



Fresh Food Nutritional Christmas 2011 WEB GB / ROI / NI

Product	Product suitable for		Made using ingredients that are			Energy (kJ)		Energy (kcal)		Protein (g)		Carbohydrates (g)		of which are sugars (g)		Fat (g)		of which are saturates(g)		Fibre (g)		Sodium (g)		Equivalent as salt (g)		
	Vegetarian	Vegan	Wheat Free	Gluten Free	Dairy Free	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	Per 100g	Per Unit	
Scones & Bread																										
Berry Scone	Y	N	N	N	N	1283	1835	305	436	6.6	9.4	53.6	76.6	11.6	15.0	7.8	11.2	4.6	6.6	3.2	4.6	0.42	0.60	1.06	1.51	
Fruit Scone	Y	N	N	N	N	1419	1064	336	252	7.6	5.7	60.1	45.1	22.6	17.0	7.3	5.5	4.0	3.0	1.9	1.4	0.20	0.15	0.50	0.38	
Luxury Fruit Bread	Y	N	N	N	N	1418	2056	335	485	7.0	10.2	58.0	84.0	24.0	34.8	8.3	12.0	3.6	5.3	2.3	3.4	0.15	0.22	0.37	0.55	
Plain Scone	Y	N	N	N	N	1416	1062	336	252	8.5	6.4	56.3	42.2	11.7	8.8	8.6	6.5	4.8	3.6	1.8	1.4	0.20	0.15	0.50	0.38	
Wheaten Scone	Y	N	N	N	N	1106	830	262	197	8.6	6.5	43.3	32.5	9.7	7.3	6.2	4.7	3.3	2.5	2.7	2.0	0.50	0.38	1.27	0.95	
Bars, Biscuits, Shortbreads, & Cookies																										
Belgian Chocolate Brownie Gluten Free Fairtrade	Y	N	Y	Y	N	2413	1392	514	334	4.1	2.7	51.9	33.7	43.9	28.5	31.7	20.6	17.5	11.4	2.6	1.7	0.04	0.03	0.10	0.07	
Chocolate Caramel Shortbread	Y	N	N	N	N	2258	1490	541	357	4.2	2.8	59.9	39.5	38.1	25.1	31.4	20.7	18.2	12.0	0.8	0.5	0.19	0.12	0.47	0.31	
Chocolate Chunk Cookie	Y	N	N	N	N	1850	1665	440	396	6.8	6.1	69.7	63.0	31.0	28.2	13.3	14.8	9.1	8.2	0.3	0.3	0.20	0.18	0.51	0.42	
Chocolate Chunk Shortbread Fairtrade	Y	N	N	N	N	2127	2127	508	508	7.6	7.6	59.3	59.3	41.0	41.0	26.8	26.8	18.0	18.0	1.0	1.0	0.02	0.02	0.05	0.05	
Chocolate Cornflake Square	Y	N	Y	Y	N	1950	1209	466	288	4.0	2.5	59.7	37.0	32.3	20.0	23.0	12.3	13.2	8.2	2.2	1.4	0.10	0.12	0.25	0.30	
Chocolate Hazelnut Gluten Dairy Free cake	Y	N	Y	Y	Y	1817	1181	436	283	7.9	5.1	33.4	21.7	31.6	20.5	30.2	19.6	5.1	3.3	4.4	2.9	0.13	0.08	0.33	0.21	
Granola Bar	Y	N	Y	N	N	1825	1460	435	348	7.3	5.8	46.4	37.1	28.0	22.4	24.6	19.7	10.9	8.7	4.4	3.5	0.06	0.05	0.13	0.11	
Luxury All Butter Mince Pie	Y	N	N	N	N	1640	1656	390	394	4.3	4.5	62.0	62.6	37.3	37.7	13.8	13.9	7.9	8.0	0.8	0.8	0.20	0.20	0.50	0.50	
Marshmallow Twizzle Chocolate (Dark & White)	N	N	N	N	N	1732	606	410	143	4.2	1.5	78.6	27.5	54.0	19.0	8.0	2.9	5.1	1.8	2.2	0.8	0.02	0.01	0.05	0.03	
Marshmallow Twizzle with Coloured Sugar Strands	N	N	N	N	N	1650	577	390	136	2.5	0.9	85.0	30.0	65.6	23.0	4.4	1.5	2.6	0.9	0.5	0.2	0.01	0.00	0.03	0.01	
