

Continental

REAL
EASE

HELLMANN'S

Knorr

CARTE
D'OR



Unilever

Food Solutions

Per serve as consumed, Per 100g as consumed
and Per 100mL as consumed

Nutrition Information
for Unilever Food &
Beverage Products



Food Solutions Per serve as consumed



Product Name	Serving Size	Energy	Protein	Fat					Carbohydrate	Sugars	Dietary Fibre	Sodium	Potassium	Calcium
				Total	Saturated	Trans	Polyunsaturated	Monounsaturated						
SOUPS		kJ / Cal	g	g	g	g	g	g	g	g	g	mg	mg	mg
Continental Cup-a-Soup 200's														
Chicken Noodle	250mL	188 / 45	1.1	0.6	0.1	-	-	-	8.5	1.5	-	765	160	-
Cream of Chicken	250mL	367 / 88	0.8	2.9	1.2	-	-	-	14.4	8.8	-	585	70	-
Hearty Beef	250mL	231 / 55	0.6	0.6	0.2	-	-	-	11.6	1.1	-	860	135	-
Spring Vegetable	250mL	240 / 57	0.4	0.2	<0.1	-	-	-	13.4	1.4	-	730	45	-
Tomato	250mL	332 / 79	0.7	0.9	0.3	-	-	-	16.5	8.7	-	825	-	-
Continental Professional Soup Mix 2Kg														
Beef & Vegetable	170mL	207 / 49	0.8	0.4	<0.1	-	-	-	10.2	0.8	-	305	290	-
Chicken Noodle	170mL	149 / 36	0.9	0.4	<0.1	-	-	-	7.0	0.7	-	270	310	-
Chicken & Corn	170mL	180 / 43	0.5	0.2	<0.1	-	-	-	9.6	1.4	-	300	200	-
Cream of Chicken	170mL	142 / 34	0.5	0.4	0.1	-	-	-	7.1	3.9	-	300	275	-
Cream of Mushroom	170mL	167 / 40	0.2	0.5	0.1	-	-	-	8.5	0.8	-	325	375	-
Cream of Pumpkin	170mL	263 / 63	0.5	1.5	0.6	-	-	-	11.8	3.7	-	305	170	-
French Onion	170mL	146 / 35	0.4	0.1	<0.1	-	-	-	7.8	1.2	-	250	130	-
Minestrone	170mL	238 / 57	1.1	0.4	<0.1	-	-	-	12.0	1.7	-	240	305	-
Pea & Ham	170mL	205 / 49	2.8	0.5	<0.1	-	-	-	7.8	0.4	-	340	220	-
Potato & Leek	170mL	223 / 53	0.8	1.0	0.5	-	-	-	10.0	2.1	-	290	300	-
Spring Vegetable	170mL	94 / 22	0.3	0.1	<0.1	-	-	-	5.1	0.7	-	220	205	-
Thick Vegetable	170mL	209 / 50	0.7	0.4	<0.1	-	-	-	10.3	0.6	-	240	150	-
Tomato	170mL	175 / 42	0.5	0.3	<0.1	-	-	-	9.1	3.6	-	325	75	-
OIL SPRAY														
Flora														
Real Ease	5g	120 / 29	0.0	3.2	0.3	-	1.0	1.9	0.0	0.0	-	0	-	-

Information correct at time of publication: December 2010



Food Solutions Per serve as consumed



Product Name	Serving Size	Energy	Protein	Fat					Carbohydrate	Sugars	Dietary Fibre	Sodium	Potassium	Calcium
				Total	Saturated	Trans	Polyunsaturated	Monounsaturated						
DRESSINGS AND MAYONNAISE														
Hellmann's Dressing														
Italian Balsamic	40mL	695 / 166	0.1	16.9	1.6	-	-	-	3.6	3.4	-	310	-	-
Caesar	40mL	804 / 192	1.2	20.4	2.1	-	-	-	1.7	1.3	-	480	-	-
Coleslaw	40mL	685 / 164	0.4	14.7	1.4	-	-	-	7.4	7.3	-	475	-	-
French Vinaigrette	40mL	806 / 193	0.1	19.4	1.8	-	-	-	4.2	4.0	-	605	-	-
Ranch	40mL	695 / 166	0.1	18.0	1.6	-	-	-	1.3	1.0	-	460	-	-
Tartare Sauce	40mL	500 / 120	0.4	10.6	1.0	-	-	-	5.3	4.6	-	270	-	-
Hellmann's Real														
Real Mayonnaise	20g	601 / 144	0.2	16.0	1.5	0.2	4.4	9.6	0.3	0.3	-	155	-	-
Real Aioli	20g	560 / 134	0.2	14.8	1.4	0.2	4.1	8.9	0.5	0.3	-	155	-	-
Knorr Dressing														
Balsamic Glaze	10g	86 / 21	<0.1	0	0	-	-	-	4.8	4.8	-	1	-	-
SIDE DISHES														
Deb Instant Mashed Potato														
Mashed Potato	115g	633 / 151	3.5	3.0	0.5	-	-	-	26.1	1.8	-	530	440	-
Mashed Potato & Onion	115g	628 / 150	3.6	2.8	0.5	-	-	-	26.0	1.8	-	545	450	-
Knorr Mashed Potato Mix														
Mashed Potato	100g	255 / 61	1.4	1.3	0.3	-	-	-	10.9	0.5	-	205	230	-
Red Rooster Mashed Potato														
Mashed Potato	190g	169 / 39	0.9	0.8	0.1	-	-	-	6.8	0.4	-	165	110	-
SAUCES - RTU / PASTES														
Knorr Garde D'or														
Hollandaise	40mL	765 / 183	0.6	20.0	6.8	-	-	-	0.8	0.7	-	140	-	-
Bearnaise	40mL	770 / 184	0.6	20.0	6.8	-	-	-	0.8	0.7	-	140	-	-

