

## Soups

### NUTRITION INFORMATION: Typical analysis when mixed with water

**How to make your savoury soup (all flavours except Spicy Tomato):** It only takes a couple of minutes to create a wonderfully warming soup. Simply pour a minimum of 227ml (8 fl oz) of hot (not boiling) water into a container, then add the contents of the sachet to the water. Using a blender or whisk, carefully mix until completely smooth.

**Spicy Tomato:** Empty the contents of the sachet into a container, then add a small amount of cold water. Stir the mixture until it makes a thick, smooth paste. Then add boiling water to make this up to 250ml and stir thoroughly until mixed — do not blend or shake.

Once thoroughly mixed, all soups must be consumed within 15 minutes for full nutritional benefit.

**Additional information:** For best results, store your soup sachets in a cool, dry place.

You need to drink at least 2.25 litres (4 pints) of calorie-free liquid throughout the day when following any Cambridge Weight Plan<sup>®</sup> programme.

	Per 100ml when mixed with water	% of RDA per 100ml	Per 40g serving	Per 3 servings	% of RDA per 3 servings	Per 4 servings
Energy	kJ 219		585	1754		2339
	kcal 52		138	415		554
Protein	g 5.5		14.6	43.7		58.2
Carbohydrate	g 5.3		14.2	42.5		56.6
of which sugars	g 1.8		4.8	14.4		19.2
starch	g 3.5		9.4	28.1		37.4
Fat	g 1.0		2.6	7.8		10.4
of which saturates	g 0.2		0.5	1.5		2.0
mono-unsaturates	g 0.1		0.4	1.2		1.6
polyunsaturates	g 0.4		1.1	3.4		4.5
cholesterol	mg 0.3		0.7	2.1		2.8
Fibre	g 1.0		2.6	7.8		10.4
Sodium*	g 0.2		0.5	1.6		2.2
*Salt equivalent	g 0.5		1.4	4.1		5.5
Vitamin A	µg 100.0	12.5	266.7	800.0	100	1066.7
Vitamin D	µg 0.6	12.5	1.7	5.0	100	6.6
Vitamin E	mg 1.2	12.5	3.3	10.0	100	13.3
Vitamin C	mg 7.5	12.5	20.0	60.0	100	80.0
Thiamin	mg 0.2	12.5	0.5	1.4	100	1.9
Riboflavin	mg 0.2	12.5	0.5	1.6	100	2.1
Niacin	mg 2.2	12.5	6.0	18.0	100	24.0
Vitamin B6	mg 0.2	12.5	0.7	2.0	100	2.7
Folic acid	µg 25.0	12.5	66.7	200.0	100	266.7
Vitamin B12	µg 0.2	25.0	0.7	2.0	200	2.7
Biotin	mg 0.02	12.5	0.1	0.3	100	0.4
Pantothenic acid	mg 0.7	12.5	2.0	6.0	100	8.0
Vitamin K	µg 15.0	*	40.0	120.0	*	160.0
Calcium	mg 114.0	14.2	304.0	912.0	114	1216.0
Phosphorus	mg 126.0	15.7	336.0	1008.0	126	1344.0
Iron	mg 1.7	12.5	4.7	14.0	100	18.6
Magnesium	mg 37.5	12.5	100.0	300.0	100	400.0
Zinc	mg 1.9	12.5	5.0	15.0	100	20.0
Iodine	µg 18.7	12.5	50.0	150.0	100	200.0
Potassium	g 0.3	*	0.8	2.5	*	3.4
Chloride	g 0.4	*	1.2	3.5	*	4.6
Copper	mg 0.4	*	1.0	3.0	*	4.0
Manganese	mg 0.5	*	1.3	3.9	*	5.2
Selenium	µg 15.0	*	40.0	120.0	*	160.0
Molybdenum	µg 30.0	*	80.0	240.0	*	320.0
Chromium	µg 15.0	*	40.0	120.0	*	160.0

Each soup sachet includes 1g linoleic acid and 0.1g linolenic acid. Each soup provides at least 33% of the Recommended Daily Allowance (RDA) given for vitamins and trace minerals in Council Directive 90/496/EEC. \*No RDA given in Council Directive 90/496/EEC.

## INGREDIENTS

### Chicken and Mushroom flavour:

Maltodextrin, Skimmed milk powder, Soya flour, Milk protein, Soya protein isolate, Inulin, Flavouring, Soya lecithin, Potassium chloride, Hydrolysed maize protein, Monocalcium phosphate, Compound vitamin and mineral mixture<sup>†</sup>, Dried mushrooms, Stabiliser: xanthan gum, Onion powder, Dried parsley, Malt extract, Tricalcium phosphate, Black pepper. Allergens: Contains milk, soya, egg, barley and wheat.

### Oriental Chilli flavour:

Maltodextrin, Soya flour, Skimmed milk powder, Milk protein, Soya protein isolate, Inulin, Textured soya protein, Flavouring, Potassium chloride, Soya lecithin, Hydrolysed maize protein, Monocalcium phosphate, Dried red peppers, Dried mushrooms, Compound vitamin and mineral mixture<sup>†</sup>, Stabiliser: xanthan gum, Onion powder, Salt, Garlic powder, Tricalcium phosphate, Dried coriander, Black pepper, Colour: beta-carotene. Allergens: Contains milk, soya and wheat.

