



Kellogg's Fruit 'n Fibre Original Cereal (16x700g)

Additional Information

Product Code	677899
Product Description	So long, misery guts - Hello happy guts! 'Fruit 'n Fibre is high in wheat bran fibre which is a superior fibre, that fuels a happy gut for a healthy you fuelling a happy gut and a happy life. Kellogg's Fruit 'n Fibre is made with delicious whole wheat flakes and raisins, coconut, banana, apple and hazelnuts.*NDNS 2018. Wheat bran fibre is a superior fibre in relation to its efficacy in accelerating intestinal transit and has the most scientific evidence. 10g wheat bran fibre daily contributes to acceleration of intestinal transit. Fruit 'n Fibre contains 2.8g per serving. Enjoy as part of a healthy diet and lifestyle.
Height (mm)	150.0000
Length (mm)	400.0000
Width (mm)	245.0000
Outer EAN 1	5059319004068
Storage Type	Ambient
Brand	Kellogg's

Ingredients

Ingredients	Wholewheat (69%), dried fruit and hazelnuts (26%) (raisins, coconut, banana {banana, coconut oil, sugar}, apple, hazelnuts), sugar, barley malt extract, salt, vitamins & minerals: niacin, iron, vitamin b6, riboflavin, thiamin, folic acid, vitamin d, vitamin b12
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Dietary Information

Approved for a Halal Diet	No
Approved for a Kosher Diet	No
Suitable for Coeliacs	No
Suitable for Lactose-Free Diet	No
Suitable for a Vegan Diet	No
Suitable for a Vegetarian Diet	Yes

Allergens

Celery	No
Gluten	Yes
Crustacea	No
Egg	No
Fish	No
Lupin	No
Milk	No
Molluscs	No
Mustard	No
Nuts	Yes
Peanuts	No
Sesame	No
SOYA	No
Sulphites	No

Nutritional Information

Carbohydrate Per 100g (g)	69 g
Carbohydrate of which Sugars per 100g (g)	24 g
Fat per 100g (g)	6 g
Fat of which Saturates per 100g (g)	3.5 g
Fibre per 100g	9 g
Energy per 100g (kcal)	380 kcal
Energy per 100g (kJ)	1603 kJ
Protein per 100g (g)	8 g
Salt per 100g (g)	1 g

Disclaimer:

While we endeavour to ensure the accuracy of all product, pricing and nutritional data at all times, and that information is provided in good faith, we are not the manufacturers of these products and any such information we provide is therefore reliant on the accuracy and completeness of information provided to us by our suppliers.

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