

Age Group	Product	Volume/weight	Energy (kJ)	Energy (kcal)	Protein (g)	Fat, total (g)	Dietary fibre (g)	Sodium (mg)	Potassium (mg)	Moisture (g)	Vitamin A (ug)	Vitamin B1 (mg)	Vitamin B2 (mg)	Vitamin B3 (mg)	Folate (ug)	Vitamin B6 (mg)	Vitamin B12 (ug)	Vitamin C (mg)	Vitamin D (ug)	Vitamin E (mg)	Vitamin K (ug)	Biotin (ug)	Pantothenic acid (mg)	Calcium (mg)	Chloride (mg)	Choline (mg)	Chromium (ug)	Copper (mg)	Iodine (ug)	Fluoride (mg)	Iron (mg)	Magnesium (mg)	Manganese (mg)	Molybdenum (ug)	Phosphorus (mg)	Selenium (ug)	Zinc (mg)	Total volume / weight	# of serves	Exceptions*
Children 1 - 3 years	Nutritionally Complete Apple Berry	175 mL	2200	528	30	0.2	10.0	266	426	262	500	1.0	0.7	8.8	142	1.7	0.7	52	4.4	3.0	32	17	1.8	398	294	0	66	0.5	45	0	4.6	122	1.6	42	280	36	4.2	350 mL	2	Dietary Fibre, Sodium, Folate, Vitamin B12, Vitamin D, Vitamin E, Pantothenic Acid, Calcium, Copper, Iodine, Iron, Manganese & Phosphorus
	Nutritionally Complete Chocolate	175 mL	2240	526	30	12.0	10.0	500	500	270	420	1.7	2.6	5.4	148	2.0	0.8	20	14	15.3	76	38	3.4	440	480	0	81	0.8	68	0	7.6	134	2.0	85	169	48	6.0	350 mL	2	Dietary Fibre, Sodium, Vitamin B3, Folate, Vitamin B12, Vitamin C, Pantothenic Acid, Calcium, Iodine, Iron & Phosphorus
	Nutritionally Complete Iced Coffee	175 mL	2240	526	30	12.0	10.0	520	780	280	420	1.7	2.6	5.4	148	2.1	0.8	20	14	15.3	76	38	3.4	440	480	0	81	0.8	68	0	7.6	134	2.0	85	169	48	6.0	350 mL	2	Dietary Fibre, Sodium, Vitamin B3, Folate, Vitamin B12, Vitamin C, Pantothenic Acid, Calcium, Iodine, Iron & Phosphorus
	Nutritionally Complete SF Apple & Plum	120 g	1500	360	30	0.2	8.6	300	440	160	500	1.0	0.7	8.6	140	1.7	0.7	52	4.4	3.0	32	17	1.8	400	280	0	65	0.5	44	0	4.6	120	1.6	40	280	36	4.0	240 g	2	Dietary Fibre, Sodium, Folate, Vitamin B12, Vitamin D, Vitamin E, Pantothenic Acid, Calcium, copper, Iodine, Iron, Manganese & Phosphorus
	Nutritionally Complete SF Banana & Mango	120 g	1500	360	30	0.2	8.6	300	440	146	500	1.0	0.7	8.6	140	1.7	0.7	52	4.4	3.0	32	17	1.8	400	280	0	65	0.5	44	0	4.6	120	1.6	40	280	36	4.0	240 g	2	Dietary Fibre, Sodium, Folate, Vitamin B12, Vitamin D, Vitamin E, Pantothenic Acid, Calcium, copper, Iodine, Iron, Manganese & Phosphorus
Children 4 - 8 years	Nutritionally Complete Apple Berry	175 mL	3300	792	46	0.3	15.0	399	639	393	750	1.5	1.1	13.2	213	2.6	1.1	78	6.6	4.5	48	26	2.7	597	441	0	99	0.8	67	0	6.9	183	2.4	63	420	54	6.3	525 mL	3	Dietary Fibre, Sodium, Vitamin B12, Vitamin E, Pantothenic Acid, Calcium, Copper, Iodine, Iron, Manganese, Phosphorus
	Nutritionally Complete Chocolate	175 mL	4480	1052	60	24.0	20.0	1000	1000	540	840	3.4	5.2	10.8	296	4.0	1.6	41	28	30.6	152	76	6.8	880	960	0	161	1.5	137	0	15.3	268	4.0	169	338	97	11.9	700 mL	4	Sodium, Phosphorus