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				Total	Saturated	Trans	Polyunsaturated	Monounsaturated						
SAUCES - RTU / PASTES														
Knorr Raguletto Professional Sauce														
Bolognese	78g	156 / 37	1.6	0.9	0.2	-	-	-	5.1	3.6	-	335	-	-
Napoli	75g	188 / 45	1.4	0.9	0.2	-	-	-	6.8	5.6	-	210	-	-
Napolitana	78g	210 / 50	1.6	1.2	0.2	-	-	-	8.2	4.8	-	300	-	-
Parmigana	76g	165 / 38	1.5	1.5	0.4	-	-	-	4.4	1.4	-	355	-	-
Tuscan Vegetable Char Grilled	78g	230 / 55	0.9	3.3	0.4	-	-	-	4.9	3.3	-	255	-	-
Sundried Tomato Chilli	76g	300 / 72	1.4	4.3	0.6	-	-	-	6.0	5.6	-	290	-	-
Napoli Thick & Chunky	75g	165 / 39	1.3	0.9	0.1	-	-	-	5.8	4.8	-	200	310	-
Knorr Sakims Professional Sauce														
Thai Green Curry	76g	408 / 98	1.1	6.3	4.8	-	-	-	9.1	3.6	-	305	-	-
Chinese Lemon	82g	352 / 84	0.2	0.9	0.2	-	-	-	18.4	14.6	-	490	-	-
Chinese Sweet & Sour	80g	351 / 84	<0.2	<0.2	<0.1	-	-	-	20.2	16.0	-	400	-	-
Honey Soy	84g	523 / 125	1.7	0.4	0.1	-	-	-	26.5	23.1	-	1020	-	-
Thai Sweet Chilli	88g	681 / 163	0.4	0.4	<0.1	-	-	-	38.6	37.0	-	1075	-	-
Mongolian	84g	475 / 113	1.5	0.9	0.2	-	-	-	22.6	19.0	-	920	-	-
Satay	82g	659 / 157	3.4	8.6	2.6	-	-	-	15.6	13.0	-	665	-	-
Teriyaki	84g	541 / 129	1.8	1.8	0.3	-	-	-	24.7	20.8	-	1050	-	-
Knorr MexiCasa														
Chunky Salsa Mild	50g	110 / 26	0.8	0.2	<0.1	-	-	-	5.1	2.7	-	225	-	-

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				Total	Saturated	Trans	Polyunsaturated	Monounsaturated						
SAUCES - RTU / PASTES														
Knorr Pataks Paste														
Mild Curry	30g	692 / 166	1.4	15.8	1.1	-	-	-	5.0	1.0	-	875	-	-
Tandoori	30g	251 / 60	1.5	4.1	0.3	-	-	-	3.7	1.1	-	560	-	-
Vindaloo	30g	581 / 139	1.5	13.5	1.0	-	-	-	3.0	1.5	-	990	-	-
Korma	30g	374 / 89	1.0	7.9	2.0	-	-	-	3.5	2.6	-	630	-	-
Butter Chicken	30g	195 / 47	0.7	0.7	0.7	-	-	-	9.1	5.9	-	815	-	-
Knorr Pataks Sauce														
Butter Chicken	100mL	510 / 123	1.1	8.2	3.7	-	-	-	11.0	8.1	-	420	-	-
Korma	88mL	590 / 141	1.8	11.5	8.3	-	-	-	7.7	6.2	-	395	-	-
Rogan Josh	100mL	470 / 112	1.3	8.4	0.6	-	-	-	8.0	4.5	-	450	-	-
Tikka Massala	88mL	522 / 125	1.4	9.9	1.8	-	-	-	7.7	5.3	-	405	-	-
Mango Chutney	100mL	1100 / 263	0.3	0.2	0.1	-	-	-	64.1	63.9	-	1320	-	-
Knorr World Cuisine Sauce														
Honey BBQ	90g	648 / 155	1.8	<0.1	<0.1	-	-	-	35.1	31.4	-	1135	-	-
Moroccan	80g	256 / 61	1.0	1.4	0.2	-	-	-	10.0	8.2	-	290	-	-
Portuguese Peri Peri with Roasted Capsicum	80g	252 / 60	0.7	2.5	0.3	-	-	-	8.3	6.1	-	800	-	-
Tomato Chilli Jam	36g	231 / 55	0.6	0.5	0.1	-	-	-	11.5	9.9	-	285	-	-
Chipotle BBQ	84g	496 / 119	2.4	1.8	0.3	-	-	-	22.3	17.1	-	865	-	-

