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Kellogg's Fruit N Fibre PM 3.29 - 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 2.8g of superior wheat bran fibre is a perfect way of fuelling a happy gut.

TFS Product Code: 025935
Suppliers Product Code: 5103263000
Information Last Updated: 04/02/2025
Date Produced: 11/11/2026



Allergy Information

Key: Contains | May Contain

Sesame | Gluten | Crustaceans | Eggs | Lupin | Nuts

Milk | Celery | Sulphur Dioxide | Soya | Cereal | Peanuts

Fish | Molluscs | Mustard

Nutritional Information

Serving Unit:	100g or 100ml
Energy (kcal)	380.00
Energy (kJ)	1603.00
Protein (g)	8.00
Carb (g)	69.00
Of Which Sugars (g)	24.00
Fat (g)	6.00
Of Which Saturates (g)	3.50
Fibre (g)	9.00
Salt (g)	1.00

Dietary Information

Key: Suitable for

Kosher | Vegetarian | Halal | Vegan

Please Note: This information has been supplied by manufacturers and other third parties to Thompsons Food Service Ltd. Whilst we take steps to ensure the information is correct and regularly updated, we give no warranty and no guarantee to the accuracy of this information. Product information and ingredients may change; please always read product labels carefully in addition to this document for accuracy. Please also consider changes to ingredients when products have been substituted.

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, sultanas, 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

Eat as directed

Storage Instructions

Store in a cool dry place.

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