

Nutritional Info

Nutrients

	Red meat meals						Chicken meals					
	Beef stew		Cottage pie		Simply mince & veg		Creamy chick		Tangy chicken		Chicken & veg wrap	
	100g	Serving 225g	100g	Serving 290g	100g	Serving 255g	100g	Serving 255g	100g	Serving 265g	100g	Serving 200g (HALF WRAP)
Energy kJ	544	1402	505	1423	506	1262	476	1215	656	1674	563	1116
Protein g	11.9	30.8	8.1	22.8	8	20.0	13.5	34.5	17.1	43.6	9.2	19.1
Carbohydrate g	11	27	12	34	11	29	10	24	12	31	17	35
of which total sugar g	0.6	1.5	2.1	5.9	0.7	1.7	0	0	2.9	7.3	1.6	3.3
Total fat g	3.8	9.8	2.6	7.4	4.4	10.9	2.2	5.5	4.3	11.0	2.6	5.4
of which saturated fat (g)	1.9	4.8	1.4	3.9	1.8	4.6	0.8	2.1	1.3	3.2	0.7	1.5
of which trans fat (g)	0	0	0	0	0	0	0	0	0	0	0	0
of which monosaturated fat(g)	1.5	4	1.2	3.4	1.7	4.2	0.8	2.1	1.7	4.4	0.9	1.8
of which polyunsaturated fat (g)	0.2	0.5	0.4	1.1	0.2	0.6	0.4	1	1.0	2.5	0.7	1.5
Cholesterol mg	30	78	18	51	24	60	27	70	46	117	16	33
Dietary fibre	1.4	3.6	3.5	9.9	1.5	3.6	0.2	0.6	0.4	0.9	1.7	3.6
Total sodium mg	97	248	206	582	74	184	139	355	125	320	231	479
GL		3		10		12		11		15		32
GI	LOW		LOW		LOW		LOW		LOW		LOW	
Exchange value	1½ starch, 3 protein, ½fat, 1 vegetable		2 starch, 3 protein, 1 fat		1 starch, 2 protein, ½fat, 2 vegetable		1½ starch, 4 protein		2 starch, 5 protein		2 starch, 2 protein, 1 vegetable	
Added value	LOW SODIUM < 120mg 100g		LOW FAT < 3g 100g LOW CHOLESTEROL < 20mg 100g Gluten free		LOW SODIUM < 120mg 100g		LOW FAT < 3g 100g				LOW FAT < 3g 100g LOW CHOLESTEROL < 20mg 100g	
Gluten free	Gluten free		Gluten free		Gluten free		Gluten free		Gluten free		Gluten free	
ALLERGENS	None		Wheat (gluten) Cow's milk		Wheat (gluten)		Cow's milk		Wheat (gluten) Cow's milk		Wheat (gluten) Cow's milk	
INGREDIENTS	Lean beef (34%), basmati rice, carrots, onion, lentils, tomato puree, stock powder, garlic, herbs, cloves		Baked beans(bears, water, tomato paste, sugar, salt, modified maize starch, spice) potato,topside low fat, mince (, carrot, onion, Mozzarella cheese, stock powder, herbs raising agent, garlic		Mixed vegetables(40%), mushrooms, corn, peas, carrot, green bean, onion), topside low fat mince (30%), basmati rice, tomato puree, apricot jam (glucose,apricot, sugar), stock powder, herbs		Chicken breast(44%), basmati rice, sweet peppers (9%), low-fat milk, cornstarch, stock powder, herbs		Chicken (breast, thigh) (58%), basmati rice, yoghurt, apricot jam (glucose, apricot, sugar), stock powder, paprika, herbs		Vegetables(37%), wrap (22%) (flour,bran, veg fat[palm kernel], raising agent, salt, poppy seed,vegetable oil[sunflower], preservative,[calcium propionate]), chicken fillet(19%),low-fat yoghurt hummus(chickpeas,lemon, garlic), paprika	

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PORTION CONTROLLED · LOW GI

Stock powder (salt, dehydrated veg[onion, carrot, mushroom, cornstarch, sugar, maltodextrin, herbs, yeast extract, veg oil {canola seed}, pepper, flavouring, colourant, spices, acid)