

Tel: 01493 653429

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### Kellogg's Fruit 'N' Fibre 45g Portions - 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 superior wheat bran fibre is a perfect way of fuelling a happy gut.

**Our Product Code:** 013169

**Suppliers Product Code:** 

Information Last Updated: 06/07/2023 **Date Produced:** 27/11/2025



## **Allergy Information**

















Sesame Gluten Crustaceans

Egas Lupin

Nuts



Milk





Celery Sulphur Dioxide

Soya

Cereal Peanuts

## **Nutritional Information**

Serving Unit: 100g or 100ml

380.00 Energy (kcal) Energy (kJ) 1603.00

Protein (g) 8.00 69.00 Carb (g)

Of Which Sugars (g) 24.00

Fat (g) 6.00

Of Which Saturates

3.50 (g) Fibre (a) 9.00 Salt (g) 1.00







Fish

Molluscs Mustard

# **Dietary Information**

Key: Suitable for











**Please Note:** This information has been supplied by manufacturers and other third parties to Yare Food Services. 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.



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## **Ingredients**

WHOLEWHEAT (69%), dried fruit and HAZELNUTS (26%) (raisins, 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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