



Unilever

# Ice Cream

Per serve as sold and  
Per 100g as sold

Nutrition Information  
for Unilever Food &  
Beverage Products



# Ice Cream Per serve as sold



Product Name	Serving Size	Energy	Protein	Fat		Carbohydrate	Sugars	Sodium	Calcium
				Total	Saturated				
		kJ / Cal	g	g	g	g	g	mg	mg
<b>Paddle Pop Milk</b>	per stick								
Banana <sup>(1)</sup>	68g	446 / 107	2.3	3.3	1.6	16.8	13.5	31	90
Caramel <sup>(1)</sup>	68g	448 / 107	2.3	3.2	1.6	16.9	13.5	31	90
Chocolate <sup>(1)</sup>	68g	449 / 107	2.6	3.5	1.9	16.0	13.3	35	92
Rainbow <sup>(1)</sup>	68g	449 / 107	2.3	3.3	1.6	16.9	13.5	31	90
Solar Flare <sup>(3)</sup>	69g	385 / 92	1.6	2.1	1.0	16.3	13.1	21	58
<b>Paddle Pop Thickshake</b>	per cup								
Chocolate 220ml	107g	700 / 167	3.0	3.1	1.7	31.2	21.0	35	98
<b>Paddle Pop Moo</b>	per stick								
Choc Vanilla <sup>(1)</sup>	56g	365 / 87	1.9	2.8	1.5	13.4	11.1	37	320
Strawberry Vanilla <sup>(1)</sup>	56g	371 / 89	1.7	2.9	1.5	13.7	10.4	32	320
<b>Blue Ribbon Yoghurt Cups</b>	per cup								
Peach Mango <sup>(2)</sup>	100g	553 / 132	5.0	3.0	2.0	21.0	20.0	72	169
Strawberry <sup>(2)</sup>	100g	522 / 125	5.0	3.0	2.0	19.0	18.0	72	170
<b>Paddle Pop Water Ice</b>	per stick								
Cyclone	92g	376 / 90	0	0	0	22.0	20.0	5	-
Fruit Stack	35g	142 / 34	0	0	0	8.0	7.0	1	-
Icy Twist Lemonade <sup>(3)</sup>	71g	266 / 63	0	0	0	14.9	13.5	0	-
Scribbler <sup>#</sup>	35g	130 / 31	0	0	0	8.0	7.0	0	-

# Available in Australia only

1. Amber products under the NSW Fresh Tastes, QLD Smart choices, Vic Go for Your Life, WA Star Choices and SA Healthy Bites programs.

Meets the NZ Food and Beverage Classification System for a 'sometimes' food.

2. Amber products under the NSW Fresh Tastes, Qld Smart Choices and Vic Go for Your Life programs only

3. Amber products under the NSW Fresh Tastes and Qld Smart Choices programs only

Information correct at time of publication: December 2010



Ice Cream

# Ice Cream Per serve as sold



Product Name	Serving Size	Energy	Protein	Fat		Carbohydrate	Sugars	Sodium	Calcium
				Total	Saturated				
				g	g				
		kJ / Cal	g	g	g	g	mg	mg	
<b>Calippo</b>	per tube								
Lemon	105g	377 / 90	0	0	0	21.0	21.0	11	-
Raspberry Pineapple	105g	376 / 90	0	0	0	22.0	21.0	2	-
Tropical	105g	380 / 91	0	0	0	21.6	21.2	3	-
<b>Calippo Mini</b>	per tube								
Lemon <sup>(3)</sup>	62g	223 / 53	0	0	0	13.0	13.0	6	-
Raspberry Pineapple <sup>(3)</sup>	62g	223 / 53	0	0	0	13.0	13.0	1	-
Tropical Fruit #	62g	224 / 53	0	0	0	13.0	13.0	2	-
<b>Splice</b>	per stick								
Exotic Fruit Mango Passion	74g	404 / 97	1.2	2.2	1.1	16.7	15.0	17	-
Pine Lime <sup>(3)</sup>	67g	351 / 84	1.0	1.0	1.0	16.0	13.0	14	-
Raspberry	67g	362 / 87	0.8	1.5	1.1	17.1	13.6	14	-
Real Fruits Orange	70g	284 / 68	0.2	0.0	0.0	16.1	13.9	15	-
Real Fruits Strawberry	70g	257 / 61	0.2	0.0	0.0	14.4	12.8	1	-
<b>Splice Multipack</b>	per stick								
Pine Lime <sup>#</sup>	61g	322 / 77	0.7	1.3	0.9	15.1	12.1	20	-
Raspberry	61g	331 / 79	0.7	1.3	1.0	15.6	12.4	12	-
<b>Cookie</b>	per cookie								
Cookie	88g	1201 / 287	4.0	11.0	7.0	42.0	21.0	86	-

