

Chewy Bars

NUTRITION INFORMATION:		Per 100g	Per 52g bar		Per 100g	% of RDA per 100g	Per 52g bar	% of RDA per bar		
Typical analysis	Energy	kj	1383	719	VITAMINS					
		kcal	330	172	Vitamin A	µg	512.8	64	266.7	33
	Protein	g	20.5	10.7	Vitamin D	µg	3.2	64	1.7	33
	Carbohydrate	g	47.5	24.7	Vitamin E	mg	6.4	64	3.3	33
	of which sugars	g	17.8	9.3	Vitamin C	mg	38.5	64	20.0	33
	polyols	g	26.3	13.7	Thiamin	mg	0.9	64	0.5	33
	starch	g	trace	trace	Riboflavin	mg	1.0	64	0.5	33
	Fat	g	11.1	5.8	Niacin	mg	11.5	64	6.0	33
	of which saturates	g	6.4	3.3	Vitamin B6	mg	1.3	64	0.7	33
	mono-unsaturates	g	3.5	1.8	Folacin	µg	128.2	64	66.7	33
	polyunsaturates	g	1.1	0.6	Vitamin B12	µg	0.6	64	0.3	33
	cholesterol	mg	trace	trace	Biotin	mg	0.1	64	0.1	33
	Fibre	g	0.5	0.3	Pantothenic Acid	mg	3.8	64	2.0	33
	Sodium*	g	0.5	0.3	Vitamin K	µg	89.8	*	46.7	*
	*Salt equivalent	g	1.3	0.8	MINERALS					
					Calcium	mg	512.8	64	266.7	33
				Phosphorus	mg	512.8	64	266.7	33	
				Iron	mg	9.0	64	4.7	33	
				Magnesium	mg	192.3	64	100.0	33	
				Zinc	mg	9.6	64	5.0	33	
				Iodine	µg	96.2	64	50.0	33	
				Potassium	g	1.3	*	0.7	*	
				Chloride	g	1.2	*	0.6	*	
				Copper	mg	1.9	*	1.0	*	
				Manganese	mg	2.6	*	1.4	*	
				Selenium	µg	80.0	*	42.0	*	
				Molybdenum	µg	160.0	*	83.0	*	
				Chromium	µg	80.0	*	42.0	*	

Each Bar provides at least 33% of the Recommended Daily Allowance (RDA) given for vitamins and trace minerals in Council Directive 90/496/EEC. *No RDA given in Council Directive 90/496/EEC.

INGREDIENTS

Caramel/Malt Toffee Flavours:

Maltitol syrup, Milk chocolate (sugar, cocoa butter, whole milk powder, cocoa mass, whey powder, emulsifier: soya lecithin, flavouring), Whey protein concentrate, Whey powder, Milk protein, Compound vitamin and mineral mixture¹, Fractionated palm oil, Flavouring, Soya lecithin, Sunflower oil, Emulsifier: E472b.

Orange Flavour:

Maltitol syrup, Plain chocolate (sugar, cocoa mass, cocoa butter, emulsifier: soya lecithin), Whey protein concentrate, Whey powder, Milk protein, Compound vitamin and mineral mixture¹, Fractionated palm oil, Soya lecithin, Sunflower oil, Flavouring, Emulsifier: E472b, Colour: beta-carotene.

Chocolate Flavour:

Maltitol syrup, Milk chocolate (sugar, cocoa butter, whole milk powder, cocoa mass, whey powder, emulsifier: soya lecithin, flavouring), Whey protein concentrate, Whey powder, Milk protein, Compound vitamin and mineral mixture¹, Reduced fat cocoa powder, Fractionated palm oil, Soya lecithin, Emulsifier: E472b.