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				Total	Saturated	Trans	Polyunsaturated	Monounsaturated						
DESSERTS		kJ / Cal	g	g	g	g	g	g	g	g	g	mg	mg	mg
Carte D'or Dessert Mix*														
Crème Brulee	100g	820 / 190	3.0	14.0	9.0	-	-	-	14.0	13.0	<1	40	-	-
Crème Caramel	100g	370 / 90	3.0	2.0	1.0	-	-	-	15.0	13.0	1	50	-	-
Chocolate Mousse	100g	363 / 86	2.1	2.6	2.4	-	-	-	13.5	9.4	-	75	-	-
Pannacotta	100g	276 / 65	1.2	0.4	0.4	-	-	-	14.1	13.8	-	5	-	-
Vanilla Anglaise	100mL	795 / 192	2.0	13.9	4.9	-	-	-	14.6	13.3	-	90	-	-
BOOSTERS AND GRAVIES														
Knorr Gravy														
Rich Brown	60mL	92 / 22	0.4	0.8	0.5	-	-	-	3.1	0.4	-	315	-	-
Demi-Glace	60mL	88 / 21	0.3	0.1	0.4	-	-	-	3.3	0.8	-	335	-	-
Classic	60mL	87 / 21	0.4	0.5	0.2	-	-	-	3.5	0.7	-	390	-	-
Jus	60mL	118 / 28	0.8	0.2	<0.1	-	-	-	5.6	1.4	-	530	-	-
Napoli	125mL	238 / 57	2.4	1.6	0.7	-	-	-	8.5	7.1	-	680	590	-
Carbonara	125mL	231 / 55	1.2	3.4	1.9	-	-	-	6.6	1.8	-	675	30	-
Knorr Booster														
Beef	2.5g	23 / 6	<0.1	<0.1	<0.1	-	-	-	1.1	0.6	-	420	-	-
Chicken	2.5g	17 / 4	<0.1	<0.1	<0.1	-	-	-	0.8	<0.1	-	475	-	-
Vegetable	2.5g	18 / 4	<0.1	<0.1	<0.1	-	-	-	0.9	<0.1	-	480	-	-
Aromat Seasoning Mix	5g	34 / 8	0.6	0.2	<0.1	-	-	-	0.9	0.1	-	960	20	-
No added MSG Chicken	5g	44 / 11	0.2	0.2	0.1	-	-	-	2.1	1.6	-	875	-	-

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				Total	Saturated	Trans	Polyunsaturated	Monounsaturated						
SOUPS														
Continental Cup-a-Soup 200's														
Chicken Noodle	250mL	75 / 18	0.5	0.2	<0.1	-	-	-	3.4	0.6	-	305	65	-
Cream of Chicken	250mL	147 / 35	0.3	1.2	0.5	-	-	-	5.8	3.5	-	235	25	-
Hearty Beef	250mL	92 / 22	0.2	0.2	<0.1	-	-	-	4.6	0.4	-	345	55	-
Spring Vegetable	250mL	96 / 23	0.2	<0.1	<0.1	-	-	-	5.4	0.6	-	290	20	-
Tomato	250mL	136 / 32	0.3	0.4	0.1	-	-	-	6.6	3.5	-	330	-	-
Continental Professional Soup Mix 2Kg														
Beef & Vegetable	170mL	122 / 29	0.5	<0.2	<0.1	-	-	-	6.5	0.5	-	180	170	-
Chicken Noodle	170mL	87 / 21	0.5	0.2	<0.1	-	-	-	4.1	0.4	-	160	180	-
Chicken & Corn	170mL	106 / 25	0.3	0.1	<0.1	-	-	-	5.6	0.8	-	175	120	-
Cream of Chicken	170mL	84 / 20	0.3	0.2	<0.1	-	-	-	4.2	2.3	-	175	160	-
Cream of Mushroom	170mL	98 / 24	0.1	0.3	<0.1	-	-	-	5.0	0.5	-	190	220	-
Cream of Pumpkin	170mL	155 / 37	0.3	0.9	0.4	-	-	-	6.9	2.2	-	180	100	-
French Onion	170mL	87 / 21	0.2	<0.1	<0.1	-	-	-	4.6	0.7	-	145	75	-
Minestrone	170mL	140 / 34	0.6	0.3	<0.1	-	-	-	7.1	1.0	-	140	180	-
Pea & Ham	170mL	121 / 29	1.6	0.3	<0.1	-	-	-	4.6	0.2	-	200	130	-
Potato & Leek	170mL	130 / 31	0.5	0.6	0.3	-	-	-	5.9	1.2	-	170	175	-
Spring Vegetable	170mL	55 / 13	0.2	<0.1	<0.1	-	-	-	3.0	0.4	-	130	120	-
Thick Vegetable	170mL	123 / 29	0.4	0.2	<0.1	-	-	-	6.1	0.4	-	140	85	-
Tomato	170mL	103 / 25	0.3	0.2	<0.1	-	-	-	5.4	2.1	-	190	45	-
OIL SPRAY														
Flora														
Real Ease	100g	2400 / 574	0.0	65.0	5.5	0.3	21.2	38.0	0.0	0.0	-	0	-	-