### Spicy Tomato flavour (with sweeteners):

Whey protein, Tomato powder, Maltodextrin, Inulin, Refined soya oil, Soya protein isolate, Potassium chloride, Monocalcium phosphate, Salt, Hydrolysed maize protein, Flavouring, Citric acid, Compound vitamin and mineral mixture<sup>†</sup>, Calcium carbonate, Stabiliser: xanthan gum, Dried parsley, Soya lecithin, Sweeteners (acesulfame K, aspartame<sup>‡</sup>), Colours (paprika extract, beta-carotene). \*Contains source of phenylalanine. Allergens: Contains milk and soya.

### Vegetable flavour:

Maltodextrin, Soya protein isolate, Soya flour, Milk protein, Inulin, Hydrolysed maize protein, Dried vegetables, Soya lecithin, Flavouring, Dipotassium phosphate, Potassium chloride, Calcium carbonate, Compound vitamin and mineral mixture<sup>†</sup>, Stabiliser: xanthan gum, Monocalcium phosphate, Black pepper, Dried parsley, Colour: beta-carotene. Allergens: Contains milk, soya and wheat.

### †Compound vitamin and mineral mixture:

Magnesium oxide, Ascorbic acid, Ferrous fumarate, Nicotinamide, Copper gluconate, Zinc oxide, Vitamin E acetate, Manganese sulphate, Calcium D-pantothenate, Pyridoxine hydrochloride, Thiamin hydrochloride, Riboflavin, Vitamin A acetate, Sodium molybdate, Chromic chloride, Folic acid, Sodium selenite, Potassium iodate, D-biotin, Vitamin K, Vitamin D3, Vitamin B12.

Important allergen information: All soups have been produced in a factory that handles nuts and peanuts.

# Shakes

## NUTRITION INFORMATION:

### Typical analysis when mixed with water

#### How to make your tasty shake:

It only takes a couple of minutes to create the perfect shake. Simply pour a minimum of 227ml (8 fl oz) of cold water into a container, then add the contents of the sachet to the water. Using a blender or whisk, mix until completely smooth. Alternatively, shake vigorously for 45-60 seconds in a Cambridge Drink Shaker. Once thoroughly mixed, drink your delicious shake within 15 minutes for full nutritional benefit.

**Please note:** Some flavours also make a delightful warm drink — simply mix with warm water (not boiling). PLEASE DO NOT MICROWAVE or use the Cambridge Drink Shaker with warm water.

Cambridge Mix-a-Mousse® can also be used to convert any shake flavour into a delicious dessert. Simply follow the instructions on the Mix-a-Mousse container.

#### Additional information:

For best results, store your shake sachets in a cool, dry place.

You need to drink at least 2.25 litres (4 pints) of calorie-free liquid throughout the day when following any Cambridge Weight Plan® programme.

	Per 100ml when mixed with water	% of RDA per 100ml	Per 40g serving	Per 3 servings	% of RDA per 3 servings	Per 4 servings
Energy	kJ kcal	219 52	585 138	1754 415		2339 554
Protein	g	5.4	14.4	43.2		57.6
Carbohydrate	g	5.3	14.1	42.4		56.5
of which sugars	g	4.9	13.2	39.6		52.8
starch	g	0.3	0.9	2.7		3.6
Fat	g	1.0	2.7	8.1		10.8
of which saturates	g	0.3	0.7	2.1		2.8
mono-unsaturates	g	0.2	0.4	1.2		1.7
polyunsaturates	g	0.4	1.1	3.4		4.5
cholesterol	mg	1.1	2.9	8.7		11.6
Fibre	g	0.9	2.5	7.6		10.1
Sodium*	g	0.2	0.5	1.5		2.0
*Salt equivalent	g	0.5	1.2	3.8		5.1
Vitamin A	µg	100.0	12.5	266.7	800.0	100
Vitamin D	µg	0.6	12.5	1.7	5.0	100
Vitamin E	mg	1.2	12.5	3.3	10.0	100
Vitamin C	mg	7.5	12.5	20.0	60.0	100
Thiamin	mg	0.2	12.5	0.5	1.4	100
Riboflavin	mg	0.2	12.5	0.5	1.6	100
Niacin	mg	2.2	12.5	6.0	18.0	100
Vitamin B6	mg	0.2	12.5	0.7	2.0	100
Folic acid	µg	25.0	12.5	66.7	200.0	100
Vitamin B12	µg	0.2	25.0	0.7	2.0	200
Biotin	mg	0.02	12.5	0.1	0.2	100
Pantothenic acid	mg	0.7	12.5	2.0	6.0	100
Vitamin K	µg	15.0	*	40.0	120.0	* 160.0
Calcium	mg	114.0	14.2	304.0	912.0	114
Phosphorus	mg	126.0	15.7	336.0	1008.0	126
Iron	mg	1.7	12.5	4.7	14.0	100
Magnesium	mg	37.5	12.5	100.0	300.0	100
Zinc	mg	1.9	12.5	5.0	15.0	100
Iodine	µg	18.7	12.5	50.0	150.0	100
Potassium	g	0.3	*	0.8	2.5	*
Chloride	g	0.2	*	0.6	1.8	*
Copper	mg	0.4	*	1.0	3.0	*
Manganese	mg	0.5	*	1.3	3.9	*
Selenium	µg	15.0	*	40.0	120.0	*
Molybdenum	µg	30.0	*	80.0	240.0	*
Chromium	µg	15.0	*	40.0	120.0	*

Each shake sachet includes 1g linoleic acid and 0.1g linolenic acid.

