**LIFE – SUPER MAIZE MEAL**

|  |  |  |  |
| --- | --- | --- | --- |
| **SUPER MAIZE MEAL**  TYPICAL NUTRITIONAL INFORMATION  Serving size: 100g meal (uncooked) | | | |
|  | Per serving |  | %RDA |
| Energy | 1430 | (kj) | 12% |
| Protein | 6.8 | (g) | - |
| Carbohydrate | 72.2 | (g) | - |
| Total Fat | 1.6 | (g) | - |
| * Saturated Fat | 0.2 | (g) | - |
| * Trans Fatty Acids | 0 | (g) | - |
| Total Dietary Fibre | 3.2 | (g) | - |
| Sodium | 2 | (mg) | - |
| Vitamin A | 188 | (mcg) | 21% |
| Thiamine | 0.31 | (mg) | 26% |
| Riboflavien | 0.15 | (mg) | 14% |
| Niacin | 2.97 | (mg) | 19% |
| Pyridoxine | 0.39 | (mg) | 30% |
| Folic acid | 189 | (mcg) | 47% |
| Iron | 3.73 | (mg) | 21% |
| Zinc | 1.89 | (mg) | 17% |
| RDA=Recommended Dietary Allowance for individuals 13 years and older | | | |

**LUCKY SUPER**

|  |  |  |  |
| --- | --- | --- | --- |
| **SUPER MAIZE MEAL**  TYPICAL NUTRITIONAL INFORMATION  Serving size: 100g meal (uncooked) | | | |
|  | Per serving |  | %RDA |
| Energy | 1430 | (kj) | 12% |
| Protein | 6.8 | (g) | - |
| Carbohydrate | 72.2 | (g) | - |
| Total Fat | 1.6 | (g) | - |
| * Saturated Fat | 0.2 | (g) | - |
| * Trans Fatty Acids | 0 | (g) | - |
| Total Dietary Fibre | 3.2 | (g) | - |
| Sodium | 2 | (mg) | - |
| Vitamin A | 188 | (mcg) | 21% |
| Thiamine | 0.31 | (mg) | 26% |
| Riboflavien | 0.15 | (mg) | 14% |
| Niacin | 2.97 | (mg) | 19% |
| Pyridoxine | 0.39 | (mg) | 30% |
| Folic acid | 189 | (mcg) | 47% |
| Iron | 3.73 | (mg) | 21% |
| Zinc | 1.89 | (mg) | 17% |

**HIPPO SAMP**

|  |  |  |  |
| --- | --- | --- | --- |
| **SAMP**  TYPICAL NUTRITIONAL INFORMATION  Serving size: 200g meal (cooked) | | | |
|  | Per serving |  | %RDA |
| Energy | 924 | (kj) |  |
| Protein | 4.8 | (g) | 9%- |
| Carbohydrates | 47.3 | (g) | - |
| Total Fat | 0.4 | (g) | - |
| Cholesterol | 0 | (mg) | - |
| Total Dietary Fibre | 1.8 | (g) | - |
| Sodium | 680 | (mg) | - |

**KEYONA SUPERIOR – SPECIAL MAIZE MEAL**

|  |  |  |  |
| --- | --- | --- | --- |
| **SPECIAL MAIZE MEAL**  TYPICAL NUTRITIONAL INFORMATION  Serving size: 100g meal (uncooked) | | | |
|  | Per serving |  | %RDA |
| Energy | 1445 | (kj) | - |
| Protein | 6.0 | (g) | 11% |
| Glycaemic Carbohydrates | 71 | (g) | - |
| -of which total sugars | 2 |  |  |
| Total Fat | 2.7 | (g) | - |
| - of which saturated Fat | 0.5 | (g) | - |
| -of which trans fat | <0.01 | (g) | - |
| -of which monounsaturated fat | 0.9 | (g) |  |
| -of which polyunsaturated fat | 1.4 | (g) |  |
| Cholesterol | <1 | (mg) |  |
| Dietary Fibre | 4.6 | (g) | - |
| -of which insoluble fibre | 3.7 | (g) |  |
| -of which soluble fibre | 0.9 | (g) |  |
| Total Sodium | <6 | (mg) | - |
| Vitamin A | 188 | (mcg) | 21% |
| Vit B1 (Thiamine) | 0.4 | (mg) | 33% |
| Vit B2 (Riboflavien) | 0.2 | (mg) | 15% |
| Vit B3 (Niacin) | 3.2 | (mg) | 20% |
| Vit B6 (Pyridoxine) | 0.4 | (mg) | 24% |
| Vit B9 (Folic acid) | 191 | (mcg) | 48% |
| Iron | 4 | (mg) | 22% |
| Zinc | 2.3 | (mg) | 21% |