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				Total	Saturated	Trans	Polyunsaturated	Monounsaturated						
DRESSINGS AND MAYONNAISE														
Hellmann's Dressing														
Italian Balsamic	40mL	1738 / 415	0.1	42.3	4.1	-	-	-	8.9	8.4	-	775	-	-
Caesar	40mL	2009 / 480	2.9	51.0	5.3	-	-	-	4.3	3.2	-	1200	-	-
Coleslaw	40mL	1712 / 409	0.9	36.8	3.4	-	-	-	18.5	18.2	-	1190	-	-
French Vinaigrette	40mL	2015 / 482	0.3	48.5	4.4	-	-	-	10.5	10.0	-	1515	-	-
Ranch	40mL	1737 / 415	0.2	45.1	3.9	-	-	-	3.3	2.4	-	1140	-	-
Tartare	40mL	1250 / 299	1.1	26.4	2.6	-	-	-	13.2	11.5	-	670	-	-
Hellmann's Real														
Real Mayonnaise	20g	3007 / 718	1.2	79.8	7.4	1.0	21.9	48.1	1.7	1.6	-	775	-	-
Real Aioli	20g	2801 / 669	1.2	73.8	6.9	1.0	20.3	44.5	2.5	1.6	-	775	-	-
Knorr Dressing														
Balsamic Glaze	10g	858 / 205	0.2	0	0	-	-	-	48.0	48.0	-	10	-	-
SIDE DISHES														
Deb Instant Mashed Potato														
Mashed Potato	190g	333 / 79	1.9	1.6	0.3	-	-	-	13.7	1.0	-	280	230	-
Mashed Potato & Onion	190g	331 / 79	1.9	1.5	0.3	-	-	-	13.7	1.0	-	285	235	-
Knorr Mashed Potato Mix														
Mashed Potato	100g	255 / 61	1.4	1.3	0.3	-	-	-	10.9	0.5	-	205	230	-
Red Rooster Mashed Potato														
Mashed Potato	190g	282 / 65	1.5	1.3	0.2	-	-	-	11.3	0.7	-	275	185	-
SAUCES - RTU / PASTES														
Knorr Garde D'or														
Hollandaise	40mL	1913 / 457	1.4	50.0	17.0	-	-	-	1.9	1.7	-	350	-	-
Bearnaise	40mL	1925 / 460	1.5	50.0	17.0	-	-	-	2.0	1.7	-	350	-	-

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SAUCES - RTU / PASTES		kJ / Cal	g	g	g	g	g	g	g	g	g	mg	mg	mg
Knorr Raguletto Professional Sauce														
Bolognese	78g	200 / 48	2.1	1.1	0.2	-	-	-	6.5	4.6	-	430	-	-
Napoli	75g	250 / 60	1.9	1.2	0.2	-	-	-	9.1	7.5	-	280	-	-
Napolitana	78g	270 / 65	2.0	1.5	0.2	-	-	-	10.5	6.0	-	380	-	-
Parmigiana	76g	217 / 50	2.0	2.0	0.5	-	-	-	5.8	1.9	-	370	-	-
Tuscan Vegetable Char Grilled	78g	295 / 71	1.2	4.2	0.5	-	-	-	6.3	4.2	-	325	-	-
Sundried Tomato Chilli	76g	395 / 94	1.9	5.7	0.8	-	-	-	7.9	7.4	-	385	-	-
Napoli Thick & Chunky	75g	220 / 53	1.7	1.2	0.2	-	-	-	7.7	6.4	-	265	415	-
Knorr Sakims Professional Sauce														
Thai Green Curry	76g	537 / 128	1.5	8.3	6.3	-	-	-	12.0	4.7	-	400	-	-
Chinese Lemon	82g	429 / 103	0.3	1.1	0.2	-	-	-	22.4	17.8	-	595	-	-
Chinese Sweet & Sour	80g	439 / 105	0.2	0.2	<0.1	-	-	-	25.2	20.0	-	500	-	-
Honey Soy	84g	623 / 149	2.0	0.5	0.1	-	-	-	31.5	27.5	-	1215	-	-
Thai Sweet Chilli	88g	681 / 163	0.4	0.4	<0.1	-	-	-	38.6	37.0	-	1075	-	-
Mongolian	84g	566 / 135	1.8	1.1	0.2	-	-	-	26.9	22.6	-	1095	-	-
Satay	82g	804 / 194	4.2	10.5	3.2	-	-	-	19.0	15.8	-	810	-	-
Teriyaki	84g	644 / 154	2.1	2.2	0.3	-	-	-	29.4	24.8	-	1250	-	-
Knorr MexiCasa														
Chunky Salsa Mild	50g	220 / 53	1.6	0.4	<0.1	-	-	-	10.2	5.4	-	450	-	-

