



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

Bring a little attitude to snack time with Fruits with Attitude — real fruit purees packed with protein and fibre for a delicious, nutritious boost. Available in two delicious flavours, Banana & Mango and Apple & Apricot, each 110g cup delivers 8g of protein and fibre to help keep you fuelled throughout the day. Proudly Australian owned and made, Fruits with Attitude purees are Amylase Resistant and meet IDDSI Level 4 Pureed consistency — perfect for people dining with dysphagia.



FEATURES

- 8g Protein
- Made with Real Fruit
- Low in Sodium
- Source of Fibre
- Amylase Resistant
- No Artificial Colours or Flavours

SUITABLE DIETS

- High Protein High Energy
- Gluten, Soy and Nut Free
- Lactose Free
- Dairy Free
- Halal Certified
- Texture Modified Diet (IDDSI Level 4 Pureed)

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).

