

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

R:\FC Nutritional Info\Product Nutritionals - ORIGINALS 070708\Nut 185mL 070708

RTD Nutritional Table per 185mL Serve

Category General Description	Level	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
Cordial Drinks																						
Citrus	1	Cup	316	<1	0.0	0.0	0.0	0.0	0.0	0.0	19.6	19.6	0.0	0.0	<1	24	100	9	0	0	0	172
Citrus	2	Cup	318	<1	0.0	0.0	0.0	0.0	0.0	0.0	19.6	19.6	0.0	0.0	1.3	35	128	13	0	0	0	170
Citrus	3	Cup	333	<1	0.0	0.0	0.0	0.0	0.0	0.0	20.4	20.4	0.0	0.0	2.6	59	191	22	0	0	0	168
Lime	1	Cup	318	<1	0.0	0.0	0.0	0.0	0.0	0.0	19.6	19.6	0.0	0.0	<1	26	102	9	0	0	0	172
Lime	2	Cup	337	<1	0.0	0.0	0.0	0.0	0.0	0.0	20.5	20.5	0.0	0.0	1.3	35	128	13	0	0	0	170
Lime	3	Cup	355	<1	0.0	0.0	0.0	0.0	0.0	0.0	21.8	21.8	0.0	0.0	2.8	63	202	22	0	0	0	168
Raspberry	1	Cup	359	<1	0.0	0.0	0.0	0.0	0.0	0.0	22.4	22.4	0.0	0.0	<1	24	100	9	0	0	0	170
Raspberry	2	Cup	361	<1	0.0	0.0	0.0	0.0	0.0	0.0	22.4	22.4	0.0	0.0	1.3	35	130	13	0	0	0	168
Raspberry	3	Cup	366	<1	0.0	0.0	0.0	0.0	0.0	0.0	22.6	22.6	0.0	0.0	2.8	63	204	24	0	0	0	167
Diet Cordial Drinks																						
Diet Lemon	1	Cup	<40	<1	0.0	0.0	0.0	0.0	0.0	0.0	<1	<1	0.0	0.0	<1	26	102	9	0	0	0	183
Diet Lemon	2	Cup	<40	<1	0.0	0.0	0.0	0.0	0.0	0.0	<1	<1	0.0	0.0	1.3	35	131	13	0	0	0	183
Diet Lemon	3	Cup	<40	<1	0.0	0.0	0.0	0.0	0.0	0.0	<1	<1	0.0	0.0	2.4	57	192	20	0	0	0	181
Diet Raspberry	1	Cup	<40	<1	0.0	0.0	0.0	0.0	0.0	0.0	<1	<1	0.0	0.0	<1	26	102	9	0	0	0	183
Diet Raspberry	2	Cup	<40	<1	0.0	0.0	0.0	0.0	0.0	0.0	<1	<1	0.0	0.0	1.5	37	133	13	0	0	0	181
Diet Raspberry	3	Cup	<40	<1	0.0	0.0	0.0	0.0	0.0	0.0	<1	<1	0.0	0.0	2.7	63	204	22	0	0	0	181
100% Fruit Juices																						
Sun	1	Cup	298	<1	<1	0.0	0.0	0.0	0.0	0.0	16.7	14.6	0.0	0.0	1.7	26	185	20	0	5.9	0	176