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				Total	Saturated	Trans	Polyunsaturated	Monounsaturated						
SAUCES - RTU / PASTES														
Knorr Pataks Paste														
Mild Curry	100g	2308 / 552	4.8	52.5	3.7	-	-	-	16.7	3.4	-	2920	-	-
Tandoori	100g	837 / 200	4.9	13.8	1.0	-	-	-	12.3	3.5	-	1870	-	-
Vindaloo	100g	1937 / 469	4.9	45.0	3.2	-	-	-	10.0	5.0	-	3300	-	-
Korma	100g	1247 / 298	3.2	26.3	6.7	-	-	-	11.6	8.8	-	2100	-	-
Butter Chicken	100g	651 / 156	2.3	2.3	2.2	-	-	-	30.3	19.6	-	2720	-	-
Knorr Pataks Sauce														
Butter Chicken	100mL	510 / 123	1.1	8.2	3.7	-	-	-	11.0	8.1	-	420	-	-
Korma	88mL	670 / 160	2.0	13.1	9.4	-	-	-	8.8	7.1	-	450	-	-
Rogan Josh	100mL	491 / 117	1.4	8.8	0.6	-	-	-	8.4	4.7	-	470	-	-
Tikka Massala	100mL	593 / 142	1.6	11.2	2.1	-	-	-	8.7	6.0	-	460	-	-
Mango Chutney	100mL	1100 / 263	0.3	0.2	0.1	-	-	-	64.1	63.9	-	1320	-	-
Knorr World Cuisine Sauce														
Honey BBQ	100g	720 / 172	1.8	0.1	<0.1	-	-	-	39.0	34.9	-	1260	-	-
Moroccan	100g	320 / 77	1.3	1.7	0.2	-	-	-	12.5	10.2	-	360	-	-
Portuguese Peri Peri with Roasted Capsicum	100g	315 / 75	0.9	3.1	0.4	-	-	-	10.4	7.6	-	1000	-	-
Tomato Chilli Jam	100g	644 / 154	1.6	1.4	0.2	-	-	-	32.0	27.4	-	795	-	-
Chipotle BBQ	100mL	591 / 141	2.8	2.1	0.3	-	-	-	26.5	20.4	-	1030	-	-

Information correct at time of publication: December 2010



Food Solutions Per 100g as consumed



Product Name	Serving Size	Energy	Protein		Fat					Carbohydrate	Sugars	Dietary Fibre	Sodium	Potassium	Calcium
			Total	Saturated	Trans	Polyunsaturated	Monounsaturated								
DESSERTS		kJ / Cal	g	g	g	g	g	g	g	g	g	g	mg	mg	mg
Carte D'or Dessert Mix*															
Crème Brulee	100g	2308 / 552	4.8	52.5	3.7	-	-	-	16.7	3.4	-	2920	-	-	
Crème Caramel	100g	837 / 200	4.9	13.8	1.0	-	-	-	12.3	3.5	-	1870	-	-	
Chocolate Mousse	100g	1937 / 469	4.9	45.0	3.2	-	-	-	10.0	5.0	-	3300	-	-	
Pannacotta	100g	1247 / 298	3.2	26.3	6.7	-	-	-	11.6	8.8	-	2100	-	-	
Vanilla Anglaise	100g	651 / 156	2.3	2.3	2.2	-	-	-	30.3	19.6	-	2720	-	-	
BOOSTERS AND GRAVIES															
Knorr Gravy															
Rich Brown	60mL	153 / 37	0.7	1.4	0.8	-	-	-	5.2	0.7	-	525	-	-	
Demi-Glace	60mL	146 / 35	0.5	1.2	0.7	-	-	-	5.5	1.4	-	555	-	-	
Classic	60mL	145 / 35	0.7	0.8	0.4	-	-	-	5.9	1.2	-	645	-	-	
Jus	60mL	196 / 47	1.4	0.4	0.1	-	-	-	9.3	2.4	-	880	-	-	
Napoli	125mL	1200 / 285	12.0	8.0	3.5	-	-	-	43.0	36.0	-	3420	2965	-	
Carbonara	125mL	1690 / 400	9.0	25.0	14.0	-	-	-	48.0	13.0	-	4930	220	-	
Knorr Booster															
Beef	100mL	23 / 6	<0.1	<0.1	<0.1	-	-	-	1.1	0.6	-	420	-	-	
Chicken	100mL	17 / 4	<0.1	<0.1	<0.1	-	-	-	0.8	<0.1	-	475	-	-	
Vegetable	100mL	18 / 4	<0.1	<0.1	<0.1	-	-	-	0.9	<0.1	-	480	-	-	
Aromat Seasoning Mix	5g	675 / 161	13.0	3.6	0.9	-	-	-	18.0	1.7	-	19190	400	-	
No added MSG Chicken	-	-	-	-	-	-	-	-	-	-	-	-	-	-	