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3. Amber products under the NSW Fresh Tastes and Qld Smart Choices programs only

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# Ice Cream Per serve as sold



Product Name	Serving Size	Energy	Protein	Fat		Carbohydrate	Sugars	Sodium	Calcium
				Total	Saturated				
				g	g				
		kJ / Cal	g	g	g	g	mg	mg	
Bubble O Bill	per stick								
Bubble O Bill	65g	622 / 149	2.4	7.6	4.9	17.5	16.4	35	-
Cornetto	per cone								
Caramel Hokey Pokey	72g	962 / 230	2.7	11.4	6.1	29.1	22.2	45	-
Double Choc Chip	73g	988 / 236	2.8	12.4	6.7	28.3	21.3	51	-
Mint Slice	71g	992 / 237	2.8	12.8	7.1	27.7	19.2	134	-
Tim Tam	71g	996 / 238	3.0	12.0	7.0	28.0	19.0	47	-
Vanilla Nut Choc	73g	1011 / 242	3.9	13.7	6.3	25.8	18.8	39	-
Choc Obsession Dark	68g	734 / 175	2.5	6.5	4.9	25.9	14.8	48	-
Choc Obsession White	68g	777 / 186	2.4	8.2	6.4	25.1	18.9	37	-
Gaytime	per stick								
Golden Gaytime*	77g	979 / 234	3.0	15.0	8.0	22.0	15.0	55	-
Golden Cookie Crumble (NZ only)	77g	979 / 234	3.0	15.0	8.0	22.0	15.0	55	-
Magnum	per stick								
Almond	95g	1375 / 329	4.6	22.6	13.8	26.8	22.6	72	-
Big Choc Bikkie	94g	1314 / 314	3.6	19.8	13.5	30.0	28.0	78	-
Caramel Ego	98g	1426 / 341	3.2	20.9	15.3	35.1	33.2	76	-
Classic	91g	1181 / 282	3.5	19.0	13.0	24.6	24.2	60	-
Ecuador Dark	94g	1254 / 300	3.4	21.4	14.1	23.8	22.9	91	-
Gold	94g	1588 / 379	3.3	25.9	19.2	33.5	32.3	54	-
Peppermint Envy	91g	1151 / 275	3.5	18.2	12.5	24.6	24.2	61	-
Sandwich	98g	1205 / 288	4.7	15.8	10.8	32.5	25.6	87	-
White	92g	1235 / 296	3.2	19.6	13.3	26.6	26.6	67	-
Temptation	68g	952 / 228	3.1	13.6	10.2	24.5	22.4	41	-

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# Ice Cream Per serve as sold



Product Name	Serving Size	Energy	Protein	Fat		Carbohydrate	Sugars	Sodium	Calcium
				Total	Saturated				
				g	g				
		<b>kJ / Cal</b>	<b>g</b>	<b>g</b>	<b>g</b>	<b>g</b>	<b>g</b>	<b>mg</b>	<b>mg</b>
<b>Magnum Mini</b>	<b>per stick</b>								
Almond	50g	738 / 176	2.4	12.2	7.4	14.5	14.3	38	-
Classic	48g	645 / 154	1.9	10.5	7.2	13.2	13.0	30	-
Equador Dark#	49g	679 / 162	1.8	11.7	7.7	12.6	12.1	35	-
Peppermint	48g	637 / 154	2.0	10.0	7.0	13.0	11.0	24	-
White	48g	675 / 161	1.7	10.8	7.3	14.4	14.4	36	-
<b>Blue Ribbon Ice Cream</b>	<b>per scoop</b>								
Chocmint	48g	328 / 78	1.7	1.3	1	14.6	9.6	19	-
Double Choc <sup>a</sup>	45g	388 / 93	1.6	4.8	3.4	10.7	8.6	37	-
Light Cookies & Cream	46g	337 / 80	1.5	1.5	1.1	14.8	9.6	26	-
Light English Toffee <sup>a</sup>	47g	347 / 83	1.4	1.4	1.0	16.0	11.3	17	-
Light Vanilla <sup>a</sup>	45g	307 / 73	1.4	1.2	0.9	14.0	9.3	18	-
Neapolitan Twist	47g	321 / 77	1.6	1.3	0.9	14.3	9.5	18	-
Vanilla <sup>a</sup>	45g	386 / 92	1.6	4.8	3.4	10.7	8.6	27	-
Vanilla Caramel Swirl	48g	350 / 84	1.7	1.5	1.1	15.6	10.9	23	-
<b>Vienetta</b>	<b>per slice</b>								
Chocolate Cream	54g	584 / 140	1.3	9.3	8.5	12.7	10.8	19	-
Vanilla	45g	591 / 141	2.0	9.0	8.0	13.0	10.0	21	-