Sun	2	Cup	300	<1	<1	0.0	0.0	0.0	0.0	0.0	16.7	14.6	0.0	0.0	2.2	37	215	24	0	5.9	0	172
Sun	3	Cup	303	<1	<1	0.0	0.0	0.0	0.0	0.0	16.7	14.8	0.0	0.0	3.3	59	274	31	0	5.9	0	172
Apple	1	Cup	303	<1	<1	0.0	0.0	0.0	0.0	0.0	17.2	14.2	0.0	0.0	1.1	24	98	43	0	<1	0	176
Apple	2	Cup	305	<1	<1	0.0	0.0	0.0	0.0	0.0	17.2	14.2	0.0	0.0	1.7	35	126	46	0	<1	0	172
Apple	3	Cup	307	<1	<1	0.0	0.0	0.0	0.0	0.0	17.6	14.4	0.0	0.0	2.8	56	183	52	0	0	0	172
Orange	1	Cup	300	1.1	<1	0.0	0.0	0.0	0.0	0.0	16.3	14.8	0.0	0.0	<1	33	357	7	0	74	0	176
Orange	2	Cup	302	1.1	<1	0.0	0.0	0.0	0.0	0.0	16.5	14.8	0.0	0.0	1.5	43	385	11	0	74	0	176
Orange	3	Cup	305	1.1	<1	0.0	0.0	0.0	0.0	0.0	16.5	14.8	0.0	0.0	2.6	65	440	20	0	74	0	172
Functional Juices																						
Pear Juice	0	Cup	392	<1	<1	<1	0.0	<1	<1	0.0	20.4	17.0	0.0	0.0	4.8	13	150	4	0	4	0	165
Pear Juice	1	Cup	392	<1	<1	<1	0.0	<1	<1	0.0	20.4	17.2	0.0	0.0	4.8	17	155	4	0	4	0	165
Pear Juice	2	Cup	390	<1	<1	<1	0.0	<1	<1	0.0	20.4	17.0	0.0	0.0	4.8	26	181	7	0	4	0	165
Pear Juice	3	Cup	383	<1	<1	<1	0.0	<1	<1	0.0	20.2	17.0	0.0	0.0	4.8	46	239	15	0	4	0	165
Cranberry	0	Cup	437	<1	0.0	0.0	0.0	0.0	0.0	0.0	26.6	22.0	0.0	0.0	<1	15	157	7	0	12.4	0	167
Cranberry	1	Cup	438	<1	0.0	0.0	0.0	0.0	0.0	0.0	26.8	22.0	0.0	0.0	<1	31	202	11	0	12.4	0	165
Cranberry	2	Cup	440	<1	0.0	0.0	0.0	0.0	0.0	0.0	26.8	22.0	0.0	0.0	1.5	43	231	15	0	12.4	0	165
Cranberry	3	Cup	442	<1	0.0	0.0	0.0	0.0	0.0	0.0	26.8	22.0	0.0	0.0	2.4	61	279	22	0	12.4	0	163
Dark Grape	0	Cup	470	<1	<1	0.0	0.0	0.0	0.0	0.0	26.3	24.1	0.0	0.0	<1	33	178	26	0	<1	0	167
Dark Grape	1	Cup	472	<1	<1	0.0	0.0	0.0	0.0	0.0	26.3	24.1	0.0	0.0	<1	46	216	30	0	<1	0	165
Dark Grape	2	Cup	474	<1	<1	0.0	0.0	0.0	0.0	0.0	26.3	24.1	0.0	0.0	1.3	56	232	33	0	<1	0	165
Dark Grape	3	Cup	475	<1	<1	0.0	0.0	0.0	0.0	0.0	26.5	24.1	0.0	0.0	2.2	76	289	39	0	<1	0	163

