typical values per 100g	Typical values per serving *	Guideline daily amounts (adult)
Energy	232kJ/56Kcal	696kJ/167Kcal	2000 calories
Protein	2.9g	8.7g	45g
Carbohydrate Of which sugars	2.7g 1.1g	8.1g 3.3g	230g 90g
Fat Of which saturates	3.7g 2.3g	11.1g 6.9g	70g 20g
Fibre	1.1g	3.3g	18g
Salt Of which sodium	0.6g 0.2g	1.8g 0.6g	6g 2.4g

*Serving per half carton

ALLERGY ADVICE
Contains: milk. May contain nut traces. Suitable for vegetarians.



(6cm x 5.6cm)

- ・ インスタントコーヒー



(3.5cm × 3cm)

(5.5cm × 4.7cm)

Instant Coffee with Whitener, Sugar and Vanilla Flavour.

Ingredients:
 Sugar, Skimmed Milk Powder (19%), Hydrogenated Vegetable Oil, Lactose, Instant Coffee (9.7%), Dried Glucose Syrup, Flavourings, Thickener: E466, Milk Proteins, Stabilisers (E340, E452i, E331), Salt.

NUTRITION INFORMATION TYPICAL VALUES	Per 100 g	Per Mug with 200ml Water	Adult GDA*	% GDA*
Energy	1793 kJ 429 kcal	332 kJ 79 kcal	2000 kcal	4%
Protein	9.3 g	1.7 g	45 g	4%
Carbohydrate of which: sugars	64.6 g 55.8 g	12.0 g 10.3 g	230 g 90 g	5% 11%
Fat of which: saturates	14.9 g 14.8 g	2.8 g 2.7 g	70 g 20 g	4% 14%
Fibre	1.2 g	0.2 g	24 g	1%
Sodium	0.3 g	0.1 g	2.4 g	3%
Salt Equivalent	0.8 g	0.2 g	6 g	3%

*GDAs are guidelines. Personal requirements vary depending on age, gender, weight and activity levels.

Each 18.5g serving (with 200ml water) contains

Calories	Sugars	Fat	Saturates	Salt
79	10.3g	2.8g	2.7g	0.2g
4%	11%	4%	14%	3%

of an adult's guideline daily amount*

(5.2cm × 2cm)

BEST BEFORE END

12/2009
834710916

(5.5cm × 1.7cm)

・ サラダトッピング

(栄養成分のマーク表示 グルテンフリーのマーク)



(7.5cm × 5cm)

Nutrition Facts		
Serving size: 10g Servings per pack: 10		
Nutritional values	per 100g	per portion
Energy	2201kJ 530kcal	220kJ 53kcal
Protein	24.4g	2.4g
Carbohydrate	18.9g	1.9g
of which sugars	3.0g	0.3g
Fat	39.6g	3.9g
of which saturates	5.5g	0.6g
mono-unsaturates	14.2g	1.4g
polyunsaturates	19.8g	2.0g
of which Omega-3 as linolenic acid	1.7g	0.2g
of which Omega-6 as linoleic acid	18.2g	1.8g
Fibre	9.7g	1.0g
Sodium	0.1g	Trace
Cholesterol	Nil	Nil

Best before end: JUL2009

Ingredients

The Food Doctor™ Herb Seed Mix (40%) (Sunflower Seeds, Pumpkin Seeds, Sesame Seeds, Linseed, Hemp Seed, Wheat Free Soya Sauce [Soya Beans, Sea Salt, Koji [Aspergillus Oryzae]], Rosemary, Thyme, Sage, Fennel), Chopped Brazil Nuts (20%), Chopped Almonds (20%), Hulled Hemp Seeds (19%), Dried Coriander Flakes (1%), Rapeseed Oil.

Free from

Gluten and lactose.

Additional information

Packaged in a protective atmosphere.

Allergy advice

Contains Nuts, Soya and Sesame seeds.

Storage

Store in a cool place out of direct sunlight. Please shake well before use to ensure an even distribution of the mix.

Warning

Please remember small children can choke on seeds and nuts.