Rocky Road	N	N	N	N	N	2341	1521	563	365	4.2	2.7	46.6	30.3	46.6	30.3	41.1	26.7	21.4	13.9	2.2	1.4	0.19	0.13	0.50	0.32	
Cakes, Doughnuts, Cup Cakes (per unit=per slice)																										
Black Forest Cup cake	Y	N	N	N	N	1723	1602	412	383	3.3	3.1	52.5	48.8	39.2	36.5	20.8	19.3	7.9	7.3	1.4	1.3	0.10	0.09	0.26	0.23	
Caramel and Pecan Cheesecake	Y	N	N	N	N	1665	2165	400	520	5.6	7.3	33.4	43.4	19.1	24.8	26.9	35.0	13.5	17.6	1.1	1.4	0.23	0.29	0.57	0.74	
Carrot Cake	Y	N	N	N	N	1872	2340	449	560	3.8	4.8	43.5	54.4	35.3	44.1	28.3	35.4	10.0	12.5	2.5	3.1	0.05	0.07	0.14	0.17	
Chocolate Yule Log	Y	N	N	N	N	1455	1235	347	295	3.3	2.8	45.7	38.8	34.5	29.3	16.8	14.3	5.5	4.7	2.7	2.3	0.10	0.08	0.25	0.21	
Doughnut Apple Fritter	Y	N	N	N	N	1720	2236	412	536	6.7	8.7	40.0	52.0	17.5	22.8	25.0	32.5	12.2	15.9	1.9	2.5	0.12	0.16	0.31	0.40	
Doughnut Classic Cake	Y	N	N	N	N	1880	1880	449	449	3.6	3.6	54.5	54.5	33.8	33.8	24.1	24.1	10.8	10.8	1.0	1.0	0.08	0.08	0.20	0.20	
Fairy Cupcake	Y	N	N	N	N	1927	1696	461	406	3.7	3.2	57.0	50.1	43.9	38.6	24.3	21.4	8.3	7.3	0.5	0.4	0.10	0.09	0.25	0.22	
Ginger Loaf Cake	Y	N	N	N	N	1365	1842	325	439	2.8	3.8	52.8	71.2	40.1	54.1	11.4	15.4	3.1	4.1	0.9	1.2	0.19	0.25	0.46	0.62	
Muffins																										
Caramelised Hazelnut and Belgium Milk Choc Chunk Muffin	Y	N	N	N	N	1667	2084	400	499	7.2	9.0	50.8	63.5	30.3	37.9	18.6	23.3	3.0	3.8	1.1	1.4	0.20	0.20	0.50	0.60	
Chocolate Muffin with Belgian Choc Sauce Centre	Y	N	N	N	N	1509	1901	360	453	6.6	8.3	48.2	60.7	29.2	36.7	15.6	19.6	3.1	3.9	3.1	3.9	0.22	0.27	0.56	0.70	
Classic Blueberry Muffin	Y	N	N	N	N	1480	1850	359	449	5.8	7.2	46.5	58.2	23.6	29.5	18.4	23.0	1.5	1.9	1.1	1.4	0.19	0.24	0.48	0.60	
Cranberry and Orange Muffin	Y	N	N	N	N	1531	2067	365	493	5.7	7.7	48.4	65.3	23.4	31.6	16.5	22.3	1.5	2.0	1.3	1.8	0.10	0.13	0.25	0.33	
Rise and Shine Muffin	Y	N	N	N	N	1448	1795	345	427	6.5	8.1	45.4	56.3	26.0	32.2	15.3	18.9	2.0	2.4	3.0	3.7	0.18	0.22	0.46	0.57	
Skinny Blueberry Muffin	Y	N	N	N	N	1053	1474	249	361	4.3	6.0	51.7	72.4	27.4	38.3	4.3	6.0	0.7	0.9	1.6	2.2	0.19	0.23	0.48	0.57	
Skinny Lemon and Poppyseed Iced Muffin	Y	N	N	N	N	1188	1794	281	424	4.3	6.5	60.4	91.2	37.2	56.2	4.2	6.3	0.5	0.8	4.2	3.6	0.19	0.29	0.48	0.73	
Skinny Peach and Raspberry Muffin	Y	N	N	N	N	995	1353	235	344	5.7	7.8	45.1	61.3	27.9	37.9	2.9	3.9	0.7	1.0	3.0	4.0	0.20	0.27	0.50	0.69	
Skinny Stem Ginger Iced Muffin	Y	N	N	N	N	1221	1709	289	404	3.9	5.5	62.3	87.2	24.5	34.3	3.4	4.7	0.4	0.6	0.9	1.3	0.18	0.25	0.44	0.47	
Pastries																										
Almond Croissant	Y	N	N	N	N	1771	1948	423	465	7.0	7.7	48.2	53.0	23.2	27.2	21.9	25.5	10.1	11.1	2.2	2.4	0.20	0.23	0.50	0.60	