	Nutritionally Complete Iced Coffee	175 mL	4480	1052	60	24.0	20.0	1040	1560	560	840	3.4	5.2	10.8	296	4.1	1.6	41	28	30.6	152	76	6.8	880	960	0	161	1.5	137	0	15.3	268	4.0	169	338	97	11.9	700 mL	4	Sodium, Phosphorus
	Nutritionally Complete Smooth Fruits Apple & Plum	120 g	2250	540	45	0.3	12.9	450	660	240	750	1.4	1.1	12.9	210	2.5	1.1	78	6.6	4.5	48	26	2.7	600	420	0	97	0.8	66	0	6.9	180	2.4	60	420	54	6.0	360 g	3	Dietary Fibre, Sodium, Vitamin B12, Vitamin E, Pantothenic Acid, Calcium, Copper, Iodine, Iron, Manganese, Phosphorus
	Nutritionally Complete Smooth Fruits Banana & Mango	120 g	2250	540	45	0.3	12.9	450	660	219	750	1.4	1.1	12.9	210	2.5	1.1	78	6.6	4.5	48	26	2.7	600	420	0	97	0.8	66	0	6.9	180	2.4	60	420	54	6.0	360 g	3	Dietary Fibre, Sodium, Vitamin B12, Vitamin E, Pantothenic Acid, Calcium, Copper, Iodine, Iron, Manganese, Phosphorus
Boys 9 - 13 years	Nutritionally Complete Apple Berry	175 mL	3300	792	46	0.3	15.0	399	639	393	750	1.5	1.1	13.2	213	2.6	1.1	78	6.6	4.5	48	26	2.7	597	441	0	99	0.8	67	0	6.9	183	2.4	63	420	54	6.3	525 mL	3	Dietary Fibre, Sodium, Folate, Vitamin B12, Vitamin E, Pantothenic Acid, Calcium, Copper, Iodine, Iron, Magnesium, Manganese, Phosphorus
	Nutritionally Complete Chocolate	175 mL	5600	1315	75	30.0	25.0	1250	1250	675	1050	4.2	6.5	13.5	370	5.0	2.0	51	35	38.2	190	95	8.5	1100	1200	0	201	1.9	171	0	19.1	335	5.0	211	423	121	14.9	875 mL	5	Sodium, Phosphorus
	Nutritionally Complete Iced Coffee	175 mL	5600	1315	75	30.0	25.0	1300	1950	700	1050	4.2	6.5	13.5	370	5.2	2.0	51	35	38.2	190	95	8.5	1100	1200	0	201	1.9	171	0	19.1	335	5.0	211	423	121	14.9	875 mL	5	Sodium, Phosphorus
	Nutritionally Complete Smooth Fruits Apple & Plum	120 g	3000	720	60	0.4	17.2	600	880	320	1000	1.9	1.4	17.2	280	3.4	1.4	104	8.8	6.0	64	34	3.6	800	560	0	130	1.0	88	0	9.2	240	3.2	80	560	72	8.0	480 g	4	Dietary Fibre, Sodium, Folate, Vitamin B12, Vitamin E, Pantothenic Acid, Calcium, Copper, Iodine & Phosphorus
	Nutritionally Complete Smooth Fruits Banana & Mango	120 g	3000	720	60	0.4	17.2	600	880	292	1000	1.9	1.4	17.2	280	3.4	1.4	104	8.8	6.0	64	34	3.6	800	560	0	130	1.0	88	0	9.2	240	3.2	80	560	72	8.0	480 g	4	Dietary Fibre, Sodium, Folate, Vitamin B12, Vitamin E, Pantothenic Acid, Calcium, Copper, Iodine & Phosphorus
Girls 9 - 13 years	Nutritionally Complete Apple Berry	175 mL	3300	792	46	0.3	15.0	399	639	393	750	1.5	1.1	13.2	213	2.6	1.1	78	6.6	4.5	48	26	2.7	597	441	0	99	0.8	67	0	6.9	183	2.4	63	420	54	6.3	525 mL	3	Dietary Fibre, Sodium, Folate, Vitamin B12, Vitamin E, Pantothenic Acid, Calcium, Copper, Iodine, Iron, Magnesium, Manganese & Phosphorus
