

ASDA Milk Chocolate Flavour Spread



Ingredients	Sugar, Vegetable Oils [Palm, Rapeseed], Maltodextrin, Fat-Reduced Cocoa Powder* (6%), Whole Milk Powder, Sweet Whey Powder (Milk), Unsalted Butter (Milk), Skimmed Milk Powder, Emulsifier (Lecithins), Flavouring, *Rainforest Alliance Certified For allergens, see ingredients in bold.			
Allergens	May Contain: Nuts. Contains: Milk. May also contain traces of Nuts.			
Good to Know	Seriously spreadable!. No Artificial Colours, Flavours or Hydrogenated Fat. Suitable for vegetarians.			
Nutritional Information				
Energy	Fat	Saturates	Sugars	Salt
353kJ 85Kcal 4%	5.5g	1.6g	6.4g	0.03g
	High 8%	High 8%	High 7%	Low 1%

ASDA No Added Sugar
Double Strength Orange
Squash



Ingredients	Water, Comminuted Orange from Concentrate (18%), Citric Acid, Acidity Regulator (Sodium Citrates), Flavourings, Sweeteners (Acesulfame K, Sucralose), Preservatives (Potassium Sorbate, Sodium Metabisulphite), Stabiliser (Carboxy Methyl Cellulose), Antioxidant (Ascorbic Acid), Colour (Carotenes) For allergens, see ingredients in bold.
Allergens	Contains: Sulphur Dioxide/Sulphites.
Additives	Free From: Artificial Colours, Artificial Flavours. Contains: Sweeteners.
Good to Know	No Added Sugar. Suitable for Vegetarians.

Nutritional Information		
Typical values	(diluted as directed) per 100ml	(diluted as directed) per 255ml
Energy kJ	7	17
Energy kcal	2	4
Fat	<0.5g	<0.5g
Of which saturates	<0.1g	<0.1g
Carbohydrate	<0.5g	<0.5g
Of which sugars	<0.5g	<0.5g
Fibre	<0.5g	<0.5g
Protein	<0.5g	<0.5g
Salt	0.03g	0.03g

Kellogg's Frosties Cereal & Milk Bars



Ingredients Kellogg's Toasted Maize Cereal(39%)(Maize, Sugar, **Barley** Malt Flavouring, Salt, Niacin, Iron, Vitamin B6, Vitamin B2{Riboflavin}, Vitamin B1{Thiamin}, Folic Acid, Vitamin D, Vitamin B12), Sweetened Condensed Skimmed **Milk**(12%)(Skimmed **Milk**, Sugar), Glucose Syrup, Vegetable Oils(Palm, Palm Kernel, Coconut) in varying proportions, Invert Sugar Syrup, Skimmed **Milk** Powder(5%), Starch, Sugar, Fructose, Humectants(Glycerol, Sorbitol), Oligofructose, Calcium Carbonate, **Milk** Whey Powder, Antioxidants(Ascorbyl Palmitate, Alpha Tocopherol), Emulsifier(**Soy** Lecithin), Flavourings, Vitamin D
For allergens see ingredients highlighted in bold

Allergens **Contains: Barley, Milk, Soya.**

Good to Know Halal. Suitable for Vegetarians.

Nutritional Information

Typical values	/100g	/25g
Energy	1687kJ 400kcal	422kJ 100kcal
Fat	9.2g	2.3g
Of which saturates	6.4g	1.6g
Carbohydrate	72g	18g
Of which sugars	26g	6.5g
Fibre	3.2g	0.8g
Protein	5.7g	1.4g
Salt	0.55g	0.14g
Vitamins:		
Vitamin D	4.0 ug	1.0ug
Calcium	544mg	136mg

*Reference intake of an average adult (8400kJ/2000kcal)

Kellogg's Rice Krispies Breakfast Cereal Bar



Ingredients Kellogg's Toasted Rice Cereal (28%) (Rice, Sugar, Salt, **Barley** Malt Flavouring, Niacin, Iron, Vitamin B6, Vitamin B2 {Riboflavin}, Vitamin B1 {Thiamin}, Folic Acid, Vitamin D, Vitamin B12), Sweetened Condensed Skimmed **Milk** (13%) (Skimmed **Milk**, Sugar), Vegetable Oils (Palm, Palm Kernel, Coconut) in varying proportions, Glucose Syrup, Starch, Invert Sugar Syrup, Dried Skimmed **Milk** (5.5%), Sugar, Fructose, Oligofructose, Humectants (Glycerol, Sorbitol), Calcium Carbonate, **Milk** Whey Powder, Emulsifier (**Soy** Lecithin), Antioxidants (Ascorbyl Palmitate, Alpha Tocopherol), Acidity Regulator (Diphosphates), Flavourings, Vitamin D
For allergens see ingredients highlighted in bold.

Allergens **Contains: Barley, Milk, Soya.**

Good to Know Halal. Suitable for Vegetarians.

Nutritional Information

Typical values	/100g	/25g
Energy	1740kJ 413kcal	348kJ 83kcal
Fat	11g	2.2g
Of which saturates	8.5g	1.7g
Carbohydrate	73g	15g
Of which sugars	29g	5.8g
Fibre	3g	0.6g
Protein	5.1g	1.0g
Salt	0.55g	0.11g
Vitamins:		
Vitamin D	5.0 ug	1.0ug
Calcium	680mg	136mg

*Reference intake of an average adult (8400kJ/2000kcal)