Butter Croissant	Y	N	N	N	N	1663	1164	398	279	6.9	4.8	39.5	27.7	5.8	4.1	23.6	16.5	14.1	9.9	1.4	1.0	0.30	0.21	0.80	0.56	
Cinnamon Swirl	Y	N	N	N	N	1302	1828	309	432	7.0	9.8	57.9	81.0	21.3	29.8	5.5	7.7	2.0	2.8	2.8	3.9	0.18	0.24	0.45	0.60	
Pain Au Chocolat	Y	N	N	N	N	1766	1236	423	296	6.7	4.7	43.8	30.7	16.7	11.7	24.4	17.1	14.7	10.3	2.8	2.0	0.24	0.17	0.60	0.40	
Pain Aux Raisins	Y	N	N	N	N	1508	1809	360	432	5.0	6.0	46.2	55.4	17.1	20.5	17.3	20.8	10.4	12.5	1.6	1.9	0.22	0.27	0.56	0.69	
Savoury Cheese Pastry Twist	Y	N	N	N	N	1819	1546	435	370	13.5	11.5	42.3	36.0	5.5	4.7	23.5	20.0	13.9	11.8	1.8	1.5	0.39	0.33	0.99	0.84	
Porridge																										
Perfect Porridge, Fully Skimmed Milk and Dried Fruit	Y	N	Y	N	N	517	1261	120	293	4.4	10.7	23.3	56.9	10.4	25.4	1.4	3.4	0.3	0.7	1.6	3.9	0.05	0.12	0.13	0.31	
Perfect Porridge, Semi Skimmed Milk and Dried Fruit	Y	N	Y	N	N	558	1362	131	320	4.4	10.7	23.3	56.9	10.4	25.4	2.5	6.1	1.0	2.4	1.6	3.9	0.05	0.12	0.13	0.32	
Perfect Porridge Full Fat Milk and Dried Fruit	Y	N	Y	N	N	604	1474	141	344	4.3	10.5	23.1	56.4	10.2	24.9	3.9	9.5	1.9	4.6	1.6	3.9	0.05	0.12	0.13	0.32	
Perfect Porridge Soy Milk and Dried Fruit	Y	Y	Y	N	Y	537	1310	126	307	4.3	10.5	21.6	52.7	8.6	21.0	2.6	6.3	0.5	1.2	2.0	4.9	0.01	0.01	0.03	0.06	
Dried Fruit	Y	Y	Y	Y	Y	1294	388	294	88	2.2	0.7	75.3	22.6	54.2	16.3	0.4	0.1	1.0	0.3	1.4	0.4	0.03	0.01	0.08	0.02	
Fresh Fruit Salad and Yoghurt																										
Seasonal Apple	Y	Y	Y	Y	Y	218	327	52	78	0.0	0.0	14.0	21.0	10.0	15.0	0.0	0.0	0.0	0.0	2.0	3.0	0.00	0.00	0.00	0.00	
Fairtrade Banana	Y	Y	Y	Y	Y	373	448	90	108	0.8	1.0	22.6	27.1	12.4	14.9	0.4	0.5	0.0	0.0	2.7	3.2	0.00	0.00	0.00	0.00	
Fruit Salad	Y	Y	Y	Y	Y	168	286	39	67	0.6	1.0	9.5	16.1	9.5	16.1	0.2	0.3	0.0	0.0	1.2	2.0	0.00	0.01	0.01	0.02	
Granola Topped Greek Yoghurt with Wild Flower Honey	Y	N	N	N	N	746	1119	178	267	1.7	2.6	20.5	30.8	16.4	24.6	10.0	15.0	5.0	7.5	1.1	1.7	0.06	0.08	0.05	0.07	
Blueberry Yoghurt with Mixed Seeds																										

Houmous with Vegetable Sticks	Y	Y	Y	Y	Y	270	405	64	96	2.9	4.4	7.3	11.0	2.7	4.1	2.6	3.9	0.4	0.6	4.5	6.8	0.03	0.05	0.08	0.12	
Tomato Mozzarella Pasta Salad	Y	N	N	N	N	436	763	104	182	4.7	8.2	10.7	18.7	1.9	3.3	4.8	8.4	1.7	3.0	1.4	2.5	0.10	0.18	0.40	0.70	
Tuna Potato Salad	N	N	Y	Y	Y	410	1169	98	279	5.8	16.5	8.6	24.5	0.9	2.6	4.4	12.5	0.9	2.6	2.3	6.6	0.14	0.40	0.40	1.10	
Packaged Foods																										
Shortbread	Y	N	N	N	N	2129	319	509	76	4.2	0.6	64.9	9.7	21.3	11.6	25.8	3.9	16.1	2.4	1.2	0.2	0.33	0.05	0.84	0.13	