	Nutritionally Complete Chocolate	175 mL	5600	1315	75	30.0	25.0	1250	1250	675	1050	4.2	6.5	13.5	370	5.0	2.0	51	35	38.2	190	95	8.5	1100	1200	0	201	1.9	171	0	19.1	335	5.0	211	423	121	14.9	875 mL	5	Sodium, Phosphorus
	Nutritionally Complete Iced Coffee	175 mL	5600	1315	75	30.0	25.0	1300	1950	700	1050	4.2	6.5	13.5	370	5.2	2.0	51	35	38.2	190	95	8.5	1100	1200	0	201	1.9	171	0	19.1	335	5.0	211	423	121	14.9	875 mL	5	Sodium, Phosphorus
	Nutritionally Complete Smooth Fruits Apple & Plum	120 g	3000	720	60	0.4	17.2	600	880	320	1000	1.9	1.4	17.2	280	3.4	1.4	104	8.8	6.0	64	34	3.6	800	560	0	130	1.0	88	0	9.2	240	3.2	80	560	72	8.0	480 g	4	Dietary Fibre, Sodium, Folate, Vitamin B12, Vitamin E, Pantothenic Acid, Calcium, Copper, Iodine & Phosphorus
	Nutritionally Complete Smooth Fruits Banana & Mango	120 g	3000	720	60	0.4	17.2	600	880	292	1000	1.9	1.4	17.2	280	3.4	1.4	104	8.8	6.0	64	34	3.6	800	560	0	130	1.0	88	0	9.2	240	3.2	80	560	72	8.0	480 g	4	Dietary Fibre, Sodium, Folate, Vitamin B12, Vitamin E, Pantothenic Acid, Calcium, Copper, Iodine & Phosphorus

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 *This guide has been developed using the National Health and Medical Research Council (NHMRC) nutrient reference values. Data provided by the NHMRC is made on the basis of available scientific knowledge to be adequate to meet the known nutritional needs of practically all healthy people. Exception to meeting the RDI or AI values provided by the NHMRC have been indicated in red and listed in the above table. Where applicable the nutritional information provided is based on the 150-Midly thick version of the product. For further nutritional information on alternative viscosities please refer to the Flavour Creations website (<https://www.flavourcreations.com.au>).

Age Group	Product	Volume/weight	Energy (kJ)	Energy (kcal)	Protein (g)	Fat, total (g)	Dietary fibre (g)	Sodium (mg)	Potassium (mg)	Moisture (g)	Vitamin A (ug)	Vitamin B1 (mg)	Vitamin B2 (mg)	Vitamin B3 (mg)	Folate (ug)	Vitamin B6 (mg)	Vitamin B12 (ug)	Vitamin C (mg)	Vitamin D (ug)	Vitamin E (mg)	Vitamin K (ug)	Biotin (ug)	Pantothenic acid (mg)	Calcium (mg)	Chloride (mg)	Choline (mg)	Chromium (ug)	Copper (mg)	Iodine (ug)	Fluoride (mg)	Iron (mg)	Magnesium (mg)	Manganese (mg)	Molybdenum (ug)	Phosphorus (mg)	Selenium (ug)	Zinc (mg)	Total volume / weight	# of serves	Exceptions*
Volume - Men - >50	Nutritionally Complete Apple Berry	175 mL	7700	1848	106	0.7	35.0	931	1491	917	1750	3.4	2.5	31	497	6.0	2.5	182	15	10.5	111	61	6.4	1393	1029	0	231	1.8	157	0	16.1	427	5.7	147	980	126	14.7	1225 mL	7	Potassium & Phosphorus
	Nutritionally Complete Chocolate	175 mL	7840	1841	105	42.0	35.0	1750	1750	945	1470	5.9	9.1	19	518	7.0	2.8	71	49	53.5	266	133	11.9	1540	1680	0	282	2.7	239	0	26.8	469	7.0	296	592	169	20.8	1225 mL	7	Potassium & Phosphorus
