



# STAY STRONG, REGULAR, AND FULL OF 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 for Normal Metabolism
- ✓ Dietary Fibre to Support Regular Laxation

### FEATURES

- ✓ Vegan
- ✓ 1.7 kcal/g
- ✓ 8g Protein
- ✓ Made with Real Fruit
- ✓ Source of Fibre
- ✓ No Added Sugar
- ✓ 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.**

## DISCOVER OUR FULL RANGE

### Banana & Mango Puree



### NUTRITION INFORMATION (Average Quantity)

Serving Per Cup: 1 Serving Size: 110g		Per Serve	Per 100g
Energy	kJ	532	479
	kcal	128	115
Protein	g	8.0	7.2
- gluten	mg	Not Detected	
Fat, total	g	0.3	0.2
- saturated	g	0.1	0.1
- trans	g	0	0
Carbohydrate	g	21.1	19.0
- sugars	g	19.5	17.6
- lactose	g	0	0
Dietary Fibre	g	2.5	2.3
Sodium	mg	52	47

### INGREDIENTS

Fruit (55%) [Apple Puree (40%), Banana (8%), Mango (7%)], Water, Sugar, Hydrolysed Collagen, Thickeners (415, 440, 404, 417), Natural Flavours, Dietary Fibre, Acidity Regulator (330), Natural Colours (161b, 163), Mineral Salt (509), Preservative (200).



### INGREDIENTS

Fruit (55%) [Apple Puree (50%), Apricot (5%)], Water, Sugar, Hydrolysed Collagen, Thickeners (415, 440, 404, 417), Dietary Fibre, Acidity Regulator (330), Natural Flavours, Natural Colours (161b, 163), Mineral Salt (509), Preservative (200).



Serving Per Cup: 1 Serving Size: 110g		Per Serve	Per 100g
Energy	kJ	487	443
	kcal	117	106
Protein	g	8.0	7.3
- gluten	mg	Not Detected	
Fat, total	g	0.3	0.3
- saturated	g	0.1	0.1
- trans	mg	0	0
Carbohydrate	g	19.0	17.3
- sugars	g	17.3	15.7
- lactose	g	0	0
Dietary Fibre	g	2.3	2.1
Sodium	mg	47	43