

**Flavour Creations  
Quality Management System  
(HACCP)**

R:\FC Nutritional Info\Product Nutritionals - ORIGINALS 070708\Nut 100mL 070708

**RTD Nutritional Table per 100mL's**

Category General Description	Viscosity	Pack Type	Energy kJ	Protein Content g	Fat Content g	Fat Saturated g	Fat Trans g	Fat Polyunsaturated g	Fat Mono-unsaturated g	Cholesterol mg	Carbohydrate Content g	Sugars g	Lactose g	Galactose g	Fibre g	Sodium mg	Potassium mg	Calcium mg	Phosphorous mg	Vitamin C mg	Gluten mg	Moisture g
<b>Cordial Drinks</b>																						
Citrus	1	Cup	171	<1	0	0	0	0	0	0	10.6	10.6	0	0	<1	13	54	5	0	0	0	93
Citrus	2	Cup	172	<1	0	0	0	0	0	0	10.6	10.6	0	0	<1	19	69	7	0	0	0	92
Citrus	3	Cup	180	<1	0	0	0	0	0	0	11	11	0	0	1.4	32	103	12	0	0	0	91
Lime	1	Cup	172	<1	0	0	0	0	0	0	10.6	10.6	0	0	<1	14	55	5	0	0	0	93
Lime	2	Cup	182	<1	0	0	0	0	0	0	11.1	11.1	0	0	<1	19	69	7	0	0	0	92
Lime	3	Cup	192	<1	0	0	0	0	0	0	11.8	11.8	0	0	1.5	34	109	12	0	0	0	91
Raspberry	1	Cup	194	<1	0	0	0	0	0	0	12.1	12.1	0	0	<1	13	54	5	0	0	0	92
Raspberry	2	Cup	195	<1	0	0	0	0	0	0	12.1	12.1	0	0	<1	19	70	7	0	0	0	91
Raspberry	3	Cup	198	<1	0	0	0	0	0	0	12.2	12.2	0	0	1.5	34	110	13	0	0	0	90
<b>Diet Cordial Drinks</b>																						
Diet Lemon	1	Cup	<40	<1	0	0	0	0	0	0	<1	<1	0	0	<1	14	55	5	0	0	0	99
Diet Lemon	2	Cup	<40	<1	0	0	0	0	0	0	<1	<1	0	0	<1	19	71	7	0	0	0	99
Diet Lemon	3	Cup	<40	<1	0	0	0	0	0	0	<1	<1	0	0	1.3	31	104	11	0	0	0	98
Diet Raspberry	1	Cup	<40	<1	0	0	0	0	0	0	<1	<1	0	0	<1	14	55	5	0	0	0	99
Diet Raspberry	2	Cup	<40	<1	0	0	0	0	0	0	<1	<1	0	0	<1	20	72	7	0	0	0	98
Diet Raspberry	3	Cup	<40	<1	0	0	0	0	0	0	<1	<1	0	0	1.5	34	110	12	0	0	0	98
<b>100% Fruit Juices</b>																						
Sun	1	Cup	161	<1	<1	0	0	0	0	0	9	7.9	0	0	<1	14	100	11	0	3	0	95
Sun	2	Cup	162	<1	<1	0	0	0	0	0	9	7.9	0	0	1.2	20	116	13	0	3	0	93
Sun	3	Cup	164	<1	<1	0	0	0	0	0	9	8	0	0	1.8	32	148	17	0	3	0	93
Apple	1	Cup	164	<1	<1	0	0	0	0	0	9.3	7.7	0	0	<1	13	53	23	0	<1	0	95
Apple	2	Cup	165	<1	<1	0	0	0	0	0	9.3	7.7	0	0	<1	19	68	25	0	<1	0	93
Apple	3	Cup	166	<1	<1	0	0	0	0	0	9.5	7.8	0	0	1.5	30	99	28	0	<1	0	93
Orange	1	Cup	162	<1	<1	0	0	0	0	0	8.8	8	0	0	<1	18	193	4	0	40	0	95
Orange	2	Cup	163	<1	<1	0	0	0	0	0	8.9	8	0	0	<1	23	208	6	0	40	0	95
Orange	3	Cup	165	<1	<1	0	0	0	0	0	8.9	8	0	0	1.4	35	238	11	0	40	0	93
<b>Functional Juices</b>																						
Pear Juice	0	Cup	212	<1	<1	<1	0	<1	<1	0	11	9.2	0	0	2.6	7	81	2	0	2	0	89
Pear Juice	1	Cup	212	<1	<1	<1	0	<1	<1	0	11	9.3	0	0	2.6	9	84	2	0	2	0	89
Pear Juice	2	Cup	211	<1	<1	<1	0	<1	<1	0	11	9.2	0	0	2.6	14	98	4	0	2	0	89
Pear Juice	3	Cup	207	<1	<1	<1	0	<1	<1	0	10.9	9.2	0	0	2.6	25	129	8	0	2	0	89
Cranberry	0	Cup	236	<1	0	0	0	0	0	0	14.4	11.9	0	0	<1	8	85	4	0	6.7	0	90
Cranberry	1	Cup	237	<1	0	0	0	0	0	0	14.5	11.9	0	0	<1	17	109	6	0	6.7	0	89
Cranberry	2	Cup	238	<1	0	0	0	0	0	0	14.5	11.9	0	0	<1	23	125	8	0	6.7	0	89
Cranberry	3	Cup	239	<1	0	0	0	0	0	0	14.5	11.9	0	0	1.3	33	151	12	0	6.7	0	88
Dark Grape	0	Cup	254	<1	<1	0	0	0	0	0	14.2	13	0	0	<1	18	96	14	0	<1	0	90
Dark Grape	1	Cup	255	<1	<1	0	0	0	0	0	14.2	13	0	0	<1	25	117	16	0	<1	0	89
Dark Grape	2	Cup	256	<1	<1	0	0	0	0	0	14.2	13	0	0	<1	30	128	18	0	<1	0	89
Dark Grape	3	Cup	257	<1	<1	0	0	0	0	0	14.3	13	0	0	1.3	41	156	21	0	<1	0	88