¹Compound vitamin and mineral mixture:

Potassium chloride, Sodium pyrophosphate, Calcium carbonate, Monocalcium phosphate, Magnesium hydroxide, Ascorbic acid, Ferrous fumarate, Copper gluconate, Nicotinamide, Zinc oxide, Manganese sulphate, Vitamin E acetate, Calcium D-pantothenate, Pyridoxine hydrochloride, Thiamin hydrochloride, Riboflavin, Vitamin A acetate, Chromic chloride, Sodium molybdate, Folic acid, Potassium iodate, Sodium selenite, D-Biotin, Vitamin K, Vitamin D3, Vitamin B12.

Important allergen Information:

All bars contain milk and soya, and have been produced in a factory that handles nuts and peanuts.

Additional information:

You need to drink at least 2.25 litres (4 pints) of calorie-free liquid throughout the day when following any Cambridge Weight Plan[™] programme.

Excessive consumption of Cambridge Chewy Bars may produce laxative effects.

For best taste, store in a cool dry place.

Crunch Bars

NUTRITION

Cranberry Crunch

Cranberry Crunch & Peanut Crunch

INFORMATION:

Typical analysis

	Per 100g	Per 50g bar
Energy	kJ 1278	639
	kcal 305	153
Protein	g 23.7	11.9
Carbohydrate	g 28.7	14.4
of which sugars	g 20.8	10.4
polyols	g 2.3	1.1
starch	g 1.4	0.7
Fat	g 10.6	5.3
of which saturates	g 6.3	3.1
mono-unsaturates	g 2.8	1.4
polyunsaturates	g 1.3	0.7
cholesterol	mg 16.4	8.2
Fibre	g 17.9	8.9
Sodium*	g 0.6	0.3
*Salt equivalent	g 1.4	0.7

Peanut Crunch

Energy	kJ 1450	725
	kcal 346	173
Protein	g 26.7	13.3
Carbohydrate	g 27.0	13.5
of which sugars	g 21.0	10.5
polyols	g 2.0	1.0
starch	g 2.0	1.0
Fat	g 14.6	7.3
of which saturates	g 7.2	3.6
mono-unsaturates	g 4.7	2.4
polyunsaturates	g 2.1	1.1
cholesterol	mg 15.3	7.7
Fibre	g 14.8	7.4
Sodium*	g 0.6	0.3
*Salt equivalent	g 1.5	0.7

VITAMINS

	Per 100g	% of RDA per 100g	Per 50g bar	% of RDA per bar
Vitamin A	µg 533.4	67	266.7	33
Vitamin D	µg 3.4	67	1.7	33
Vitamin E	mg 6.6	67	3.3	33
Vitamin C	mg 40.0	67	20.0	33
Thiamin	mg 1.0	67	0.5	33
Riboflavin	mg 1.1	67	0.5	33
Niacin	mg 12.0	67	6.0	33
Vitamin B6	mg 1.4	67	0.7	33
Folicin	µg 133.4	67	66.7	33
Vitamin B12	µg 0.7	67	0.3	33
Biotin	mg 0.1	67	0.05	33
Pantothenic Acid	mg 4.0	67	2.0	33
Vitamin K	µg 89.8	*	46.7	*

MINERALS

Calcium	mg 533.4	67	266.7	33
Phosphorus	mg 533.4	67	266.7	33
Iron	mg 9.4	67	4.7	33
Magnesium	mg 200.0	67	100.0	33
Zinc	mg 10.0	67	5.0	33
Iodine	µg 100.0	67	50.0	33
Potassium	g 1.4	*	0.7	*
Chloride	g 0.6	*	0.3	*
Copper	mg 2.0	*	1.0	*
Manganese	mg 2.8	*	1.4	*
Selenium	µg 84.0	*	42.0	*
Molybdenum	µg 166.0	*	83.0	*
Chromium	µg 84.0	*	42.0	*

NB: µg = micrograms

Each Crunch Bar provides at least 33% of the Recommended Daily Allowance (RDA) given for vitamins and trace minerals in Council Directive 90/496/EEC. *No RDA given in Council Directive 90/496/EEC.