Each shake sachet provides at least 33% of the Recommended Daily Allowance (RDA) given for vitamins and trace minerals in Council Directive 90/496/EEC. \*No RDA given in Council Directive 90/496/EEC.

## INGREDIENTS

### Banana flavour (with sweetener):

Skimmed milk powder, Soya flour, Soya protein isolate, Inulin, Compound vitamin and mineral mixture<sup>1</sup>, Soya lecithin, Potassium chloride, Flavouring, Stabilisers (xanthan gum, carrageenan), Sweetener: aspartame\*, Colour: beta-carotene.

\*Contains source of phenylalanine.

Allergens: Contains milk and soya.

### Butterscotch flavour (with sweetener):

Skimmed milk powder, Soya flour, Soya protein isolate, Inulin, Compound vitamin and mineral mixture<sup>1</sup>, Soya lecithin, Potassium chloride, Flavouring, Stabilisers (xanthan gum, carrageenan), Malt extract, Sweetener: aspartame\*, Colour: beta-carotene.

\*Contains source of phenylalanine.

Allergens: Contains milk, soya and barley.

### Chocolate flavour (with sweetener):

Skimmed milk powder, Soya flour, Soya protein isolate, Reduced fat cocoa powder, Compound vitamin and mineral mixture<sup>1</sup>, Soya lecithin, Inulin, Potassium chloride, Stabilisers (xanthan gum, carrageenan), Flavouring, Sweetener: aspartame\*.

\*Contains source of phenylalanine.

Allergens: Contains milk and soya.

### Chocolate Mint flavour (with sweetener):

Skimmed milk powder, Soya flour, Soya protein isolate, Reduced fat cocoa powder, Compound vitamin and mineral mixture<sup>1</sup>, Soya lecithin, Inulin, Flavouring, Potassium chloride, Stabilisers (xanthan gum, carrageenan), Dipotassium phosphate, Sweetener: aspartame\*.

\*Contains source of phenylalanine.

Allergens: Contains milk and soya.

### Fruits of the Forest flavour (with sweetener):

Skimmed milk powder, Soya protein isolate, Soya flour, Inulin, Soya lecithin, Compound vitamin and mineral mixture<sup>1</sup>, Potassium chloride, Colours (beetroot powder, anthocyanin), Stabilisers (xanthan gum, carrageenan), Flavouring, Sweetener: aspartame\*.

\*Contains source of phenylalanine.

Allergens: Contains milk and soya.

### Strawberry flavour (with sweetener):

Skimmed milk powder, Soya protein isolate, Soya flour, Inulin, Soya lecithin, Compound vitamin and mineral mixture<sup>1</sup>, Potassium chloride, Flavouring, Stabilisers (xanthan gum, carrageenan), Colour: beetroot powder, Sweetener: aspartame\*.

\*Contains source of phenylalanine.

Allergens: Contains milk and soya.

### Toffee & Walnut flavour (with sweetener):

Skimmed milk powder, Soya flour, Soya protein isolate, Inulin, Compound vitamin and mineral mixture<sup>1</sup>, Soya lecithin, Potassium chloride, Stabilisers (xanthan gum, carrageenan), Flavouring, Sweetener: aspartame\*.

\*Contains source of phenylalanine.

Allergens: Contains milk and soya.

### Vanilla flavour (with sweetener):

Skimmed milk powder, Soya flour, Soya protein isolate, Inulin, Compound vitamin and mineral mixture<sup>1</sup>, Soya lecithin, Potassium chloride, Stabilisers (xanthan gum, carrageenan), Flavouring, Sweetener: aspartame\*.

\*Contains source of phenylalanine.

Allergens: Contains milk and soya.

### <sup>1</sup>Compound vitamin and mineral mixture:

Sodium citrate, Magnesium oxide, Ascorbic acid, Ferrous fumarate, Nicotinamide, Copper gluconate, Zinc oxide, Vitamin E acetate, Manganese sulphate, Calcium D-pantothenate, Pyridoxine hydrochloride, Thiamin hydrochloride, Riboflavin, Vitamin A acetate, Sodium molybdate, Chromic chloride, Folic acid, Sodium selenite, Potassium iodate, D-biotin, Vitamin K, Vitamin D3.

Important allergen information: All shakes have been produced in a factory that handles nuts and peanuts.