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Other																						
Clear, plain water	1	Cup	76	<1	0.0	0.0	0.0	0.0	0.0	0.0	4.3	<1	0.0	0.0	<1	35	28	4	0	0	0	183
Clear, plain water	2	Cup	87	<1	0.0	0.0	0.0	0.0	0.0	0.0	4.8	<1	0.0	0.0	1.5	57	31	4	0	0	0	181
Clear, plain water	3	Cup	115	<1	0.0	0.0	0.0	0.0	0.0	0.0	6.3	<1	0.0	0.0	2.8	107	41	4	0	0	0	179
Hot																						
White Tea	1	Cup	20	<1	0.0	0.0	0.0	0.0	0.0	0.0	1.3	<1	0.0	0.0	<1	28	87	9	3.0	0	0	183
White Tea	2	Cup	24	<1	0.0	0.0	0.0	0.0	0.0	0.0	1.3	<1	0.0	0.0	1.3	39	118	13	3.0	0	0	183
White Tea	3	Cup	28	<1	0.0	0.0	0.0	0.0	0.0	0.0	1.5	<1	0.0	0.0	2.8	67	196	22	3.0	0	0	181
White Coffee	1	Cup	459	1.0	3.7	0.8	0.4	2.6	1.0	0.0	18.4	3.4	0.0	0.0	<1	45	73	8	2.0	0	0	179
White Coffee	2	Cup	459	1.0	3.7	0.8	0.4	2.6	1.0	0.0	18.4	3.4	0.0	0.0	1.0	50	87	10	2	0	0	182
White Coffee	3	Cup	404	1.2	3.7	0.8	0.4	2.6	1.0	0.0	15.0	3.6	0.0	0.0	2.8	80	189	23	2	0	0	180
MilkEquivalent Drinks																						
Creamy Base	1	Cup	636	6.1	7.2	1.3	0.2	4.4	1.5	4.3	16.3	9.6	0.2	0.0	<1	87	74	207	68	0	0	174
Creamy Base	2	Cup	638	6.1	7.2	1.3	0.2	4.4	1.5	4.3	16.3	9.6	0.2	0.0	<1	94	94	205	68	0	0	174
Creamy Base	3	Cup	574	6.1	7.2	1.3	0.2	4.4	1.5	4.3	12.4	9.6	0.2	0.0	2.4	122	194	215	67	0	0	174
Creamy Chocolate	1	Cup	779	5.9	7.2	1.5	0.2	4.1	1.5	5.9	26.1	21.1	0.2	0.0	1.7	87	259	207	93	0	0	161
Creamy Chocolate	2	Cup	775	5.9	7.2	1.5	0.2	4.1	1.5	5.9	26.1	21.1	0.2	0.0	2.0	87	283	211	93	0	0	161
Creamy Chocolate	3	Cup	751	6.1	7.2	1.5	0.2	4.1	1.5	5.9	24.2	21.5	0.2	0.0	3.5	113	359	220	93	0	0	161
Creamy Strawberry	1	Cup	744	6.1	7.2	1.3	0.2	4.4	1.5	4.3	22.8	16.7	0.2	0.0	<1	89	74	205	68	0	0	167
Creamy Strawberry	2	Cup	740	6.1	7.2	1.3	0.2	4.4	1.5	4.3	22.6	16.7	0.2	0.0	<1	98	94	207	68	0	0	165
Creamy Strawberry	3	Cup	679	6.1	7.2	1.3	0.2	4.4	1.5	4.3	18.7	16.7	0.2	0.0	2.6	128	200	222	68	0	0	167
Protein																						
Pro Lemon Lime	1	Cup	665	15.0	<0.1	0.0	0.0	0.0	0.0	3.3	23.6	20.9	0.2	0.0	7.0	150	52	17	29	0	0	158
Pro Lemon Lime	2	Cup	669	15.0	<0.1	0.0	0.0	0.0	0.0	3.3	24.0	20.9	0.2	0.0	7.5	150	65	17	29	0	0	157
Pro Lemon Lime	3	Cup	676	15.0	0.1	0.0	0.0	0.0	0.0	3.3	25.0	20.9	0.2	0.0	8.3	150	52	17	29	0	0	156
Pro Caramel	1	Cup	1135	15.0	7.1	1.3	0.2	4.3	1.5	12.4	35.4	22.6	0.4	0.0	4.1	123	101	196	100	0	0	140
Pro Caramel	2	Cup	1140	15.1	7.1	1.3	0.2	4.3	1.5	12.4	35.7	22.6	0.4	0.0	4.4	130	119	198	100	0	0	140
Pro Caramel	3	Cup	1169	15.1	7.1	1.3	0.2	4.3	1.5	12.4	37.0	24.1	0.4	0.0	5.0	141	149	202	100	0	0	138
Fortified Protein																						
ProChocolate	1	Cup	1100	14.8	6.9	1.5	0.2	3.7	1.5	19.1	37.0	24.1	0.4	0.0	1.6	285	302	381	400	16.5	0	139
ProChocolate	2	Cup	1106	14.8	6.8	1.5	0.2	3.7	1.5	19.1	37.0	24.1	0.4	0.0	1.7	287	305	379	398	16.5	0	138
ProChocolate	3	Cup	1102	14.8	6.8	1.5	0.2	3.7	1.5	19.1	37.0	24.1	0.4	0.0	2.2	296	327	385	400	16.5	0	138