

A combination of grains, sultanas, apple and almonds.

NUTRITION INFORMATION (AVERAGE)

Serving per package:	11		
Serving size:	40 g (3/4 metric cup)		
	Quantity per serving	% Daily intake Δ per serving	Quantity per 100g
Energy	620 kJ	7 %	1560 kJ
Protein	3.2 g	6 %	8.1 g
Fat, total	1.3 g	2 %	3.3 g
- saturated	0.4 g	2 %	0.9 g
Carbohydrate	29.4 g	9 %	73.5 g
- sugars	8.6 g	10 %	21.6 g
Dietary fibre	2.6 g	9 %	6.5 g
Sodium	32 mg	1 %	80 mg
Potassium	148 mg	-	370 mg
		%RDI*	
Riboflavin (Vit B2)	0.42 mg	25 %	1.06 mg
Niacin (Vit B3)	2.5 mg	25 %	6.2 mg
Vitamin B6	0.4 mg	25 %	1.0 mg
Folate	50 μ g	25 %	125 μ g
Iron	3.0 mg	25 %	7.5 mg
Zinc	1.8 mg	15 %	4.5 mg

Δ Percentage daily intakes are based on an average adult diet of 8700 kJ.

* Percentage Recommended Dietary Intake (Aust/NZ)

Ingredients

Whole grains (54%)(wheat, brown rice, rolled oats), corn, fruit (12%)(sultanas, dried apple [preservative (sodium metabisulphite [sulphites])), currants), sugar, almonds (2%), wheat germ, invert syrup, barley malt extract, salt, minerals (iron, zinc oxide) , vitamins (niacin, vitamin B6, riboflavin, folate).

Contains gluten, wheat, almonds, sulphites.

May contain peanuts , other tree nuts.

Health Star Rating: 4.0

Sustain® (Aust) / Just Right® Fruit & Nut Fusion (NZ) e460g 1005510592

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Allergen Information

Contains added sulphites (10mg/kg or more)	Yes
Contains gluten	Yes
Contains wheat	Yes
Contains tree nuts and tree nut products	Yes
Contains crustacea and their products	No
Contains egg and egg products	No
Contains fish and fish products	No
Contains lupins	No
Contains milk and milk products	No
Contains molluscs	No
Contains peanuts and peanut products	Trace
Contains sesame seeds and sesame seed products	No
Contains soybeans and soybean products	No

Please refer to ingredient statement for cross contact information

Country Of Origin Labelling

Made in Australia from at least 87% Australian ingredients.
80% Australian Ingredients (Bar Chart)

General Food Information

Shelf Life: 365 days

Storage and Use: Store in a cool dry place

Dietary Lifestyle Claims

Vegan Suitable
Vegetarian Suitable