Information correct at time of publication: December 2010



Food Solutions Tea

Per serve as consumed

Product Name	Serving Size	Energy	Protein	Fat		Carbohydrate	Sugars	Sodium	Flavonoid	Theanine
				Total	Saturated					
		kJ	g	g	g	g	g	mg	mg	mg
LIPTON SIR THOMAS J 25'S										
Chamomile	200mL	Negligible	0	0	0	0	0	Negligible	-	-
Darj	200mL	Negligible	0	0	0	0	0	Negligible	-	-
Decaf	200mL	Negligible	0	0	0	0	0	Negligible	-	-
Earl Grey	200mL	Negligible	0	0	0	0	0	Negligible	-	-
English Breakfast	200mL	Negligible	0	0	0	0	0	Negligible	-	-
Jasmine Green	200mL	Negligible	0	0	0	0	0	Negligible	-	-
Kenya Keri	200mL	Negligible	0	0	0	0	0	Negligible	-	-
Lemon	200mL	Negligible	0	0	0	0	0	Negligible	-	-
Orange	200mL	Negligible	0	0	0	0	0	Negligible	-	-
Peppermint	200mL	Negligible	0	0	0	0	0	Negligible	-	-
Pure Green	200mL	Negligible	0	0	0	0	0	Negligible	-	-
LIPTON BLACK TEA										
Teabags*										
String & Tag 1000's	200mL	Negligible	0	0	0	0	0	Negligible	100 - 200	13 - 17
Round Pot 1000's	200mL	Negligible	0	0	0	0	0	Negligible	-	-
Chai Latte*										
Chai	250mL	459	2.6	3.4	2.7	17.0	16.6	80	-	-
LIPTON YELLOW LABEL										
Env 500's	200mL	Negligible	0	0	0	0	0	Negligible	100 - 200	13 - 17
Env 1000's	200mL	Negligible	0	0	0	0	0	Negligible	100 - 200	13 - 17
LAN-CHOO										
Envelope Bag 500's	200mL	<10	<0.1	<0.1	<0.1	<0.1	<0.1	<5	-	-
Pot Bag 1,000's	200mL	<10	<0.1	<0.1	<0.1	<0.1	<0.1	<5	-	-
Cup Bag 1,000's	200mL	<10	<0.1	<0.1	<0.1	<0.1	<0.1	<5	-	-
Urn 2.5L 75's	125mL	Negligible	0	0	0	0	0	Negligible	-	-
Urn 4.5L 50's	125mL	Negligible	0	0	0	0	0	Negligible	-	-
BUSHELLS										
Teabags*										
Pot Bag 1000's	200mL	Negligible	0	0	0	0	0	Negligible	-	-
Tea Cup Bag 1000's	200mL	<10	<0.1	<0.1	<0.1	<0.1	<0.1	<5	100 - 200	14 - 18
ENV 500s	200mL	<10	<0.1	<0.1	<0.1	<0.1	<0.1	<5	100 - 200	14 - 18