INGREDIENTS

Cranberry Crunch:

Milk chocolate (sugar, cocoa butter, whole milk powder, cocoa mass, whey powder, emulsifier: soya lecithin, flavouring), Soluble fibre (Oligosaccharide), Texture soya protein, Milk protein, Soya crisps (soya protein, tapioca starch, salt), Dried cranberries, Partially inverted sugar, Polydextrose, Humectant: glycerine, Cranberry puree, Inulin, Calcium Carbonate, Potassium chloride, Hydrogenated vegetable oil, Sodium pyrophosphate, Sunflower oil, Dipotassium phosphate, Citric acid, Water, Flavouring, Compound vitamin and mineral mixture¹, Soya lecithin, Magnesium Oxide.

Peanut Crunch:

Milk chocolate (sugar, cocoa butter, whole milk powder, cocoa mass, whey powder, emulsifier: soya lecithin, flavouring), Soluble fibre (Oligosaccharide), Textured soya protein, Partially inverted sugar, Peanut butter (peanuts, sea salt), Soya crisps (soya protein, tapioca starch, salt), Milk protein, Humectant: glycerine, Inulin, Calcium Carbonate, Water, Dipotassium phosphate, Sodium pyrophosphate, Potassium chloride, Hydrogenated vegetable oil, Flavouring, Compound vitamin and mineral mixture¹, Soya lecithin, Magnesium Oxide.

¹Compound vitamin and mineral mixture:

Ascorbic acid, Ferrous fumarate, Nicotinamide, Copper gluconate, Zinc oxide, Vitamin E acetate, Manganese sulphate, Calcium D-pantothenate, Pyridoxine hydrochloride, Thiamin hydrochloride, Riboflavin, Vitamin A acetate, Chromic chloride, Sodium molybdate, Folic acid, Sodium selenite, Potassium iodate, D-biotin, Vitamin K, Vitamin D3, Vitamin B12.

Important allergen information:

Cranberry Crunch: contains milk and soya. May contain traces of nuts, including peanuts.

Peanut Crunch: contains milk, soya and peanuts.

Additional information:

Suitable for vegetarians.

You need to drink at least 2.25 litres (4 pints) of calorie-free liquid throughout the day when following any Cambridge Weight Plan™ programme.

For best taste, store in a cool dry place.

Cambridge[™]
Weight Plan

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Real people, real support, real results.

Soups

NUTRITION INFORMATION:

Typical analysis when mixed with water

	per 100ml when mixed with water	% of RDA per 100ml	per 40 g serving	per 3 servings	% of RDA per 3 servings	per 4 servings
Energy	kJ 219		585	1754		2339
	kcal 52		138	415		554
Protein	g 5.5		14.6	43.7		58.2
Carbohydrate	g 5.3		14.2	42.5		56.6
of which sugars	g 1.8		4.8	14.4		19.2
starch	g 3.5		9.4	28.1		37.4
Fat	g 1.0		2.6	7.8		10.4
of which saturates	g 0.2		0.5	1.5		2.0
mono-unsaturates	g 0.1		0.4	1.2		1.6
polyunsaturates	g 0.4		1.1	3.4		4.5
cholesterol	mg 0.3		0.7	2.1		2.8
Fibre	g 1.0		2.6	7.8		10.4
Sodium*	g 0.2		0.5	1.6		2.2
*Salt equivalent	g 0.5		1.4	4.1		5.5
Vitamin A	µg 100.0	12.5	266.7	800.0	100	1066.7
Vitamin D	µg 0.6	12.5	1.7	5.0	100	6.6
Vitamin E	mg 1.2	12.5	3.3	10.0	100	13.3
Vitamin C	mg 7.5	12.5	20.0	60.0	100	80.0
Thiamin	mg 0.2	12.5	0.5	1.4	100	1.9
Riboflavin	mg 0.2	12.5	0.5	1.6	100	2.1
Niacin	mg 2.2	12.5	6.0	18.0	100	24.0
Vitamin B6	mg 0.2	12.5	0.7	2.0	100	2.7
Folic acid	µg 25.0	12.5	66.7	200.0	100	266.7
Vitamin B12	µg 0.2	25.0	0.7	2.0	200	2.7
Biotin	mg 0.02	12.5	0.1	0.3	100	0.4
Pantothenic acid	mg 0.7	12.5	2.0	6.0	100	8.0
Vitamin K	µg 15.0	*	40.0	120.0	*	160.0
Calcium	mg 114.0	14.2	304.0	912.0	114	1216.0
Phosphorus	mg 126.0	15.7	336.0	1008.0	126	1344.0
Iron	mg 1.7	12.5	4.7	14.0	100	18.6
Magnesium	mg 37.5	12.5	100.0	300.0	100	400.0
Zinc	mg 1.9	12.5	5.0	15.0	100	20.0
Iodine	µg 18.7	12.5	50.0	150.0	100	200.0
Potassium	g 0.3	*	0.8	2.5	*	3.4
Chloride	g 0.4	*	1.2	3.5	*	4.6
Copper	mg 0.4	*	1.0	3.0	*	4.0
Manganese	mg 0.5	*	1.3	3.9	*	5.2
Selenium	µg 15.0	*	40.0	120.0	*	160.0
Molybdenum	µg 30.0	*	80.0	240.0	*	320.0
Chromium	µg 15.0	*	40.0	120.0	*	160.0

