

NUTRITIONAL INFORMATION



Per 100g	Mandarin	Peach	Mango	Pear	Pineapple	Tropical fruit salad	Prunes	Mango in coconut water	Pineapple in coconut water	Pomelo Grapefruit
Energy	241kJ 57kcal	192kJ 45kcal	226kJ 53kcal	209kJ 49kcal	233kJ 55kcal	206kJ 49kcal	468kJ 111kcal	245kJ 58kcal	244kJ 58kcal	308kJ 73kcal
Fat	0.2g	<0.5g	<0.5g	<0.5g	<0.5g	<0.5g	0.2g	<0.5g	<0.5g	0g
of which saturates	0g	<0.1g	0g	<0.1g	<0.1g	<0.1g	<0.1g	0g	<0.1g	0g
Carbohydrate	13g	10g	12g	11g	13g	13g	25g	13g	14g	17g
of which sugars	13g	10g	12g	11g	13g	13g	23g	13g	14g	16g
Fibre	0g	0g	0.5g	1.5g	1.2g	1g	2.7g	1.5g	0g	0g
Protein	0.5g	0g	0g	<0.5g	0g	0g	0.7g	0g	0g	0g
Salt*	0.02g	0.02g	0g	0.02g	0.02g	0.02g	0.04g	0.02g	0.03g	0.03g

*Due to naturally occurring sodium. Tropical Fruits consists of red and yellow papaya and pineapple.