**LUCKY SUPER GEELMEEL**

|  |  |  |  |
| --- | --- | --- | --- |
| **SUPER YELLOW MAIZE MEAL**  TYPICAL NUTRITIONAL INFORMATION  Serving size: 100g meal (uncooked) | | | |
|  | Per serving |  | %RDA |
| Energy | 1500 | (kj) | 12% |
| Protein | 7.7 | (g) | - |
| Glycaemic Carbohydrate | 77 | (g) | - |
| -of which total sugars | - | (g) | - |
| Total Fat | 1.1 | (g) | - |
| -of which Saturated Fat | 0.5 | (g) | - |
| -of which Trans Fat | 0 | (g) | - |
| -of which monounsaturated fat | 0.4 | (g) | - |
| -of which polyunsaturated fat | 0.59 | (g) | - |
| Cholesterol | 0 | (mg) | - |
| Total Dietary Fibre | 3.2 | (g) | - |
| Total Sodium | 2 | (mg) | - |

**LIFE NAKS - Cheese**

|  |  |  |  |
| --- | --- | --- | --- |
| **SPECIAL MAIZE MEAL**  TYPICAL NUTRITIONAL INFORMATION  Serving size: 100g meal (uncooked) | | | |
|  | Per serving |  | %RDA |
| Energy | 289 | (kj) | 12% |
| Protein | 1.0 | (g) | - |
| Glycaemic Carbohydrate | 4.0 | (g) | - |
| Of which total sugar | 0.25 | (g) | - |
| Of which total Fat | 2.5 | (g) | - |
| Saturated Fatty Acids | 1.15 | (g) | - |
| Total Dietary Fibre | <1.0 | (g) | - |
| Total Sodium | 94 | (mg) | - |

**LIFE NAKS – Tomato Flavour**

|  |  |  |  |
| --- | --- | --- | --- |
| **SPECIAL MAIZE MEAL**  TYPICAL NUTRITIONAL INFORMATION  Serving size: 100g meal (uncooked) | | | |
|  | Per serving |  | %RDA |
| Energy | 289 | (kj) | 12% |
| Protein | 1.0 | (g) | - |
| Glycaemic Carbohydrate | 4.0 | (g) | - |
| Of which total sugar | 0.25 | (g) | - |
| Of which total Fat | 2.5 | (g) | - |
| Saturated Fatty Acids | 1.15 | (g) | - |
| Total Dietary Fibre | <1.0 | (g) | - |
| Total Sodium | 94 | (mg) | - |

**LIFE NAKS – Beef Flavour**

|  |  |  |  |
| --- | --- | --- | --- |
| **SPECIAL MAIZE MEAL**  TYPICAL NUTRITIONAL INFORMATION  Serving size: 100g meal (uncooked) | | | |
|  | Per serving |  | %RDA |
| Energy | 289 | (kj) | 12% |
| Protein | 1.0 | (g) | - |
| Glycaemic Carbohydrate | 4.0 | (g) | - |
| Of which total sugar | 0.25 | (g) | - |
| Of which total Fat | 2.5 | (g) | - |
| Saturated Fatty Acids | 1.15 | (g) | - |
| Total Dietary Fibre | <1.0 | (g) | - |
| Total Sodium | 94 | (mg) | - |

**LIFE NAKS - Chutney**

|  |  |  |  |
| --- | --- | --- | --- |
| **SPECIAL MAIZE MEAL**  TYPICAL NUTRITIONAL INFORMATION  Serving size: 100g meal (uncooked) | | | |
|  | Per serving |  | %RDA |
| Energy | 289 | (kj) | 12% |
| Protein | 1.0 | (g) | - |
| Glycaemic Carbohydrate | 4.0 | (g) | - |
| Of which total sugar | 0.25 | (g) | - |
| Of which total Fat | 2.5 | (g) | - |
| Saturated Fatty Acids | 1.15 | (g) | - |
| Total Dietary Fibre | <1.0 | (g) | - |
| Total Sodium | 94 | (mg) | - |

**LIFE NAKS – Chilli Tomato**

|  |  |  |  |
| --- | --- | --- | --- |
| **SPECIAL MAIZE MEAL**  TYPICAL NUTRITIONAL INFORMATION  Serving size: 100g meal (uncooked) | | | |
|  | Per serving |  | %RDA |
| Energy | 289 | (kj) | 12% |
| Protein | 1.0 | (g) | - |
| Glycaemic Carbohydrate | 4.0 | (g) | - |
| Of which total sugar | 0.25 | (g) | - |
| Of which total Fat | 2.5 | (g) | - |
| Saturated Fatty Acids | 1.15 | (g) | - |
| Total Dietary Fibre | <1.0 | (g) | - |
| Total Sodium | 94 | (mg) | - |

**LIFE NAKS – Smokey BBQ**

|  |  |  |  |
| --- | --- | --- | --- |
| **SPECIAL MAIZE MEAL**  TYPICAL NUTRITIONAL INFORMATION  Serving size: 100g meal (uncooked) | | | |
|  | Per serving |  | %RDA |
| Energy | 289 | (kj) | 12% |
| Protein | 1.0 | (g) | - |
| Glycaemic Carbohydrate | 4.0 | (g) | - |
| Of which total sugar | 0.25 | (g) | - |
| Of which total Fat | 2.5 | (g) | - |
| Saturated Fatty Acids | 1.15 | (g) | - |
| Total Dietary Fibre | <1.0 | (g) | - |
| Total Sodium | 94 | (mg) | - |