Each soup sachet includes 1g linoleic acid and 0.1g linolenic acid. Each soup provides at least 33% of the Recommended Daily Allowance (RDA) given for vitamins and trace minerals in Council Directive 90/496/EEC. *No RDA given in Council Directive 90/496/EEC.

INGREDIENTS

Chicken and Mushroom flavour:

Maltodextrin, Skimmed milk powder, Soya flour, Milk protein, Soya protein isolate, Inulin, Flavouring, Soya lecithin, Potassium chloride, Hydrolysed maize protein, Monocalcium phosphate, Compound vitamin and mineral mixture¹, Dried mushrooms, Stabiliser: xanthan gum, Onion powder, Dried parsley, Malt extract, Tricalcium phosphate, Black pepper.

Allergens: Contains milk, soya, egg, barley and wheat.

Oriental Chilli flavour:

Maltodextrin, Soya flour, Skimmed milk powder, Milk protein, Soya protein isolate, Inulin, Textured soya protein, Flavouring, Potassium chloride, Soya lecithin, Hydrolysed maize protein, Monocalcium phosphate, Dried red peppers, Dried mushrooms, Compound vitamin and mineral mixture¹, Stabiliser: xanthan gum, Onion powder, Salt, Garlic powder, Tricalcium phosphate, Dried coriander, Black pepper, Colour: beta-carotene.
Allergens: Contains milk, soya and wheat

Spicy Tomato flavour (with sweeteners)

Whey protein, Tomato powder, Maltodextrin, Inulin, Refined soya oil, Soya protein isolate, Potassium chloride, Monocalcium phosphate, Salt, Hydrolysed maize protein, Flavouring, Citric acid, Compound vitamin and mineral mixture¹, Calcium carbonate, Stabiliser: xanthan gum, Dried parsley, Soya lecithin, Sweeteners (acesulfame K, aspartame²), Colours (paprika extract, beta-carotene). *Contains source of phenylalanine.
Allergens: Contains milk and soya.

Vegetable flavour:

Maltodextrin, Soya protein isolate, Soya flour, Milk protein, Inulin, Hydrolysed maize protein, Dried vegetables, Soya lecithin, Flavouring, Dipotassium phosphate, Potassium chloride, Calcium carbonate, Compound vitamin and mineral mixture¹, Stabiliser: xanthan gum, Monocalcium phosphate, Black pepper, Dried parsley, Colour: beta carotene.

Allergens: Contains milk, soya and wheat.