Almond Biscotto	Y	N	N	N	N	1867	709	446	169	10.4	4.0	61.6	23.4	33.5	12.7	17.6	6.7	3.9	1.5	11.4	4.3	0.09	0.03	0.23	0.09	
Caramel Waffle	Y	N	N	N	N	1858	725	443	173	3.2	1.3	62.2	24.3	33.6	13.1	20.3	7.9	12.4	4.8	1.1	0.4	0.20	0.08	0.40	0.16	
Ginger Snaps	Y	N	N	N	N	1874	561	445	133	4.8	1.4	71.9	21.6	38.5	11.6	15.4	4.6	7.7	1.8	1.5	0.5	0.27	0.08	0.69	0.21	
Fruit and Oat Cookie	Y	N	N	N	N	1819	910	433	217	4.4	2.2	64.3	32.2	34.6	17.3	17.6	8.8	7.3	3.7	3.1	1.6	0.37	0.19	0.94	0.47	
Dolcetto al Cacao	Y	N	N	N	N	2220	622	530	148	6.7	1.9	54.8	15.3	31.1	8.7	31.6	8.8	20.6	5.8	1.4	0.4	0.04	0.01	0.10	0.03	
Roasted Almonds	Y	Y	Y	Y	Y	2704	2028	646	484	21.2	15.9	17.7	13.3	4.6	3.5	55.2	41.4	4.2	3.2	10.5	7.9	0.34	0.28	0.86	0.65	
Nut Mix	Y	Y	Y	Y	Y	2242	1681	535	401	17.7	13.3	41.1	30.8	20.8	15.6	33.6	25.2	4.1	3.0	6.7	5.0	0.01	0.01	0.01	0.02	
Fairtrade Chocolate Bar - dark	Y	Y	Y	Y	Y	2382	1072	575	259	6.7	3.0	27.6	12.4	27.0	12.0	46.3	20.8	29.2	13.1	10.7	4.8	0.01	0.00	0.00	0.00	
Fairtrade Chocolate Bar - milk	Y	N	Y	Y	N	2387	1074	537	242	6.4	2.9	49.0	22.1	48.9	22.0	38.6	17.4	24.2	10.9	2.2	1.0	0.09	0.04	0.23	0.10	
Fruit and Nut Bar - Cranberry, Pumpkin seed and Blueberry	Y	N	Y	Y	N	1968	984	470	235	12.3	6.2	49.5	24.8	32.4	16.2	24.8	12.4	4.2	2.1	1.0	0.5	0.01	0.00	0.03	0.00	
Fruit and Nut Bar - Peanut Pecan, Cherry and Maple Syrup	Y	N	Y	Y	N	2024	1012	484	242	10.4	5.2	53.4	26.7	32.2	16.1	25.4	12.7	6.9	3.5	1.4	0.7	0.02	0.01	0.05	0.03	
Starbucks Gold Coins	Y	N	N	N	N	2166	498	518	119	6.3	1.4	60.5	13.9	59.3	13.6	27.6	6.3	17.4	4.0	2.3	0.5	0.10	0.02	0.25	0.05	
Lollipops	Y	Y	N	N	N	1649	214	388	50	0.0	0.0	97.0	12.6	62.0	8.0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.00	0.00	0.00	
Sugar Free Chewing Gum	Y	N	Y	N	Y	836	42	166	5	0.0	0.0	80.0	1.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.00	0.00	0.00	
After Coffee Mints (in a small tin)	Y	Y	Y	N	Y	1045	20.9	250	5	0.0	0.0	100.0	2.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.00	0.00	0.00		
Mature Cheddar and Spring Onion Potato Chips	Y	N	N	N	N	1008	1004	481	240	6.6	3.3	52.8	26.9	2.9	1.5	28.9	14.4	3.8	1.9	4.4	2.2	0.70	0.30	1.70	0.80	
Oriental Spice Potato Chips	N	N	N	N	N	2018	1009	482	241	5.9	3.0	53.2	26.6	2.0	1.0	28.7	14.4	3.3	1.7	5.2	2.6	0.50	0.25	1.30	0.60	
Sea Salt Potato Chips	Y	Y	Y	Y	Y	2037	1010	488	244	5.6	2.8	53.4	26.7	0.4	0.2	30.0	15.0	3.7	1.9	4.5	2.3	0.50	0.30	1.25	0.75	
Sea Salt and Cider Vinegar Potato Chips	Y	Y	Y	N	Y	1990	995	476	238	5.4	2.7	54.7	27.4	0.8	0.4	28.2	14.1	3.5	1.8	4.2	2.1	1.00	0.50	2.50	1.30	