Thompsons Food Service Ltd. **Nelsons Yard** South Denes Road **Great Yarmouth** Norfolk NR30 3PR



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# Kellogg's Fruit 'N' Fibre 45g Portions - Information

Wholewheat flakes with raisins, coconut, banana, apple and hazelnuts. Fruit n Fibre is part of the Kellogg's 'Happy Guts' range deisgned to make it easier for people to increase their intake of fibre. With 9 in 10 people not meeting the daily recommended 30g intake, a delicious bowl of Fruit n Fibre, packed with superior wheat bran fibre is a perfect way of fuelling a happy gut.

**TFS Product Code:** 013169

**Suppliers Product Code:** 

Information Last Updated: 06/07/2023 **Date Produced:** 05/11/2025



### **Allergy Information**

Key: Contains









Eggs





Lupin

Nuts













Celery Sulphur Dioxide

Soya

Cereal Peanuts

Milk





Fish

Molluscs Mustard

## **Nutritional Information**

Serving Unit: 100g or 100ml

380.00 Energy (kcal) 1603.00 Energy (kJ)

Protein (g) 8.00 69.00

Carb (g) Of Which Sugars (g) 24.00

Fat (g) 6.00

Of Which Saturates

3.50 (g)

Fibre (g) 9.00

Salt (g) 1.00

### **Dietary Information**

Key: Suitable for









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> Registered Office: Nelsons Yard, South Denes Road, Great Yarmouth, NR30 3PR, England Company No: 07107278 VAT No: GB 986 0801 93 Directors: E. Thompson, R. Thompson, T. Thompson

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#### **Ingredients**

WHOLEWHEAT (69%), dried fruit and HAZELNUTS (26%) (raisins, coconut, banana {banana, coconut oil, sugar}, apple, HAZELNUTS), sugar, BARLEY malt extract, salt, niacin, iron, vitamin B6, riboflavin, thiamin, folic acid, vitamin D, vitamin B12.

#### **Handling Information**

**Directions for Use** 

Storage Instructions

Eat as directed

Store in a cool dry place.

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