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Category General Description	Viscosity	Pack Type	Energy kJ	Protein Content g	Fat Content g	Fat Saturated g	Fat Trans g	Fat Polyunsaturated g	Fat Mono-unsaturated g	Cholesterol mg	Carbohydrate Content g	Sugars g	Lactose g	Galactose g	Fibre g	Sodium mg	Potassium mg	Calcium mg	Phosphorous mg	Vitamin C mg	Gluten mg	Moisture g
<b>Other</b>																						
Clear, plain water	1	Cup	41	<1	0	0	0	0	0	0	2.3	<1	0	0	<1	19	15	2	0	0	0	99
Clear, plain water	2	Cup	47	<1	0	0	0	0	0	0	2.6	<1	0	0	<1	31	17	2	0	0	0	98
Clear, plain water	3	Cup	62	<1	0	0	0	0	0	0	3.4	<1	0	0	1.5	58	22	2	0	0	0	97
<b>Hot</b>																						
White Tea	1	Cup	11	<1	0	0	0	0	0	0	<1	<1	0	0	<1	15	47	5	1.7	0	0	99
White Tea	2	Cup	13	<1	0	0	0	0	0	0	<1	<1	0	0	<1	21	64	7	1.7	0	0	99
White Tea	3	Cup	14	<1	0	0	0	0	0	0	<1	<1	0	0	1.5	36	106	12	1.8	0	0	98
White Coffee	1	Cup	248	<1	2	0.4	0.2	1.4	0.5	0	9.9	1.8	0.2	0	<1	24	39	4	1	0	0	96
White Coffee	2	Cup	248	<1	2	0.4	0.2	1.4	0.5	0	9.9	1.8	0.2	0	<1	27	47	5	1	0	0	98
White Coffee	3	Cup	218	<1	2	0.4	0.2	1.4	0	0	8.1	1.9	0.2	0	1.5	43	102	12	1	0	0	97
<b>MilkEquivalent Drinks</b>																						
Creamy Base	1	Cup	344	3.3	3.9	0.7	0.1	2.4	<1	2.3	8.9	5.2	0.1	0	<1	47	40	112	37	0	0	94
Creamy Base	2	Cup	344	3.3	3.9	0.7	0.1	2.4	<1	2.3	8.8	5.2	0.1	0	<1	51	51	111	37	0	0	94
Creamy Base	3	Cup	310	3.3	3.9	0.7	0.1	2.4	<1	2.3	6.7	5.2	0.1	0	<1	66	105	116	36	0	0	94
Creamy Chocolate	1	Cup	421	3.2	3.9	0.8	0.1	2.2	<1	3.2	14.1	11.4	0.1	0	<1	47	140	112	50	0	0	87
Creamy Chocolate	2	Cup	419	3.2	3.7	0.8	0.1	2.2	<1	3.2	14.1	11.4	0.1	0	1.1	47	153	114	50	0	0	87
Creamy Chocolate	3	Cup	406	3.2	3.7	0.8	0.1	2.2	<1	3.2	13.1	11.6	0.1	0	1.9	61	194	119	50	0	0	87
Creamy Strawberry	1	Cup	402	3.3	3.9	0.7	0.1	2.4	<1	2.3	12.3	9	0.1	0	<1	48	40	111	37	0	0	89
Creamy Strawberry	2	Cup	400	3.3	3.9	0.7	0.1	2.4	<1	2.3	12.2	9	0.1	0	<1	53	51	112	37	0	0	89
Creamy Strawberry	3	Cup	367	3.3	3.9	0.7	0.1	2.4	<1	2.3	10.1	9	0.1	0	1.4	69	108	120	37	0	0	90
<b>Protein</b>																						
Pro Lemon Lime	1	Cup	359	8	<0.1	0	0	0	0	1.8	12.7	11.3	0.1	0	3.8	81	28	9	16	0	0	85
Pro Lemon Lime	2	Cup	361	8	<0.1	0	0	0	0	1.8	13	11.3	0.1	0	4	81	35	9	15.8	0	0	85
Pro Lemon Lime	3	Cup	365	8	<0.1	0	0	0	0	1.8	13	11.3	0.1	0	4.5	81	28	9	15.8	0	0	85
Pro Caramel	1	Cup	613	8.1	3.9	0.7	0.1	2.3	0.8	6.7	19.6	12.2	0.2	0	2.2	66	55.6	106	54	0	0	76
Pro Caramel	2	Cup	616	8.1	3.9	0.7	0.1	2.3	0.8	6.7	19.3	12.2	0.2	0	2.4	70	64	107	54	0	0	75
Pro Caramel	3	Cup	628	8.2	3.9	0.7	0.1	2.3	0.8	6.7	20	13	0.2	0	2.7	76	80	109	54	0	0	74
<b>Fortified Protein</b>																						
ProChocolate	1	Cup	594	8	3.7	0.8	0.1	2	0.8	10.3	19.8	13	0.2	0	<1	154	163	216	208	9	0	75
ProChocolate	2	Cup	598	8	3.7	0.8	0.1	2	0.8	10.3	20	13	0.2	0	<1	155	165	215	209	9	0	75
ProChocolate	3	Cup	595	8	3.7	0.8	0.1	2	0.8	10.3	19.8	13	0.2	0	1.1	160	177	208	216	9	0	75