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# Ice Cream Per serve as sold



Product Name	Serving Size	Energy	Protein	Fat		Carbohydrate	Sugars	Sodium	Calcium
				Total	Saturated				
				kJ / Cal	g				
Ben & Jerry's									
Mini Cup (100 ml tub) per serve									
Chocolate Chip Cookie Dough	96g	1027 / 246	4.0	13.0	8.0	29.0	23.0	50	101
Chocolate Fudge Brownie	94g	986 / 236	4.0	11.0	6.0	31.0	24.0	87	90
Strawberry Cheesecake	94g	957 / 229	3.0	12.0	6.0	27.0	21.0	81	85
Vanilla	91g	831 / 200	4.0	12.0	7.0	20.0	17.0	34	108
Pint (458 ml tub) per serve									
Chocolate Chip Cookie Dough	105g	1137 / 272	4.0	14.0	8.0	33.0	25.0	57	108
Chocolate Fudge Brownie	102g	1073 / 260	4.0	12.0	8.0	34.0	27.0	63	100
Chunky Monkey	107g	1211 / 290	4.0	18.0	10.0	29.0	27.0	35	84
Half Baked	106g	1130 / 270	4.0	13.0	7.0	35.0	27.0	70	101
Phish Food	107g	1047 / 250	4.0	13.0	9.0	39.0	28.0	70	87
Strawberry Cheesecake	105g	1102 / 260	3.0	15.0	8.0	28.0	22.0	120	117
Triple Caramel Chunk	107g	963 / 230	4.0	13.0	9.0	32.0	25.0	85	121
Vanilla	107g	977 / 234	4.0	14.0	8.0	23.0	20.0	40	128

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# Ice Cream Per 100g as sold



Product Name	Serving Size	Energy	Protein	Fat		Carbohydrate	Sugars	Sodium	Calcium
				Total	Saturated				
				g	g				
		kJ / Cal	g	g	g	g	g	mg	mg
<b>Paddle Pop Milk</b>	per stick								
<b>Banana<sup>#(1)</sup></b>	68g	656 / 157	3.4	4.8	2.4	24.7	19.8	46	132
<b>Caramel<sup>#(1)</sup></b>	68g	659 / 158	3.4	4.7	2.4	24.9	19.9	46	132
<b>Chocolate<sup>(1)</sup></b>	68g	660 / 158	3.8	5.1	2.6	23.6	19.5	52	136
<b>Rainbow<sup>(1)</sup></b>	68g	660 / 158	3.4	4.8	2.4	24.9	19.8	46	132
<b>Solar Flare<sup>(3)</sup></b>	69g	560 / 134	2.3	3.1	1.5	23.7	19.0	31	85
<b>Paddle Pop Thickshake</b>	per cup								
<b>Chocolate 220ml</b>	107g	657 / 157	2.8	2.9	1.6	29.3	19.7	33	92
<b>Paddle Pop Moo</b>	per stick								
<b>Choc Vanilla<sup>(1)</sup></b>	56g	650 / 155	3.3	5.0	2.6	23.9	19.7	67	571
<b>Strawberry Vanilla<sup>(1)</sup></b>	56g	662 / 158	3.0	5.2	2.7	24.5	18.5	58	571
<b>Blue Ribbon Yoghurt Cups</b>	per cup								
<b>Peach Mango<sup>#(2)</sup></b>	100g	553 / 132	5.0	3.0	2.0	21.0	20.0	72	169
<b>Strawberry<sup>#(2)</sup></b>	100g	522 / 125	5.0	3.0	2.0	19.0	18.0	72	170
<b>Paddle Pop Water Ice</b>	per stick								
<b>Cyclone</b>	92g	409 / 98	0	0	0	24.0	22.0	5	-
<b>Fruit Stack</b>	35g	405 / 97	0	0	0	23.0	21.0	3	-
<b>Icy Twist Lemonade<sup>(3)</sup></b>	71g	374 / 89	0	0	0	21.0	19.0	0	-
<b>Scribbler<sup>#</sup></b>	35g	370 / 89	0	0	0	22.0	19.0	0	-