**PLAASJAPIE BRAAIPAP – Growwe Braaipap**

|  |  |  |  |
| --- | --- | --- | --- |
| **SUPER BRAAIPAP**  TYPICAL NUTRITIONAL INFORMATION  Serving size: 100g meal (uncooked) | | | |
|  | Per serving |  | %RDA |
| Energy | 1341 | (kj) |  |
| Protein | 6.82 | (g) | 11% |
| Glycaemic Carbohydrate | 66.56 | (g) | - |
| -of which total sugar | <1 |  |  |
| Total Fat | 0.74 | (g) | - |
| -of which Saturated Fat | 0.13 |  |  |
| -of which Mono-unsaturated fat | 0.24 | (g) | - |
| -of which Poly-unsaturated fat | 0.37 | (g) | - |
| Cholesterol | <1 | (mg) | - |
| Dietary Fibre | 8.18 | (g) | - |
| Total Sodium | <5 | (mg) | - |

**PLAASJAPIE BRAAIPAP – BitterGrowwe Braaipap**

|  |  |  |  |
| --- | --- | --- | --- |
| **SUPER BRAAIPAP**  TYPICAL NUTRITIONAL INFORMATION  Serving size: 100g meal (uncooked) | | | |
|  | Per serving |  | %RDA |
| Energy | 1379 | (kj) |  |
| Protein | 6.2 | (g) | 11% |
| Glycaemic Carbohydrate | 69.9 | (g) | - |
| -of which total sugar | <1 |  |  |
| Total Fat | 1.1 | (g) | - |
| -of which Saturated Fat | 0.3 |  |  |
| -of which Mono-unsaturated fat | 0.5 | (g) | - |
| -of which Poly-unsaturated fat | 0.3 | (g) | - |
| Cholesterol | <1 | (mg) | - |
| Dietary Fibre | 5.6 | (g) | - |
| Total Sodium | <6 | (mg) | - |

**PLAASJAPIE BRAAIPAP – Semelverrykte Braaipap – ek sal hierdie bevestig**

|  |  |  |  |
| --- | --- | --- | --- |
| **SUPER BRAAIPAP**  TYPICAL NUTRITIONAL INFORMATION  Serving size: 100g meal (uncooked) | | | |
|  | Per serving |  | %RDA |
| Energy | 1341 | (kj) |  |
| Protein | 6.82 | (g) | 11% |
| Glycaemic Carbohydrate | 66.56 | (g) | - |
| -of which total sugar | <1 |  |  |
| Total Fat | 0.74 | (g) | - |
| -of which Saturated Fat | 0.13 |  |  |
| -of which Mono-unsaturated fat | 0.24 | (g) | - |
| -of which Poly-unsaturated fat | 0.37 | (g) | - |
| Cholesterol | <1 | (mg) | - |
| Dietary Fibre | 8.18 | (g) | - |
| Total Sodium | <5 | (mg) | - |

**PLAASJAPIE BRAAIPAP –Growwe Geel Braaipap**

|  |  |  |  |
| --- | --- | --- | --- |
| **SUPER GEEL BRAAIPAP**  TYPICAL NUTRITIONAL INFORMATION  Serving size: 100g meal (uncooked) | | | |
|  | Per serving |  | %RDA |
| Energy | 1454 | (kj) |  |
| Protein | 7.07 | (g) | 12% |
| Glycaemic Carbohydrate | 72.01 | (g) | - |
| -of which total sugar | <2.5 |  |  |
| Total Fat | 1.52 | (g) | - |
| -of which Saturated Fat | 0.24 |  |  |
| -of which Mono-unsaturated fat | 0.49 | (g) | - |
| -of which Poly-unsaturated fat | 0.79 | (g) | - |
| Cholesterol | <1 | (mg) | - |
| Dietary Fibre | 6.38 | (g) | - |
| Total Sodium | 13.32 | (mg) | - |

**SUNSET BRAAIPAP**

|  |  |  |  |
| --- | --- | --- | --- |
| **SUPER BRAAIPAP**  TYPICAL NUTRITIONAL INFORMATION  Serving size: 100g meal (uncooked) | | | |
|  | Per serving |  | %RDA |
| Energy | 1379 | (kj) |  |
| Protein | 6.2 | (g) | 11% |
| Glycaemic Carbohydrate | 69.9 | (g) | - |
| -of which total sugar | <1 |  |  |
| Total Fat | 1.1 | (g) | - |
| -of which Saturated Fat | 0.3 |  |  |
| -of which Mono-unsaturated fat | 0.5 | (g) | - |
| -of which Poly-unsaturated fat | 0.3 | (g) | - |
| Cholesterol | <1 | (mg) | - |
| Dietary Fibre | 5.6 | (g) | - |
| Total Sodium | <6 | (mg) | - |