	Nutritionally Complete Iced Coffee	175 mL	7840	1841	105	42.0	35.0	1820	2730	980	1470	5.9	9.1	19	518	7.2	2.8	71	49	53.5	266	133	11.9	1540	1680	0	282	2.7	239	0	26.8	469	7.0	296	592	169	20.8	1225 mL	7	Potassium & Phosphorus
	Nutritionally Complete SF Apple & Plum	120 g	5250	1260	105	0.7	30.0	1050	1540	560	1750	3.4	2.5	30	490	5.9	2.5	182	15	10.5	112	60	6.3	1400	980	0	227	1.8	154	0	16.1	420	5.6	140	980	126	14.0	840 g	7	Potassium & Phosphorus
	Nutritionally Complete SF Banana & Mango	120 g	5250	1260	105	0.7	30.0	1050	1540	511	1750	3.4	2.5	30	490	5.9	2.5	182	15	10.5	112	60	6.3	1400	980	0	227	1.8	154	0	16.1	420	5.6	140	980	126	14.0	840 g	7	Potassium & Phosphorus
Volume - Men - >70	Nutritionally Complete Apple Berry	175 mL	7700	1848	106	0.7	35.0	931	1491	917	1750	3.4	2.5	31	497	6.0	2.5	182	15	10.5	111	61	6.4	1393	1029	0	231	1.8	157	0	16.1	427	5.7	147	980	126	14.7	1225 mL	7	Potassium & Phosphorus
	Nutritionally Complete Chocolate	175 mL	7840	1841	105	42.0	35.0	1750	1750	945	1470	5.9	9.1	19	518	7.0	2.8	71	49	53.5	266	133	11.9	1540	1680	0	282	2.7	239	0	26.8	469	7.0	296	592	169	20.8	1225 mL	7	Potassium & Phosphorus
	Nutritionally Complete Iced Coffee	175 mL	7840	1841	105	42.0	35.0	1820	2730	980	1470	5.9	9.1	19	518	7.2	2.8	71	49	53.5	266	133	11.9	1540	1680	0	282	2.7	239	0	26.8	469	7.0	296	592	169	20.8	1225 mL	7	Potassium & Phosphorus
	Nutritionally Complete Smooth Fruits Apple & Plum	120 g	5250	1260	105	0.7	30.0	1050	1540	560	1750	3.4	2.5	30	490	5.9	2.5	182	15	10.5	112	60	6.3	1400	980	0	227	1.8	154	0	16.1	420	5.6	140	980	126	14.0	840 g	7	Potassium & Phosphorus
	Nutritionally Complete Smooth Fruits Banana & Mango	120 g	5250	1260	105	0.7	30.0	1050	1540	511	1750	3.4	2.5	30	490	5.9	2.5	182	15	10.5	112	60	6.3	1400	980	0	227	1.8	154	0	16.1	420	5.6	140	980	126	14.0	840 g	7	Potassium & Phosphorus
Volume - Women - >50	Nutritionally Complete Apple Berry	175 mL	7700	1848	106	0.7	35.0	931	1491	917	1750	3.4	2.5	31	497	6.0	2.5	182	15	10.5	111	61	6.4	1393	1029	0	231	1.8	157	0	16.1	427	5.7	147	980	126	14.7	1225 mL	7	Potassium & Phosphorus
	Nutritionally Complete Chocolate	175 mL	7840	1841	105	42.0	35.0	1750	1750	945	1470	5.9	9.1	19	518	7.0	2.8	71	49	53.5	266	133	11.9	1540	1680	0	282	2.7	239	0	26.8	469	7.0	296	592	169	20.8	1225 mL	7	Potassium & Phosphorus
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	Nutritionally Complete Smooth Fruits Banana & Mango	120 g	5250	1260	105	0.7	30.0	1050	1540	511	1750	3.4	2.5	30	490	5.9	2.5	182	15	10.5	112	60	6.3	1400	980	0	227	1.8	154	0	16.1	420	5.6	140	980	126	14.0	840 g	7	Potassium & Phosphorus
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