¹Compound vitamin and mineral mixture:

Magnesium oxide, Ascorbic acid, Ferrous fumarate, Nicotinamide, Copper gluconate, Zinc oxide, Vitamin E acetate, Manganese sulphate, Calcium D-pantothenate, Pyridoxine hydrochloride, Thiamin hydrochloride, Riboflavin, Vitamin A acetate, Sodium molybdate, Chromic chloride, Folic acid, Sodium selenite, Potassium iodate, D-biotin, Vitamin K, Vitamin D3, Vitamin B12.

Important allergen information: All soups have been produced in a factory that handles nuts and peanuts.

Shakes

NUTRITION INFORMATION:

Typical analysis when mixed with water

		per 100ml when mixed with water	% of RDA per 100ml	per 40 g serving	per 3 servings	% of RDA per 3 servings	per 4 servings
Energy	kJ	219		585	1754		2339
	kcal	52		138	415		554
Protein	g	5.4		14.4	43.2		57.6
Carbohydrate	g	5.3		14.1	42.4		56.5
of which sugars	g	4.9		13.2	39.6		52.8
starch	g	0.3		0.9	2.7		3.6
Fat	g	1.0		2.7	8.1		10.8
of which saturates	g	0.3		0.7	2.1		2.8
mono-unsaturates	g	0.2		0.4	1.2		1.7
polyunsaturates	g	0.4		1.1	3.4		4.5
cholesterol	mg	1.1		2.9	8.7		11.6
Fibre	g	0.9		2.5	7.6		10.1
Sodium*	g	0.2		0.5	1.5		2.0
*Salt equivalent	g	0.5		1.2	3.8		5.1
Vitamin A	µg	100.0	12.5	266.7	800.0	100	1066.7
Vitamin D	µg	0.6	12.5	1.7	5.0	100	6.6
Vitamin E	mg	1.2	12.5	3.3	10.0	100	13.3
Vitamin C	mg	7.5	12.5	20.0	60.0	100	80.0
Thiamin	mg	0.2	12.5	0.5	1.4	100	1.9
Riboflavin	mg	0.2	12.5	0.5	1.6	100	2.1
Niacin	mg	2.2	12.5	6.0	18.0	100	24.0
Vitamin B6	mg	0.2	12.5	0.7	2.0	100	2.7
Folacin	µg	25.0	12.5	66.7	200.0	100	266.7
Vitamin B12	µg	0.2	25.0	0.7	2.0	200	2.7
Biotin	mg	0.02	12.5	0.1	0.2	100	0.2
Pantothenic acid	mg	0.7	12.5	2.0	6.0	100	8.0
Vitamin K	µg	15.0	*	40.0	120.0	*	160.0
Calcium	mg	114.0	14.2	304.0	912.0	114	1216.0
Phosphorus	mg	126.0	15.7	336.0	1008.0	126	1344.0
Iron	mg	1.7	12.5	4.7	14.0	100	18.6
Magnesium	mg	37.5	12.5	100.0	300.0	100	400.0
Zinc	mg	1.9	12.5	5.0	15.0	100	20.0
Iodine	µg	18.7	12.5	50.0	150.0	100	200.0
Potassium	g	0.3	*	0.8	2.5	*	3.4
Chloride	g	0.2	*	0.6	1.8	*	2.4
Copper	mg	0.4	*	1.0	3.0	*	4.0
Manganese	mg	0.5	*	1.3	3.9	*	5.2
Selenium	µg	15.0	*	40.0	120.0	*	160.0
Molybdenum	µg	30.0	*	80.0	240.0	*	320.0
Chromium	µg	15.0	*	40.0	120.0	*	160.0

Each shake sachet includes 1g linoleic acid and 0.1g linolenic acid.

Each shake sachet provides at least 33% of the Recommended Daily Allowance (RDA) given for vitamins and trace minerals in Council Directive 90/496/EEC. *No RDA given in Council Directive 90/496/EEC.

