

— HERITAGE —
**FRUIT &
FIBRE**

WHEAT FLAKES
WITH DRIED
FRUITS & CHOPPED NUTS



Each serving (50g) typically contains

ENERGY
1546KJ
364KCAL
8%

FAT
7.8g
15%

DIETARY
FIBRE
1.4g
4%

SUGAR
5.6g
11%

SALT
0.17g
3%



Suitable for
Vegetarians

all an adult's daily reference intake
Typical values per 100g (except 1546KJ/364KCAL)

500g e

Serving suggestion

