



| Product | Size | Ingredients for 100g | Energy | Fat | of which saturated | Carbohydrate | of which sugars | Fibre | Protein | Salt | Allergens |
|--|------|--|----------|------|--------------------|--------------|-----------------|-------|---------|------|--|
| | g | | kJ/kcal | g | g | g | g | g | | g | |
| Vital Fitt whole grain wheat crackers with salt, without added sugar | 100 | whole grain wheat flour (58%), wheat flour (19%), palm fat and oil, salt (2%), raising agents (E503, E450, E500), wheat germ (2%), antioxidants (E334, E224). | 1810/432 | 15,5 | 6,6 | 57,7 | 0,7 | 9,0 | 10,8 | 2,7 | Contains gluten and sulphite. It may contain traces of nuts, peanuts, soya, egg and milk derivatives. |
| Vital Fitt whole grain wheat crackers with tomato & basil, without added sugar | 100 | whole grain wheat flour (56%), wheat flour (19%), palm fat and oil, tomato-basil spice mix (4%) [whey powder, salt, tomato powder (10%), yeast extract, onion powder, corn starch, garlic powder, ground basil (2%), aromas, ground rosemary, acidity regulator (E330), parsley, colouring agent (E160c), chili powder, black pepper, anticaking agent (E551), sunflower oil], raising agents (E503, E450, E500), wheat germ (2%), salt, antioxidants (E334, E224). | 1783/425 | 15,0 | 6,5 | 57,3 | 2,0 | 8,8 | 10,8 | 2,9 | Contains gluten, milk derivative and sulphite. It may contain traces of nuts, peanuts, soya and egg derivatives. |
| Whole grain wheat crackers with sweet chili flavour, without added sugar | 100 | whole grain wheat flour (56%), wheat flour (19%), palm fat and oil, sweet chili flavour seasoning (4%) [milk derivatives (whey powder, whole milk powder), salt, flavour enhancers (E621, E631, E627), paprika powder, onion powder, tomato powder, chili paprika powder-cayenne paprika powder (3%), garlic powder, flavours, acidity regulator (E270), natural colour (E160c), anticaking agent (E551), sunflower oil], raising agents (E503, E450, E500), wheat bran (2%), salt, antioxidants (E334, potassium metabisulphite). | 1779/424 | 15,1 | 6,5 | 56,5 | 1,7 | 9,1 | 11,0 | 2,58 | Contains gluten, milk derivatives, sulphite. It may contain traces of nuts, peanuts, soy and egg derivatives. |