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# Ice Cream Per 100g as sold



Product Name	Serving Size	Energy	Protein	Fat		Carbohydrate	Sugars	Sodium	Calcium
				Total	Saturated				
				kJ / Cal	g				
Calippo	per tube								
Lemon	105g	359 / 86	0	0	0	20.0	20.0	10	-
Raspberry Pineapple	105g	358 / 86	0	0	0	21.0	20.0	2	-
Tropical	105g	362 / 87	0.0	0	0	20.6	20.2	3	-
Calippo Mini	per tube								
Lemon <sup>(3)</sup>	62g	359 / 86	0	0	0	20.0	20.0	10	-
Raspberry Pineapple <sup>(3)</sup>	62g	359 / 86	0	0	0	20.0	20.0	2	-
Tropical Fruit #	62g	361 / 86	0	0	0	21.0	20.0	3	-
Splice	per stick								
Exotic Fruit Mango Passion	74g	544 / 130	1.6	2.9	1.5	22.4	20.2	26	-
Pine Lime <sup>(3)</sup>	67g	524 / 125	1.0	2.0	2.0	24.0	19.0	21	-
Raspberry	67g	541 / 129	1.2	2.2	1.6	25.5	20.3	21	-
Real Fruits Orange	70g	405 / 97	0.3	0.0	0.0	23.0	19.8	21	-
Real Fruits Strawberry	70g	367 / 88	0.3	0.0	0.0	20.5	18.3	1	-
Splice Multipack	per stick								
Pine Lime <sup>#</sup>	61g	527 / 126	1.2	2.1	1.5	24.8	19.8	20	-
Raspberry	61g	541 / 129	1.2	2.2	1.6	25.5	20.3	21	-
Cookie	per cookie								
Cookie	88g	1373 / 328	5.0	13.0	8.0	48.0	24.0	98	-

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# Ice Cream Per 100g as sold



Product Name	Serving Size	Energy	Protein	Fat		Carbohydrate	Sugars	Sodium	Calcium
				Total	Saturated				
		kJ / Cal	g	g	g	g	g	mg	mg
BUBBLE O BILL	per stick								
Bubble O Bill	65g	964 / 230	3.7	11.8	7.6	27.1	25.4	54	-
Cornetto	per cone								
Caramel Hokey Pokey	72g	1329 / 318	3.7	15.7	8.4	40.2	30.7	62	-
Double Choc Chip	73g	1354 / 324	3.8	17.0	9.2	38.7	29.2	70	-
Mint Slice	71g	1397 / 334	4.0	18.0	10.0	39.0	27.0	189	-
Tim Tam	71g	1403 / 335	4.0	18.0	10.0	39.0	27.0	67	-
Vanilla Nut Choc	73g	1385 / 331	5.3	18.7	8.6	35.4	25.7	53	-
Choc Obsession Dark	68g	1078 / 258	3.7	9.5	7.2	38.1	21.7	71.0	-
Choc Obsession White	68g	1149 / 275	3.5	12.2	9.4	37.2	28.0	55.0	-
Gaytime	per stick								
Golden Gaytime#	77g	1265 / 302	4.0	19.0	10.0	28.0	19.0	71	-
Golden Cookie Crumble (NZ only)	77g	1265 / 302	4.0	19.0	10.0	28.0	19.0	71	-
Magnum	per stick								
Almond	95g	1442 / 345	4.8	23.7	14.5	28.4	28.1	75	-
Big Choc Bikkie	94g	1398 / 334	3.8	21.1	14.4	31.9	29.7	83	-
Caramel Ego	98g	1460 / 349	3.3	21.4	15.7	35.9	34.0	78	-
Classic	91g	1302 / 311	3.9	21.0	14.3	27.1	26.7	66	-
Ecuador Dark	94g	1334 / 319	3.6	22.8	15.0	25.3	24.4	97	-
Gold	94g	1562 / 373	3.3	25.4	18.9	33.0	31.8	53	-
Peppermint Envy	91g	1269 / 303	3.8	20.1	13.7	27.1	26.7	67	-
Sandwich	98g	1223 / 292	4.8	16.0	11.0	33.0	26.0	88	-
White	92g	1345 / 321	3.5	21.4	14.5	29.0	29.0	73	-
Temptation	68g	1400 / 335	4.5	20.0	15.0	36.0	33.0	60	-