# Lactose Free Shakes and Soups

## NUTRITION

### INFORMATION:

#### Typical analysis when mixed with water

#### How to make your tasty shake:

It only takes a couple of minutes to create the perfect shake. Simply pour a minimum of 227ml (8 fl oz) of cold or hot (but not boiling) water into a container, then add the contents of the sachet to the water. Using a blender or whisk, mix until completely smooth. If you're preparing your shake with cold water, you can also use a Cambridge Drink Shaker — shake vigorously for 45-60 seconds.

**Please note:** DO NOT MICROWAVE or use the Cambridge Drink Shaker with hot water.

Cambridge Mix-a-Mousse® can also be used to convert any lactose free shake into a delicious dessert. Simply follow the instructions on the Mix-a-Mousse container.

#### How to make your savoury soup:

It only takes a couple of minutes to create a wonderfully warming soup. Simply pour a minimum of 227ml (8 fl oz) of hot (not boiling) water into a container, then add the contents of the sachet to the water. Using a blender or whisk, carefully mix until completely smooth.

Once thoroughly mixed, all shakes and soups must be consumed within 15 minutes for full nutritional benefit.

#### Additional information:

For best results, store your shake and soup sachets in a cool, dry place.

You need to drink at least 2.25 litres (4 pints) of calorie-free liquid throughout the day when following any Cambridge Weight Plan® programme.

		Per 100ml when mixed with water	% of RDA per 100ml	Per 40g serving	Per 3 servings	% of RDA per 3 servings	Per 4 servings
Energy	kJ	219		585	1754		2339
	kcal	52		138	415		554
Protein	g	5.5		14.6	43.8		58.4
Carbohydrate	g	5.3		14.1	42.3		56.4
of which sugars	g	0.8		2.2	6.6		8.8
starch	g	4.5		11.9	35.7		47.6
Fat	g	1.0		2.6	7.8		10.4
of which saturates	g	0.2		0.4	1.2		1.6
mono-unsaturates	g	0.2		0.4	1.2		1.6
polyunsaturates	g	0.4		1.1	3.4		4.5
cholesterol	mg	0.0		0.0	0.0		0.0
Fibre	g	1.0		2.6	7.8		10.4
Sodium*	g	0.1		0.4	1.2		1.6
*Salt equivalent	g	0.4		1.0	3.0		4.1
Vitamin A	µg	100.0	12.5	266.7	800.0	100	1066.7
Vitamin D	µg	0.6	12.5	1.7	5.0	100	6.6
Vitamin E	mg	1.2	12.5	3.3	10.0	100	13.3
Vitamin C	mg	7.5	12.5	20.0	60.0	100	80.0
Thiamin	mg	0.2	12.5	0.5	1.4	100	1.9
Riboflavin	mg	0.2	12.5	0.5	1.6	100	2.1
Niacin	mg	2.2	12.5	6.0	18.0	100	24.0
Vitamin B6	mg	0.2	12.5	0.7	2.0	100	2.7
Folic acid	µg	25.0	12.5	66.7	200.0	100	266.7
Vitamin B12	µg	0.2	25.0	0.7	2.0	200	2.7
Biotin	mg	0.02	12.5	0.1	0.2	100	0.2
Pantothenic acid	mg	0.7	12.5	2.0	6.0	100	8.0
Vitamin K	µg	15.0	*	40.0	120.0	*	160.0
Calcium	mg	114.0	14.2	304.0	912.0	114	1216.0
Phosphorus	mg	126.0	15.7	336.0	1008.0	126	1344.0
Iron	mg	1.7	12.5	4.7	14.0	100	18.6
Magnesium	mg	37.5	12.5	100.0	300.0	100	400.0
Zinc	mg	1.9	12.5	5.0	15.0	100	20.0
Iodine	µg	18.7	12.5	50.0	150.0	100	200.0
Potassium	g	0.3	*	0.9	2.8	*	3.7
Chloride	g	0.3	*	0.8	2.3	*	3.1
Copper	mg	0.4	*	1.0	3.0	*	4.0
Manganese	mg	0.5	*	1.3	3.9	*	5.2
Selenium	µg	15.0	*	40.0	120.0	*	160.0
Molybdenum	µg	30.0	*	80.0	240.0	*	320.0
Chromium	µg	15.0	*	40.0	120.0	*	160.0

Each shake and soup sachet includes 1g linoleic acid and 0.1g linolenic acid.

Each shake and soup sachet provides at least 33% of the Recommended Daily Allowance (RDA) given for vitamins and trace minerals in Council Directive 90/496/EEC. \*No RDA given in Council Directive 90/496/EEC.

## INGREDIENTS

#### Cappuccino flavour drink (with sweetener):

Soya protein isolate, Maltodextrin, Soya flour, Inulin, Decaffeinated coffee powder, Soya lecithin, Trisodium citrate, Potassium chloride, Tricalcium phosphate, Stabilisers (xanthan gum, carrageenan), Compound vitamin and mineral mixture<sup>†</sup>, Sunflower oil, Dipotassium phosphate, Sweetener: aspartame\*, Flavouring, Salt.

\* Contains source of phenylalanine.

Allergens: Contains soya.

