



One handful of nuts = 30 grams



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750 to 900 kilojoules

180 to 220 calories

Nutrition Information (Average)

Servings per package: 14

Serving size: 45g (3/4 metric cup)

	quantity per serving	% Daily intake ▲ per serving	quantity per 100g
Energy	660 kJ	8 %	1470 kJ
Protein	4.5 g	9 %	10.1 g
Fat, total	1.4 g	2 %	3.0 g
- saturated	0.3 g	1 %	0.6 g
Carbohydrate	28.3 g	9 %	62.9 g
- sugars	10.8 g	12 %	24.1 g
Dietary fibre	6.8 g	23 %	15.1 g
Sodium	130 mg	6 %	290 mg
		% RDI*	
Riboflavin (Vit B2)	0.42 mg	25%	0.94 mg
Niacin (Vit B3)	2.5 mg	25%	5.6 mg
Vitamin B6	0.4 mg	25%	0.9 mg
Folate	50 µg	25%	111 µg
Iron	3.0 mg	25%	6.7 mg
Zinc	1.8 mg	15%	4.0 mg

Nutrition Information Panel (NIP)

Option 1



Servings per pack: Approx. 12 Serving Size: 30g		
	Quantity per Serving 30g	Quantity per 100g
Energy	753kJ	2510kJ
Protein	6.4g	21.2g
Fat, total	15.7g	52.2g
Carbohydrate	2.7g	9.1g

Option 2



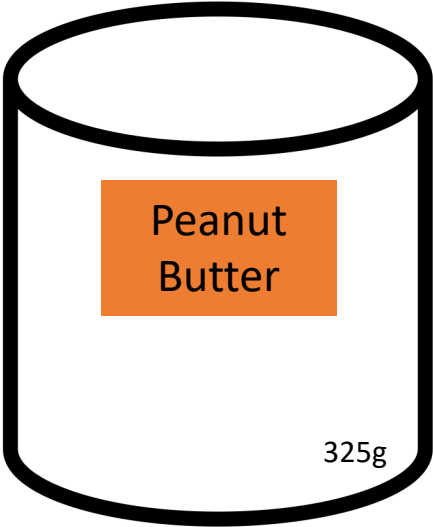
Servings per pack: Approx. 12 Serving Size: 30g		
	Quantity per Serving 30g	Quantity per 100g
Energy	678kJ	2259kJ
Protein	6.4g	21.2g
Fat, total	15.7g	52.2g
Carbohydrate	2.7g	9.1g

Option 3



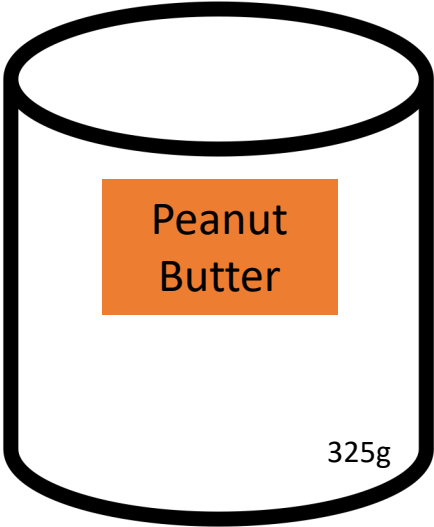
Servings per pack: Approx. 12 Serving Size: 30g		
	Quantity per Serving 30g	Quantity per 100g
Energy	678kJ	2259kJ
Protein	6.4g	21.2g
Fat, total	15.7g	52.2g
Carbohydrate	2.7g	9.1g

Option 1



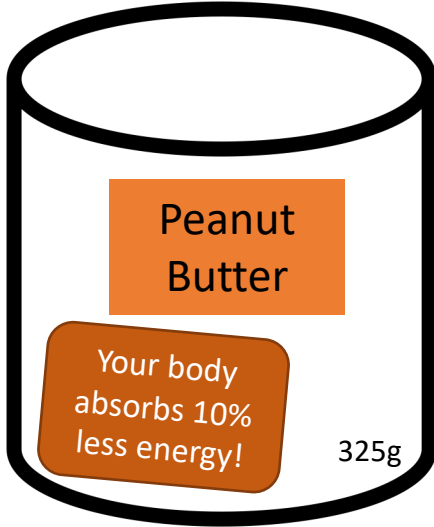
Servings per package: 14.8 Serving Size: 22g (1 Tablespoon)		
	Avg Quantity per Serving	Avg Quantity per 100g
Energy	553kJ	2510kJ
Protein	6.1g	27.5g
Fat, total	10.8g	49.0g
Carbohydrate	2.5g	11.4g

Option 2



Servings per package: 14.8 Serving Size: 22g (1 Tablespoon)		
	Avg Quantity per Serving	Avg Quantity per 100g
Energy	498kJ	2259kJ
Protein	6.1g	27.5g
Fat, total	10.8g	49.0g
Carbohydrate	2.5g	11.4g

Option 3



Servings per package: 14.8 Serving Size: 22g (1 Tablespoon)		
	Avg Quantity per Serving	Avg Quantity per 100g
Energy	498kJ	2259kJ
Protein	6.1g	27.5g
Fat, total	10.8g	49.0g
Carbohydrate	2.5g	11.4g

Option 1



Servings per package: 18 Serving Size: 35g (1/2 Metric Cup)		
	Quantity per Serving	Quantity per 100g
Energy	590kJ	1700kJ
Protein	2.6g	7.3g
Fat, total	1.8g	5.2g
Carbohydrate	27.9g	79.6g

Option 2



Servings per package: 18 Serving Size: 35g (1/2 Metric Cup)		
	Quantity per Serving	Quantity per 100g
Energy	580kJ	1673kJ
Protein	2.6g	7.3g
Fat, total	1.8g	5.2g
Carbohydrate	27.9g	79.6g

Option 3



Servings per package: 18 Serving Size: 35g (1/2 Metric Cup)		
	Quantity per Serving	Quantity per 100g
Energy	580kJ	1673kJ
Protein	2.6g	7.3g
Fat, total	1.8g	5.2g
Carbohydrate	27.9g	79.6g

Option 1

Servings per pack: Approx. 12 Serving Size: 30g		
	Quantity per Serving 30g	Quantity per 100g
Energy	753kJ	2510kJ
Protein	6.4g	21.2g
Fat, total	15.7g	52.2g
Carbohydrate	2.7g	9.1g

Option 2

Servings per pack: Approx. 12 Serving Size: 30g		
	Quantity per Serving 30g	Quantity per 100g
Energy	678kJ	2259kJ
Protein	6.4g	21.2g
Fat, total	15.7g	52.2g
Carbohydrate	2.7g	9.1g

Option 3

Servings per pack: Approx. 12 Serving Size: 30g		
	Quantity per Serving 30g	Quantity per 100g
Energy *	753kJ 678kJ	2510kJ 2259kJ
Protein	6.4g	21.2g
Fat, total	15.7g	52.2g
Carbohydrate	2.7g	9.1g

* Not all of the energy from nuts is absorbed by the body. Some of the energy is excreted.

Your body cannot
absorb all of the
energy from
nuts!

Option 4

Your body
absorbs only 80%
of the energy
from nuts!

Option 5

Your body cannot
absorb all of the
energy from
nuts!



Option 6