* When prepared as directed with water

Information correct at time of publication: December 2010

Food Solutions Tea

Per 100mL as consumed

Product Name	Serving Size	Energy	Protein	Fat		Carbohydrate	Sugars	Sodium	Flavonoid	Theanine
				Total	Saturated					
		kJ	g	g	g	g	g	mg	mg	mg
LIPTON SIR THOMAS J 25'S										
Chamomile	200mL	Negligible	0	0	0	0	0	Negligible	-	-
Darj	200mL	Negligible	0	0	0	0	0	Negligible	-	-
Decaf	200mL	Negligible	0	0	0	0	0	Negligible	-	-
Earl Grey	200mL	Negligible	0	0	0	0	0	Negligible	-	-
English Breakfast	200mL	Negligible	0	0	0	0	0	Negligible	-	-
Jasmine Green	200mL	Negligible	0	0	0	0	0	Negligible	-	-
Kenya Keri	200mL	Negligible	0	0	0	0	0	Negligible	-	-
Lemon	200mL	Negligible	0	0	0	0	0	Negligible	-	-
Orange	200mL	Negligible	0	0	0	0	0	Negligible	-	-
Peppermint	200mL	Negligible	0	0	0	0	0	Negligible	-	-
Pure Green	200mL	Negligible	0	0	0	0	0	Negligible	-	-
LIPTON BLACK TEA										
Teabags*										
String & Tag 1000's	200mL	Negligible	0	0	0	0	0	Negligible	50 - 100	6 - 8
Round Pot 1000's	200mL	Negligible	0	0	0	0	0	Negligible	-	-
Chai Latte*										
Chai	250mL	184	1.0	1.4	1.1	6.8	6.6	35	-	-
LIPTON YELLOW LABEL										
Env 500's	200mL	Negligible	0	0	0	0	0	Negligible	50 - 100	6 - 8
Env 1000's	200mL	Negligible	0	0	0	0	0	Negligible	50 - 100	6 - 8
LAN-CHOO										
Envelope Bag 500's	200mL	<10	<0.1	<0.1	<0.1	<0.1	<0.1	<5	-	-
Pot Bag 1,000's	200mL	<10	<0.1	<0.1	<0.1	<0.1	<0.1	<5	-	-
Cup Bag 1,000's	200mL	<10	<0.1	<0.1	<0.1	<0.1	<0.1	<5	-	-
Urn 2.5L 75's	125mL	Negligible	0	0	0	0	0	Negligible	-	-
Urn 4.5L 50's	125mL	Negligible	0	0	0	0	0	Negligible	-	-
BUSHELLS										
Teabags*										
Pot Bag 1000's	200mL	Negligible	0	0	0	0	0	Negligible	-	-
Tea Cup Bag 1000's	200mL	<10	<0.1	<0.1	<0.1	<0.1	<0.1	<5	100 - 200	14 - 18
ENV 500s	200mL	<10	<0.1	<0.1	<0.1	<0.1	<0.1	<5	50 - 100	7 - 9

* When prepared as directed with water

Information correct at time of publication: December 2010

Food Solutions Ice Cream Per serve as consumed

Product Name	Serving Size	Energy	Protein	Fat					Carbohydrate	Sugars	Fibre	Sodium	Potassium	Calcium
				Total	Saturated	Trans	Polyunsaturated	Monounsaturated						
BEN & JERRY'S - Scoop Shop		kJ / Cal	g	g	g	g	g	g	g	g	g	mg	mg	mg
Butter Pecan	90g	1075 / 257	4.0	20.0	8.0	0.3	0.1	0.4	17	15	0.1	104	-	107
Strawberry Cheesecake	86g	906 / 216	3.0	12.0	7.0	0.4	0.3	2.0	23	18	-	40	-	77
Cherry Garcia	87g	844 / 200	3.0	11.0	8.0	0.3	0.1	0.4	23	20	0.4	50	-	107
Coconut Seven Layer Bar	92g	1158 / 277	3.0	18.0	11.0	0.4	2.0	3.0	26	20	1	47	-	93
Chocolate Chip Cookie Dough	92g	993 / 237	4.0	12.0	7.0	0.4	1.0	3.0	29	22	0.2	50	-	93
Chocolate Fudge Brownie	92g	942 / 225	4.0	10.0	6.0	0.4	0.3	3.0	30	24	2	58	-	86
Chocolate Macadamia	92g	1061 / 253	3.0	17.0	11.0	0.4	0.4	3.0	23	20	1	62	-	113
Chocolate Peanut Butter Swirl	93g	1043 / 250	6.0	17.0	7.0	0.3	0.0	0.4	22	17	2	102	-	98
Chocolate Therapy	86g	900 / 215	4.0	12.0	7.0	0.3	1.0	1.0	25	19	2	63	-	100
Chocowlate Chip	92g	970 / 232	4.0	13.0	9.0	0.4	0.4	2.0	25	22	1	32	-	101
Chunky Monkey	87g	994 / 237	4.0	14.0	8.0	0.3	3.0	3.0	24	22	1	37	-	98
Coffee Coffee BuzzBuzzBuzz	88g	947 / 230	4.0	14.0	10.0	0.3	0.2	0.5	23	21	0.6	42	-	110
Mint Chocolate Chunk	88g	966 / 231	3.5	14.0	10.0	0.3	0.2	0.6	23	20	0.5	44	-	115
New York Super Fudge Chunk	87g	1050 / 250	4.0	17.0	9.0	0.3	1.0	1.0	24	20	2	45	-	100
Peanut Butter Cookie Dough	91g	1121 / 268	6.0	17.0	8.0	0.4	2.0	5.0	25	18	1	135	-	95
Phish Food	88g	954 / 228	3.0	11.0	7.0	11.0	0.1	0.4	32	20	1	63	-	81
Strawberry	88g	707 / 170	3.0	9.0	6.0	0.3	0.4	2.0	18	16	0.4	37	-	98
Sweet Cream & Cookies	88g	929 / 220	4.0	13.0	7.0	0.3	0.1	0.2	24	18	0.3	93	-	114
Triple Caramel Chunk	92g	982 / 235	3.0	12.0	8.0	0.3	0.3	2.0	30	23	0.2	90	-	103
Vanilla	92g	840 / 200	4.0	12.0	7.0	0.5	0.5	3.0	20	18	0.1	35	-	110
Sorbet														
Berry Berry Extraordinary	92g	430 / 100	0.2	0.1	0.0	0.0	0.0	0.0	27	23	1	7	-	4
Lemonade	88g	410 / 100	0.1	0.0	0.0	0.0	0.0	0.0	26	21	1	7	-	3