#### Chocolate flavour drink (with sweetener):

Soya protein isolate, Maltodextrin, Soya flour, Reduced fat cocoa powder, Inulin, Soya lecithin, Trisodium citrate, Potassium chloride, Tricalcium phosphate, Stabilisers (xanthan gum, carrageenan), Compound vitamin and mineral mixture<sup>†</sup>, Sunflower oil, Dipotassium phosphate, Flavouring, Sweetener: aspartame\*, Salt.

\* Contains source of phenylalanine.

Allergens: Contains soya.

#### Chocolate Orange flavour drink (with sweetener):

Soya protein isolate, Maltodextrin, Soya flour, Reduced fat cocoa powder, Inulin, Soya lecithin, Trisodium citrate, Potassium chloride, Flavouring, Tricalcium phosphate, Stabilisers

(xanthan gum, carrageenan), Compound vitamin and mineral mixture<sup>†</sup>, Sunflower oil, Dipotassium phosphate, Sweetener: aspartame\*, Salt.

\* Contains source of phenylalanine.

Allergens: Contains soya.

#### Vanilla flavour drink (with sweetener):

Soya protein isolate, Maltodextrin, Soya flour, Inulin, Soya lecithin, Potassium chloride, Trisodium citrate, Dipotassium phosphate, Tricalcium phosphate, Stabilisers (xanthan gum, carrageenan), Compound vitamin and mineral mixture<sup>†</sup>, Flavouring, Calcium carbonate, Sweetener: aspartame\*.

\* Contains source of phenylalanine.

Allergens: Contains soya.

#### Leek and Potato flavour soup:

Soya protein isolate, Maltodextrin, Soya flour, Vegetable bouillon (sea salt, potato starch, yeast extract, palm oil, celery, onion, maltodextrin, sugar, herbs and spices), Soya lecithin, Flavouring, Potassium chloride, Inulin, Dipotassium phosphate, White leek powder, Calcium carbonate, Onion powder, Broccoli powder, Compound vitamin and mineral mixture<sup>†</sup>, Stabiliser: xanthan gum, Dried green and white leek, Black pepper. Allergens: Contains soya and celery.

#### Mushroom flavour soup:

Soya protein isolate, Maltodextrin, Soya flour, Flavouring, Soya lecithin, Inulin, Potassium chloride, Dipotassium phosphate, Dried mushroom, Calcium carbonate, Compound vitamin and mineral mixture<sup>†</sup>, Stabiliser: xanthan gum, Onion powder, Black pepper. Allergens: Contains soya and wheat.

#### † Compound vitamin and mineral mixture:

Magnesium oxide, Ascorbic acid, Ferrous fumarate, Nicotinamide, Copper gluconate, Zinc oxide, Vitamin E acetate, Manganese sulphate, Calcium D-pantothenate, Pyridoxine hydrochloride, Thiamin hydrochloride, Riboflavin, Vitamin A acetate, Sodium molybdate, Chromic chloride, Folic acid, Sodium selenite, Potassium iodate, D-biotin, Vitamin K, Vitamin D3, Vitamin B12.

Important allergen information: All shakes and soups have been produced in a factory that handles nuts and peanuts.

# Porridge

## NUTRITION

### INFORMATION:

#### Typical analysis

#### when mixed with water

#### How to make your perfect porridge:

Porridge makes a great meal at any time of the day, and ours only takes a couple of minutes to create. Simply pour the contents of the sachet into a deep microwaveable bowl or container, then add 140ml (5 fl oz) of hot water and give the mixture a good stir.

Pop the bowl into the microwave and heat on full power for **one minute**.

Remove from the microwave, give your porridge another quick stir and allow to cool sufficiently before eating as IT WILL BE VERY HOT. Consume within 15 minutes for full nutritional benefit. Once prepared, do not store or re-heat.

#### Additional information:

For best results, store your porridge sachets in a cool, dry place.

You need to drink at least 2.25 litres (4 pints) of calorie-free liquid throughout the day when following any Cambridge Weight Plan® programme.