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				Total	Saturated				
				g	g				
		kJ / Cal	g	g	g	g	g	mg	mg
Magnum Mini	per stick								
Almond	50g	1479 / 354	4.9	24.4	14.9	29.0	28.6	76	-
Classic	48g	1351 / 323	4.0	21.9	15.0	27.7	27.3	64	-
Equador Dark#	49g	1386 / 331	3.7	23.9	15.7	25.7	24.7	71	-
Peppermint	48g	1328 / 320	4.0	21.0	15.0	27.0	22.0	50	-
White	48g	1398 / 334	3.6	22.4	15.1	29.9	29.9	75	-
Blue Ribbon Ice Cream	per scoop								
Chocmint	48g	684 / 163	3.6	2.7	2	30.3	20.1	40	-
Double Choc#	45g	862 / 206	3.5	10.7	7.5	23.7	19.0	82	-
Light Cookies & Cream	46g	732 / 176	3.3	3.4	2.3	32.3	20.9	57	-
Light English Toffee#	47g	737 / 176	3.0	2.9	2.1	34.0	24.0	37	-
Light Vanilla*	45g	682 / 163	3.1	2.7	2.0	31.0	20.6	39	-
Neapolitan Twist	47g	684 / 164	3.0	2.7	2.0	30.5	20.2	39	-
Vanilla*	45g	858 / 205	3.6	10.6	7.5	23.7	19.0	60	-
Vanilla Caramel Swirl	48g	729 / 174	3.5	3.1	2.3	32.5	22.7	49	-
Vienetta	slice								
Chocolate Cream*	54g	1090 / 260	2.5	17.3	15.9	23.7	20.2	35	-
Vanilla	45g	1094 / 261	3.0	17.0	15.0	24.0	19.0	38	-

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				Total	Saturated				
		kJ / Cal	g	g	g	g	g	mg	mg
Ben & Jerry's									
Mini Cup (100 ml tub)									
Chocolate Chip Cookie Dough	96g	1067 / 255	4.0	13.0	8.0	30.0	24.0	51	105
Chocolate Fudge Brownie	94g	1046 / 250	4.0	11.0	7.0	32.0	25.0	92	95
Strawberry Cheesecake	94g	1013 / 242	3.0	13.0	6.0	28.0	22.0	85	90
Vanilla	91g	913 / 218	4.0	13.0	8.0	22.0	19.0	37	119
Pint (458 ml tub)									
Chocolate Chip Cookie Dough	105g	1078 / 258	4.0	13.0	8.0	31.0	24.0	55	102
Chocolate Fudge Brownie	102g	1019 / 245	4.0	11.0	7.0	32.0	26.0	60	95
Chunky Monkey	107g	1130 / 270	3.0	17.0	9.0	27.0	25.0	33	78
Half Baked	106g	1068 / 255	4.0	12.0	7.0	33.0	26.0	64	95
Phish Food	107g	967 / 231	3.5	12.0	8.0	37.0	26.0	65	82
Strawberry Cheesecake	105g	1052 / 252	3.0	14.0	8.0	27.0	21.0	114	112
Triple Caramel Chunk	107g	909 / 217	3.7	12.0	8.0	30.0	24.0	75	113
Vanilla	107g	913 / 218	4.0	13.0	8.0	22.0	19.0	37	119

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