Information correct at time of publication: December 2010

Food Solutions Ice Cream Per 100g as consumed

Product Name	Serving Size	Energy	Protein	Fat					Carbohydrate	Sugars	Fibre	Sodium	Potassium	Calcium
				Total	Saturated	Trans	Polyunsaturated	Monounsaturated						
BEN & JERRY'S - Scoop Shop		kJ / Cal	g	g	g	g	g	g	g	g	mg	mg	mg	
Butter Pecan	90g	1254 / 300	4.0	23.0	9.0	0.4	0.1	0.5	20	17	0.1	121	-	124
Strawberry Cheesecake	86g	1053 / 252	3.0	14.0	8.0	0.4	0.4	3.0	27	21	-	46	-	90
Cherry Garcia	87g	967 / 230	3.0	13.0	9.0	0.3	0.1	0.4	26	23	0.4	58	-	122
Coconut Seven Layer Bar	92g	1260 / 300	4.0	20.0	12.0	0.4	2.0	3.0	28	22	1	51	-	101
Chocolate Chip Cookie Dough	92g	1081 / 258	4.0	13.0	8.0	0.5	1.0	4.0	31	24	0.3	55	-	102
Chocolate Fudge Brownie	92g	1025 / 245	4.0	11.0	7.0	0.4	0.4	3.0	33	26	2	68	-	94
Chocolate Macadamia	92g	1152 / 275	4.0	18.0	12.0	0.4	0.4	3.0	25	22	1	67	-	123
Chocolate Peanut Butter Swirl	93g	1174 / 280	6.0	19.0	8.0	0.3	0.0	0.4	25	19	2	115	-	110
Chocolate Therapy	86g	1043 / 250	4.0	14.0	8.0	0.4	1.0	1.0	29	22	2	74	-	115
Chocowlate Chip	92g	1052 / 252	4.0	14.0	10	0.4	0.4	3.0	27	23	1	35	-	110
Chunky Monkey	87g	1140 / 272	4.0	17.0	9.0	0.3	3.0	3.0	28	25	1	43	-	113
Coffee Coffee BuzzBuzzBuzz	88g	1080 / 260	4.0	16.0	11.0	0.4	0.2	0.6	26	24	0.7	47	-	126
Mint Chocolate Chunk	88g	1102 / 263	4.0	16.0	12.0	0.4	0.2	0.6	26	23	0.1	50	-	131
New York Super Fudge Chunk	87g	1207 / 290	4.5	19.0	10.0	0.3	1.0	1.0	28	23	2	51	-	115
Peanut Butter Cookie Dough	91g	1224 / 293	6.0	18.0	8.0	0.4	3.0	6.0	28	19	1	147	-	104
Phish Food	88g	1084 / 260	3.0	12.0	8.0	12.0	0.1	0.5	37	23	2	71	-	92
Strawberry	88g	843 / 200	3.0	11.0	7.0	0.3	0.4	3.0	21	19	0.5	45	-	117
Sweet Cream & Cookies	88g	1060 / 253	4.0	14.0	8.0	0.4	0.1	0.3	27	21	0.4	107	-	130
Triple Caramel Chunk	92g	1063 / 254	4.0	13.0	8.0	0.4	0.3	2.0	32	25	0.3	98	-	111
Vanilla	92g	912 / 218	4.0	13.0	8.0	0.5	0.5	3.0	22	19	0.1	37	-	119
Sorbet														
Berry Berry Extraordinary	92g	464 / 110	0.2	0.1	0.0	0.0	0.0	0.0	29	25	1	8	-	4
Lemonade	88g	465 / 110	0.1	0.0	0.0	0.0	0.0	0.0	29	24	1	8	-	3

Information correct at time of publication: December 2010