		per 100g	% of RDA per 100g	per 40g serving	% of RDA serving	per 3 servings	% of RDA per 3 servings
Energy	kJ	1516		606		1819	
	kcal	361		144		433	
Protein	g	29.9		12.0		35.9	
Carbohydrate	g	38.9		15.5		46.6	
of which sugars	g	12.0		4.8		14.4	
starch	g	25.9		10.4		31.1	
Fat	g	7.7		3.1		9.2	
of which saturates	g	1.5		0.6		1.9	
mono-unsaturates	g	2.3		0.9		2.7	
polyunsaturates	g	3.2		1.3		3.8	
trans fats	g	0.0		0.0		0.0	
cholesterol	mg	2.5		1.0		3.0	
Fibre	g	8.3		3.3		10.0	
Sodium†	g	0.5		0.2		0.6	
†Salt equivalent	g	1.3		0.5		1.6	
Vitamin A	µg	667.7	83	266.7	33	800.0	100
Vitamin D	µg	4.2	83	1.7	33	5.0	100
Vitamin E	mg	10.0	83	4.0	33	12.0	100
Vitamin C	mg	66.7	83	26.7	33	80.0	100
Thiamin	mg	0.9	83	0.4	33	1.1	100
Riboflavin	mg	1.2	83	0.5	33	1.4	100
Niacin	mg	13.3	83	5.3	33	16.0	100
Vitamin B6	mg	1.2	83	0.5	33	1.4	100
Folicin	µg	166.7	83	66.7	33	200.0	100
Vitamin B12	µg	2.1	83	0.8	33	2.5	100
Biotin	µg	41.7	83	16.7	33	50.0	100
Pantothenic Acid	mg	5.0	83	2.0	33	6.0	100
Vitamin K	µg	62.5	83	25.0	33	75.0	100
Calcium	mg	666.7	83	266.7	33	800.0	100
Phosphorus	mg	583.3	83	233.3	33	700.0	100
Iron	mg	11.7	83	4.7	33	14.0	100
Magnesium	mg	312.5	83	125.0	33	375.0	100
Zinc	mg	8.3	83	3.3	33	10.0	100
Iodine	µg	125.0	83	50.0	33	150.0	100
Potassium	g	1.7	83	0.7	33	2.0	100
Chloride	g	1.5	182	0.6	73	1.7	219
Copper	mg	0.8	83	0.3	33	1.0	100
Manganese	mg	1.7	83	0.7	33	2.0	100
Selenium	µg	45.8	83	18.3	33	55.0	100
Molybdenum	µg	41.7	83	16.7	33	50.0	100
Chromium	µg	33.3	83	13.3	33	40.0	100
Fluoride	mg	2.9	83	1.2	33	3.5	100

Each porridge sachet includes: 1.2g linoleic acid, 0.1g linolenic acid.

Each porridge sachet provides at least 33% of the Recommended Daily Allowance (RDA) given for vitamins and trace minerals in Commission Directive 2008/100/EC.

## INGREDIENTS

### Original (with sweetener):

Skimmed milk powder, Wholegrain oat flour, Wholegrain rolled oats (17%), Milk protein, Multigrain flour (Durum wheat semolina, barley flour, oat flour, spelt flour, rye flour), Pea protein isolate, Oat fibre, Refined soya oil, Potassium chloride, Compound vitamin and mineral mixture<sup>†</sup>, Sodium chloride, Dipotassium phosphate, Calcium carbonate, Magnesium oxide, Monocalcium phosphate, Sweetener: aspartame\*.

\*Contains source of phenylalanine

Allergens: Contains milk, soya, oats, wheat, barley, spelt and rye. Suitable for vegetarians.

### Apple and Cinnamon flavour (with sweetener):

Skimmed milk powder, Wholegrain oat flour, Wholegrain rolled oats (17%), Milk protein, Multigrain flour (Durum wheat semolina, barley flour, oat flour, spelt flour, rye flour), Pea protein isolate, Oat fibre, Refined soya oil, Compound vitamin and mineral mixture<sup>†</sup>, Potassium chloride, Dipotassium phosphate, Flavouring, Sodium chloride, Calcium carbonate, Magnesium oxide, Monocalcium phosphate, Sweetener: aspartame\*.

\*Contains source of phenylalanine

Allergens: Contains milk, soya, oats, wheat, barley, spelt and rye. Suitable for vegetarians.

### Maple and Pecan flavour (with sweetener):

Skimmed milk powder, Wholegrain rolled oats (17%), Wholegrain oat flour, Milk protein, Multigrain flour (Durum wheat semolina, barley flour, oat flour, spelt flour, rye flour), Pea protein isolate, Oat fibre, Refined soya oil, Compound vitamin and mineral mixture<sup>†</sup>, Dipotassium phosphate, Potassium chloride, Sodium chloride, Flavouring, Calcium carbonate, Magnesium oxide, Sweetener: aspartame\*, Monocalcium phosphate.

\*Contains source of phenylalanine

Allergens: Contains milk, soya, oats, wheat, barley, spelt and rye. Suitable for vegetarians.

### †Compound vitamin and mineral mixture:

Ascorbic acid, Ferrous fumarate, Nicotinamide, Vitamin E acetate, Calcium D-Pantothenate, Zinc oxide, Sodium fluoride, Copper gluconate, Manganese sulphate, Pyridoxine hydrochloride, Vitamin A acetate, Riboflavin, Thiamin hydrochloride, Folic acid, Potassium iodate, Chromic chloride, Vitamin K, Sodium molybdate, Sodium selenite, D-biotin, Vitamin D3, Vitamin B12.

