



No Artificial Colours and Flavours

Puree



Source of Fibre | 8g Protein | Gluten Free

MADE WITH REAL FRUIT

Delicious and nutritious, Fruits with Attitude Fruit Puree single-serve cups are a sweet and fruity treat any time of day - perfect with breakfast, as a snack or dessert. Enjoy ambient or chilled anytime, anywhere.

STAY STRONG, REGULAR, AND FULL OF ATTITUDE

fruits with
ATTITUDE

Lemon Puree



Delicious and nutritious, Fruits with Attitude Lemon can be enjoyed as a snack or with a meal to add extra energy, protein, and fibre to your day. Australian made, this zesty lemon puree has been formulated to be Amylase Resistant and to meet IDDSI level 4 Pureed consistency – perfect for people dining with dysphagia.

BENEFITS

- Protein to Support Muscle Health
- Energy to support Normal Metabolism
- Dietary Fibre to Support Regular Laxation

FEATURES

- Vegan
- 1.7 kcal/g (per 100g)
- 8g Protein
- Made with Real Fruit
- Source of Fibre
- Amylase Resistant

SUITABLE DIETS

- Vegan & Vegetarian
- High Protein, High Energy
- Gluten, Nut & Dairy Free
- Texture Modified Diet (IDDSI Level 4 Pureed)



NUTRITION INFORMATION (Average Quantity)

Serving Per Cup: 1 Serving Size: 110g		Per Serve	Per 100g
Energy	kJ	713	700
	kcal	171	168
Protein	g	8.1	8.0
- gluten	mg	Not Detected	
Fat, total	g	4.3	4.3
- saturated	g	3.7	3.6
- trans	g	0	0
Carbohydrate	g	24.0	23.6
- sugars	g	14.7	14.4
- lactose	g	0	0
Dietary Fibre	g	2.0	2.0
Sodium	mg	235	230

INGREDIENTS

Fruit 62.5% (Apple (45%), Reconstituted Lemon Juice Concentrate (17.5%)), Apple Juice Concentrate, **Soy** Protein Isolate, Maltodextrin, Water, Coconut Oil, Thickeners (415, 417), Natural Flavour, Inulin, Stabiliser (331), Natural Colour (101), Preservative (200).
CONTAINS SOY.

Banana & Mango Puree



NUTRITION INFORMATION (Average Quantity)

Serving Per Cup: 1 Serving Size: 110g		Per Serve	Per 100g
Energy	kJ	501	445
	kcal	120	109
Protein	g	8.0	7.3
- gluten	mg	Not Detected	
Fat, total	g	0.1	0.1
- saturated	g	0.1	0.1
Carbohydrate	g	20.3	18.5
- sugars	g	17.9	16.3
- lactose	g	0	0
Dietary Fibre	g	2.2	2.0
Sodium	mg	53	48
Potassium	mg	31	28

INGREDIENTS

Fruit (55%) [Apple Puree (40%), Banana (8%), Mango (7%)], Water, Sugar, Hydrolysed Collagen, Thickeners (440, 415), Natural Flavours, Acidity Regulator (330), Mineral Salt (509), Natural Colours (161b, 163), Preservative (200).



Apple & Apricot Puree



NUTRITION INFORMATION (Average Quantity)

Serving Per Cup: 1 Serving Size: 110g		Per Serve	Per 100g
Energy	kJ	501	456
	kcal	120	109
Protein	g	8.0	7.3
- gluten	mg	Not Detected	
Fat, total	g	0.1	0.1
- saturated	g	0.1	0.1
Carbohydrate	g	20.5	18.7
- sugars	g	18.0	16.4
- lactose	g	0	0
Dietary Fibre	g	2.2	2.0
Sodium	mg	53	48
Potassium	mg	12	11

INGREDIENTS

Fruit (55%) [Apple Puree (50%), Apricot (5%)], Water, Sugar, Hydrolysed Collagen, Thickeners (440, 415), Acidity Regulator (330), Mineral Salt (509), Natural Colours (161b, 163), Natural Flavours, Preservative (200).