INGREDIENTS

Banana flavour (with sweetener):

Skimmed milk powder, Soya flour, Soya protein isolate, Inulin, Compound vitamin and mineral mixture¹, Soya lecithin, Potassium chloride, Flavouring, Stabilisers (xanthan gum, carrageenan), Sweetener: aspartame², Colour: beta-carotene.

*Contains source of phenylalanine.

Allergens: Contains milk and soya.

Butterscotch flavour (with sweetener):

Skimmed milk powder, Soya flour, Soya protein isolate, Inulin, Compound vitamin and mineral mixture¹, Soya lecithin, Potassium chloride, Flavouring, Stabilisers (xanthan gum, carrageenan), Malt extract, Sweetener: aspartame², Colour: beta-carotene.

*Contains source of phenylalanine.

Allergens: Contains milk, soya and barley.

Chocolate flavour (with sweetener):

Skimmed milk powder, Soya flour, Soya protein isolate, Reduced fat cocoa powder, Compound vitamin and mineral mixture¹, Soya lecithin, Inulin, Potassium chloride, Stabilisers (xanthan gum, carrageenan), Flavouring, Sweetener: aspartame².

*Contains source of phenylalanine.

Allergens: Contains milk and soya.

Chocolate Mint flavour (with sweetener):

Skimmed milk powder, Soya flour, Soya protein isolate, Reduced fat cocoa powder, Compound vitamin and mineral mixture¹, Soya lecithin, Inulin, Flavouring, Potassium chloride, Stabilisers (xanthan gum, carrageenan), Dipotassium phosphate, Sweetener: aspartame².

*Contains source of phenylalanine.

Allergens: Contains milk and soya.

Fruits of the Forest flavour (with sweetener):

Skimmed milk powder, Soya protein isolate, Soya flour, Inulin, Soya lecithin, Compound vitamin and mineral mixture¹, Potassium chloride, Colours (beetroot powder, anthocyanin), Stabilisers (xanthan gum, carrageenan), Flavouring, Sweetener: aspartame².

*Contains source of phenylalanine.

Allergens: Contains milk and soya.

Strawberry flavour (with sweetener):

Skimmed milk powder, Soya protein isolate, Soya flour, Inulin, Soya lecithin, Compound vitamin and mineral mixture¹, Potassium chloride, Flavouring, Stabilisers (xanthan gum, carrageenan), Colour: beetroot powder, Sweetener: aspartame².

*Contains source of phenylalanine.

Allergens: Contains milk and soya.

Toffee & Walnut flavour (with sweetener):

Skimmed milk powder, Soya flour, Soya protein isolate, Inulin, Compound vitamin and mineral mixture¹, Soya lecithin, Potassium chloride, Stabilisers (xanthan gum, carrageenan), Flavouring, Sweetener: aspartame².

*Contains source of phenylalanine.

Allergens: Contains milk and soya.

Vanilla flavour (with sweetener):

Skimmed milk powder, Soya flour, Soya protein isolate, Inulin, Compound vitamin and mineral mixture¹, Soya lecithin, Potassium chloride, Stabilisers (xanthan gum, carrageenan), Flavouring, Sweetener: aspartame².

*Contains source of phenylalanine.

Allergens: Contains milk and soya.

Compound vitamin and mineral mixture:

Sodium citrate, Magnesium oxide, Ascorbic acid, Ferrous fumarate, Nicotinamide, Copper gluconate, Zinc oxide, Vitamin E acetate, Manganese sulphate, Calcium D-pantothenate, Pyridoxine hydrochloride, Thiamin hydrochloride, Riboflavin, Vitamin A acetate, Sodium molybdate, Chromic chloride, Folic acid, Sodium selenite, Potassium iodate, D-biotin, Vitamin K, Vitamin D3.

Important allergen information: All shakes have been produced in a factory that handles nuts and peanuts.