# Chewy Bars

### NUTRITION INFORMATION: Typical analysis

		Per 100g	Per 52g bar		Per 100g	% of RDA per 100g	Per 52g bar	% of RDA per bar	
Energy		1383	719	<b>VITAMINS</b>					
		kcal	330		172	Vitamin A	µg	512.8	64
Protein	g	20.5	10.7	Vitamin D	µg	3.2	64	1.7	33
Carbohydrate	g	47.5	24.7	Vitamin E	µg	6.4	64	3.3	33
of which sugars	g	17.8	9.3	Vitamin C	mg	38.5	64	20.0	33
polyols	g	26.3	13.7	Thiamin	mg	0.9	64	0.5	33
starch	g	trace	trace	Riboflavin	mg	1.0	64	0.5	33
Fat	g	11.1	5.8	Niacin	mg	11.5	64	6.0	33
of which saturates	g	6.4	3.3	Vitamin B6	mg	1.3	64	0.7	33
mono-unsaturates	g	3.5	1.8	Folacin	µg	128.2	64	66.7	33
polyunsaturates	g	1.1	0.6	Vitamin B12	µg	0.6	64	0.3	33
cholesterol	mg	trace	trace	Biotin	mg	0.1	64	0.1	33
Fibre	g	0.5	0.3	Pantothenic Acid	mg	3.8	64	2.0	33
Sodium*	g	0.5	0.3	Vitamin K	µg	89.8	*	46.7	*
*Salt equivalent	g	1.3	0.8						
				<b>MINERALS</b>					
				Calcium	mg	512.8	64	266.7	33
				Phosphorus	mg	512.8	64	266.7	33
				Iron	mg	9.0	64	4.7	33
				Magnesium	mg	192.3	64	100.0	33
				Zinc	mg	9.6	64	5.0	33
				Iodine	µg	96.2	64	50.0	33
				Potassium	g	1.3	*	0.7	*
				Chloride	g	1.2	*	0.6	*
				Copper	mg	1.9	*	1.0	*
				Manganese	mg	2.6	*	1.4	*
				Selenium	µg	80.0	*	42.0	*
				Molybdenum	µg	160.0	*	83.0	*
				Chromium	µg	80.0	*	42.0	*

NB: µg = micrograms

Each Crunch Bar provides at least 33% of the Recommended Daily Allowance (RDA) given for vitamins and trace minerals in Council Directive 2008/100/EC.

## INGREDIENTS

### Malt Toffee flavour:

Maltitol syrup, Milk chocolate (sugar, cocoa butter, whole milk powder, cocoa mass, whey powder, emulsifier: soya lecithin, flavouring), Whey protein concentrate, Whey powder, Milk protein, Compound vitamin and mineral mixture<sup>†</sup>, Fractionated palm oil, Flavouring, Soya lecithin, Sunflower oil, Emulsifier: E472b.

### Orange flavour:

Maltitol syrup, Plain chocolate (sugar, cocoa mass, cocoa butter, emulsifier: soya lecithin), Whey protein concentrate, Whey powder, Milk protein, Compound vitamin and mineral mixture<sup>†</sup>, Fractionated palm oil, Soya lecithin, Sunflower oil, Flavouring, Emulsifier: E472b, Colour: beta-carotene.

### Chocolate flavour:

Maltitol syrup, Milk chocolate (sugar, cocoa butter, whole milk powder, cocoa mass, whey powder, emulsifier: soya lecithin, flavouring), Whey protein concentrate, Whey powder, Milk protein, Compound vitamin and mineral mixture<sup>†</sup>, Reduced fat cocoa powder, Fractionated palm oil, Soya lecithin, Emulsifier: E472b.

<sup>†</sup>Compound vitamin and mineral mixture: Potassium chloride, Sodium pyrophosphate, Calcium carbonate, Monocalcium phosphate, Magnesium hydroxide, Ascorbic acid, Ferrous fumarate, Copper gluconate, Nicotinamide, Zinc oxide, Manganese sulphate, Vitamin E acetate, Calcium D-pantothenate, Pyridoxine hydrochloride, Thiamin hydrochloride, Riboflavin, Vitamin A acetate, Chromic chloride, Sodium molybdate, Folic acid, Potassium iodate, Sodium selenite, D-Biotin, Vitamin K, Vitamin D3, Vitamin B12.

### Important allergen information:

All bars contain milk and soya, and have been produced in a factory that handles nuts and peanuts.

### Additional information:

You need to drink at least 2.25 litres (4 pints) of calorie-free liquid throughout the day when following any Cambridge Weight Plan® programme.

Excessive consumption of Cambridge Chewy Bars may produce laxative effects.

For best taste, store in a cool dry place.

# Crunchy Bars

## Chocolate Mint and Cranberry Crunch

## Chocolate Mint, Cranberry and Peanut Crunch

### NUTRITION INFORMATION: Typical analysis

		Per 100g	Per 50g bar
Energy		1465	733
	kcal	349	174
Protein	g	24.8	12.4
Carbohydrate	g	30.2	15.1
of which sugars	g	21.6	10.8
polyols	g	2.3	1.1
starch	g	2.6	1.3
Fat	g	11.6	5.8
of which saturates	g	6.7	3.3
mono-unsaturates	g	3.1	1.6
polyunsaturates	g	1.5	0.8
trans fats	g	trace	trace
cholesterol	mg	15.0	7.5
Fibre	g	14.3	7.2
Sodium*	g	0.4	0.2
*Salt equivalent	g	1.1	0.5

