Thompsons Food Service Ltd.
Nelsons Yard
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Weetabix Fruit & Fibre - Information

Whole wheat flakes with dried fruit & nuts fortified with vitamins and iron. 10 x 500g cartons. Sulphur Dioxide removed from ingredients in August 2021. Due to the products 12 month shelf life please ensure ingredients lists are checked during the transition.

TFS Product Code: 030847
Suppliers Product Code:
Information Last Updated: 17/11/2022
Date Produced: 12/03/2026

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)	387.00
Energy (kJ)	1634.00
Protein (g)	8.80
Carb (g)	69.00
Of Which Sugars (g)	21.00
Fat (g)	6.50
Of Which Saturates (g)	4.30
Fibre (g)	8.80
Salt (g)	0.28

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

Wholegrain WHEAT (75%), Raisins (14%), Sugar, Dried Banana Slices (6%) (Banana, Coconut Oil, Sugar, Natural Banana Flavouring), Toasted Coconut Chips (3.0%), Malted BARLEY Extract, Dried Apple Slices (1.5%), Roasted Nibbed NUTS (0.5%) (HAZELNUTS, ALMONDS), Salt, Niacin, Iron, Pantothenic Acid (B5), Thiamin (B1), Riboflavin (B2), Vitamin B6, Folic Acid, Vitamin B12.

Handling Information

Directions for Use

N/A

Storage Instructions

Store in a cool dry odour free place.

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