Lactose Free Shakes & Soups

NUTRITION INFORMATION:

Typical analysis when mixed with water

		per 100ml when mixed with water	% of RDA per 100ml	per 40 g serving	per 3 servings	% of RDA per 3 servings	per 4 servings
Energy	kJ	219		585	1754		2339
	kcal	52		138	415		554
Protein	g	5.5		14.6	43.8		58.4
Carbohydrate	g	5.3		14.1	42.3		56.4
of which sugars	g	0.8		2.2	6.6		8.8
starch	g	4.5		11.9	35.7		47.6
Fat	g	1.0		2.6	7.8		10.4
of which saturates	g	0.2		0.4	1.2		1.6
mono-unsaturates	g	0.2		0.4	1.2		1.6
polyunsaturates	g	0.4		1.1	3.4		4.5
cholesterol	mg	0.0		0.0	0.0		0.0
Fibre	g	1.0		2.6	7.8		10.4
Sodium*	g	0.1		0.4	1.2		1.6
*Salt equivalent	g	0.4		1.0	3.0		4.1
Vitamin A	µg	100.0	12.5	266.7	800.0	100	1066.7
Vitamin D	µg	0.6	12.5	1.7	5.0	100	6.6
Vitamin E	mg	1.2	12.5	3.3	10.0	100	13.3
Vitamin C	mg	7.5	12.5	20.0	60.0	100	80.0
Thiamin	mg	0.2	12.5	0.5	1.4	100	1.9
Riboflavin	mg	0.2	12.5	0.5	1.6	100	2.1
Niacin	mg	2.2	12.5	6.0	18.0	100	24.0
Vitamin B6	mg	0.2	12.5	0.7	2.0	100	2.7
Folacin	µg	25.0	12.5	66.7	200.0	100	266.7
Vitamin B12	µg	0.2	25.0	0.7	2.0	200	2.7
Biotin	mg	0.02	12.5	0.1	0.2	100	0.2
Pantothenic acid	mg	0.7	12.5	2.0	6.0	100	8.0
Vitamin K	µg	15.0	*	40.0	120.0	*	160.0
Calcium	mg	114.0	14.2	304.0	912.0	114	1216.0
Phosphorus	mg	126.0	15.7	336.0	1008.0	126	1344.0
Iron	mg	1.7	12.5	4.7	14.0	100	18.6
Magnesium	mg	37.5	12.5	100.0	300.0	100	400.0
Zinc	mg	1.9	12.5	5.0	15.0	100	20.0
Iodine	µg	18.7	12.5	50.0	150.0	100	200.0
Potassium	g	0.3	*	0.9	2.8	*	3.7
Chloride	g	0.3	*	0.8	2.3	*	3.1
Copper	mg	0.4	*	1.0	3.0	*	4.0
Manganese	mg	0.5	*	1.3	3.9	*	5.2
Selenium	µg	15.0	*	40.0	120.0	*	160.0
Molybdenum	µg	30.0	*	80.0	240.0	*	320.0
Chromium	µg	15.0	*	40.0	120.0	*	160.0

How to make your tasty shake:

It only takes a couple of minutes to create the perfect shake. Simply pour a minimum of 227ml (8 fl oz) of cold or hot (but not boiling) water into a container then add the contents of the sachet to the water. Using a blender or whisk, mix until completely smooth. If you're preparing your shake with cold water, you can also use a Cambridge Drink Shaker – shake vigorously for 45-60 seconds.

Please note: DO NOT MICROWAVE or use the Cambridge Drink Shaker with hot water.

Cambridge Mix-a-Mousse® can also be used to convert any lactose free shake into a delicious dessert, simply follow the instructions on the Mix-a-Mousse container.

How to make your savoury soup:

It only takes a couple of minutes to create a wonderfully warming soup. Simply pour a minimum of 227ml (8 fl oz) of hot (not boiling) water into a container then add the contents of the sachet to the water. Using a blender or whisk, carefully mix until completely smooth.

Once thoroughly mixed, all shakes and soups must be consumed within 15 minutes for full nutritional benefit.

