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



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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:** 30/10/2025



100g or 100ml

Allergy Information

Key: Contains









Eggs





Nuts













Milk

Celery Sulphur Dioxide

Soya

Cereal Peanuts

380.00

Nutritional Information

Energy (kcal) 1603.00 Energy (kJ) Protein (g) 8.00 69.00 Carb (g)

Of Which Sugars (g) 24.00 6.00

Fat (g)

Serving Unit:

Of Which Saturates 3.50 (g) Fibre (g) 9.00 Salt (g) 1.00







Molluscs Mustard

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, 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

Storage Instructions

Eat as directed

Store in a cool dry place.

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