### Peanut Crunch

		1565	783
Energy		1565	783
	kcal	373	186
Protein	g	26.6	13.3
Carbohydrate	g	27.3	13.7
of which sugars	g	20.8	10.4
polyols	g	2.0	1.0
starch	g	2.4	1.2
Fat	g	14.5	7.2
of which saturates	g	6.8	3.4
mono-unsaturates	g	4.7	2.3
polyunsaturates	g	2.1	1.1
trans fats	g	trace	trace
cholesterol	mg	15.3	7.7
Fibre	g	14.9	7.4
Sodium*	g	0.5	0.3
*Salt equivalent	g	1.3	0.7

### VITAMINS

	Per 100g	% of RDA per 100g	Per 50g bar	% of RDA per bar
Vitamin A	µg	533.3	67	266.7
Vitamin D	µg	3.3	67	1.7
Vitamin E	mg	8.0	67	4.0
Vitamin C	mg	53.3	67	26.7
Thiamin	mg	0.7	67	0.4
Riboflavin	mg	0.9	67	0.5
Niacin	mg	10.7	67	5.3
Vitamin B6	mg	0.9	67	0.5
Folacin	µg	133.3	67	66.7
Vitamin B12	µg	1.7	67	0.8
Biotin	µg	33.3	67	16.7
Pantothenic Acid	mg	4.0	67	2.0
Vitamin K	µg	50.0	67	25.0

### MINERALS

Calcium	mg	533.3	67	266.7
Phosphorus	mg	466.7	67	233.3
Iron	mg	9.3	67	4.7
Magnesium	mg	250.0	67	125.0
Zinc	mg	6.7	67	3.3
Iodine	µg	100.0	67	50.0
Potassium	g	1.3	67	0.7
Chloride	g	0.5	67	0.3
Copper	mg	0.7	67	0.3
Manganese	mg	1.3	67	0.7
Selenium	µg	36.7	67	18.3
Molybdenum	µg	33.3	67	16.7
Chromium	µg	26.7	67	13.3
Fluoride	mg	2.3	67	1.2

NB: µg = micrograms

Each Crunch Bar provides at least 33% of the Recommended Daily Allowance (RDA) given for vitamins and trace minerals in Council Directive 2008/100/EC.

## INGREDIENTS

### Chocolate Mint Crunch:

Plain chocolate (sugar, cocoa mass, cocoa butter, emulsifier: soya lecithin), Textured soya protein, Soluble fibre (oligosaccharide), Partially inverted sugar, Soya protein crisps (soya protein, tapioca starch, salt), Milk protein, Reduced fat cocoa powder, Humectant: glycerine, Calcium carbonate, Potassium chloride, Hydrogenated vegetable oil, Sunflower oil, Sodium pyrophosphate, Compound vitamin and mineral mixture\*, Soya lecithin, Dipotassium phosphate, Magnesium oxide, Flavouring.

### \*Compound vitamin and mineral mixture:

Ascorbic acid, Ferrous fumarate, Nicotinamide, Vitamin E acetate, Zinc oxide, Calcium D pantothenate, Sodium fluoride, Copper gluconate, Manganese sulphate, Pyridoxine hydrochloride, Vitamin A acetate, Thiamin hydrochloride, Riboflavin, Folic acid, Potassium iodate, Chromic chloride, Sodium molybdate, Sodium selenite, Vitamin K, D-Biotin, Vitamin D3, Vitamin B12.

### Cranberry Crunch:

Milk chocolate (sugar, cocoa butter, whole milk powder, cocoa mass, whey powder, emulsifier: soya lecithin, flavouring), Soluble fibre (oligosaccharide), Textured soya protein, Milk protein, Soya crisps (soya protein, tapioca starch, salt), Dried cranberries, Partially inverted sugar, Humectant: glycerine, Cranberry puree, Sunflower oil, Inulin, Calcium carbonate, Potassium chloride, Hydrogenated vegetable oil, Dipotassium phosphate, Citric acid, Compound vitamin and mineral mixture\*, Sodium pyrophosphate, Flavouring, Soya lecithin, Magnesium oxide.

### Important allergen information:

Cranberry Crunch: Contains milk and soya. May contain traces of nuts, including peanuts.  
Peanut Crunch: Contains milk, soya and peanuts.  
Chocolate Mint Crunch: Contains milk and soya. May contain traces of nuts, including peanuts.

### Peanut Crunch:

Milk chocolate (sugar, cocoa butter, whole milk powder, cocoa mass, whey powder, emulsifier: soya lecithin, flavouring), Soluble fibre (oligosaccharide), Textured soya protein, Partially inverted sugar, Smooth peanut butter (peanuts, sea salt), Soya crisps (soya protein, tapioca starch, salt), Milk protein, Humectant: glycerine, Inulin, Calcium carbonate, Dipotassium phosphate, Sodium pyrophosphate, Potassium chloride, Hydrogenated vegetable oil, Compound vitamin and mineral mixture\*, Flavouring, Soya lecithin, Magnesium oxide.

### Additional information:

Suitable for vegetarians.  
You need to drink at least 2.25 litres (4 pints) of calorie-free liquid throughout the day when following any Cambridge Weight Plan® programme.  
For best taste, store in a cool dry place.