

Nutritional Info

Nutrients

	Rusks							
	Oat & bran rusks		Yoghurt rusks		Pecan nut rusks		Seed rusks	
	100g	Serving 1 rusks (24g)	100g	Serving 1 rusks (25g)	100g	Serving 1 rusks (32g)	100g	Serving 1 rusks (20g)
Energy kJ	1182	420	1660	461	1338	444	2455	546
Protein g	7.5	2.7	9.4	2.6	7.9	2.6	8	2.2
Carbohydrate g	41	15	58	16	42	14	66	15
of which total sugar g	18.5	6.6	19.3	5.4	17.5	5.8	20.4	5.7
Total fat g	6.6	2.4	12.1	3.4	11.2	3.7	21.9	6.1
of which saturated fat (g)	1.2	0.4	2.1	0.6	1.8	0.6	11.4	3.2
of which trans fat (g)	0	0	0	0	0	0	0	0
of which monosaturated fat(g)	1.2	0.4	2.6	0.7	4.6	0.5	5.4	1.5
of which polyunsaturated fat (g)	2.8	1.0	6.0	1.7	3.4	1.1	1.6	0.4
Cholesterol mg	24	8	38	11	43	14	69	19
Dietary fibre	6.4	2.3	4.3	1.2	5	1.7	7.3	2
Total sodium mg	470	167	609	169	582	193	575	161
GL		8		10		8		9
GI	LOW		LOW		LOW		LOW	
Exchange value	1 starch + ½ fat		1 starch + ½ fat		1 starch + ½ fat		1starch+1fat+½ protein	
Added value	High in fibre > 6 g 100g		Source of fibre > 3 g 100g		Source of fibre > 3 g 100g		High in fibre > 6 g 100g	
Ideal snack portion	1 rusks		1 rusks		1 rusks		1 rusks	
ALLERGENS	Egg, Cow's milk, Wheat (gluten), soya		Egg, Cow's milk, Wheat (gluten), soya		Egg, Cow's milk, Wheat (gluten), soya		Egg, Cow's milk, Wheat (gluten), soya	
INGREDIENTS	Low fat yoghurt, flour mix (wheat flour, whole-wheat cereal(wheat flour, soya, wheat bran, sugar, chicory, salt), bran cereal (4%) [wheat flour, sugar, soya flour, malt, salt], oats(4%), digestive bran (3%), apple, sugar, sultannas(4%), eggs, low fat milk, veg oil (sunflower seed), raising agent, flavouring		Low fat yoghurt (24%), flour mix (wheat flour) oat bran, whole-wheat cereal (wheat flour soya, wheat bran, sugar, chicory, salt)), apples, sugar, veg oil (sunflower seed), egg, low fat milk, raising agent, flavouring, salt		Flour mix (wheat flour, oat bran, whole-wheat cereal(wheat flour, soya, wheat bran, sugar, chicory, salt)), apples, sugar, buttermilk, eggs, pecan nuts(9%), veg oil (sunflower seed), raising agent, flavouring		Flour mix (wheat flour, digestive bran, bran cereal [wheat flour, sugar, soya flour, malt, salt], oat bran, butter, sugar, low-fat yoghurt, buttermilk, eggs, seeds (3%) [pumkin-, sunflower-, sesame- & lin seeds], raising agent, salt, vinegar	

Oats, Wheat bran, Oat bran, Wheat flour contains GLUTEN