Additional information:

For best results, store your shake and soup sachets in a cool, dry place.

You need to drink at least 2.25 litres (4 pints) of calorie-free liquid throughout the day when following any Cambridge Weight Plan™ programme.

Each shake and soup sachet includes 1g linoleic acid and 0.1g linolenic acid.

Each shake and soup sachet provides at least 33% of the Recommended Daily Allowance (RDA) given for vitamins and trace minerals in Council Directive 90/496/EEC. *No RDA given in Council Directive 90/496/EEC.

INGREDIENTS

Cappuccino flavour drink (with sweetener):

Soya protein isolate, Maltodextrin, Soya flour, Inulin, Decaffeinated coffee powder, Soya lecithin, Trisodium citrate, Potassium chloride, Tricalcium phosphate, Stabilisers (xanthan gum, carrageenan), Compound vitamin and mineral mixture¹, Sunflower oil, Dipotassium phosphate, Sweetener: aspartame*, Flavouring, Salt.

* Contains source of phenylalanine.

Allergens: Contains soya.

Chocolate flavour drink (with sweetener):

Soya protein isolate, Maltodextrin, Soya flour, Reduced fat cocoa powder, Inulin, Soya lecithin, Trisodium citrate, Potassium chloride, Tricalcium phosphate, Stabilisers (xanthan gum, carrageenan), Compound vitamin and mineral mixture¹, Sunflower oil, Dipotassium phosphate, Flavouring, Sweetener: aspartame*, Salt.

* Contains source of phenylalanine.

Allergens: Contains soya.

Chocolate-Orange flavour drink (with sweetener):

Soya protein isolate, Maltodextrin, Soya flour, Reduced fat cocoa powder, Inulin, Soya lecithin, Trisodium citrate, Potassium chloride, Flavouring,

Tricalcium phosphate, Stabilisers (xanthan gum, carrageenan), Compound vitamin and mineral mixture¹, Sunflower oil, Dipotassium phosphate, Sweetener: aspartame*, Salt.

* Contains source of phenylalanine.

Allergens: Contains soya.

Vanilla flavour drink (with sweetener):

Soya protein isolate, Maltodextrin, Soya flour, Inulin, Soya lecithin, Potassium chloride, Trisodium citrate, Dipotassium phosphate, Tricalcium phosphate, Stabilisers (xanthan gum, carrageenan), Compound vitamin and mineral mixture¹, Flavouring, Calcium carbonate, Sweetener: aspartame*.

* Contains source of phenylalanine.

Allergens: Contains soya.

Leek and Potato flavour soup:

Soya protein isolate, Maltodextrin, Soya flour, Vegetable bouillon (sea salt, potato starch, yeast extract, palm oil, celery, onion, maltodextrin, sugar, herbs and spices), Soya lecithin, Flavouring, Potassium chloride, Inulin, Dipotassium phosphate, White leek powder¹, Calcium carbonate, Onion powder, Broccoli powder, Compound vitamin and mineral mixture¹, Stabiliser:

xanthan gum, Dried green and white leek, Black pepper. Allergens: Contains soya and celery.

Allergens: Contains soya and celery.

Mushroom flavour soup:

Soya protein isolate, Maltodextrin, Soya flour, Flavouring, Soya lecithin, Inulin, Potassium chloride, Dipotassium phosphate, Dried mushroom, Calcium carbonate, Compound vitamin and mineral mixture¹, Stabiliser: xanthan gum, Onion powder, Black pepper.

Allergens: Contains soya and wheat.

†Compound vitamin and mineral mixture:

Magnesium oxide, Ascorbic acid, Ferrous fumarate, Nicotinamide, Copper gluconate, Zinc oxide, Vitamin E acetate, Manganese sulphate, Calcium D-pantothenate, Pyridoxine hydrochloride, Thiamin hydrochloride, Riboflavin, Vitamin A acetate, Sodium molybdate, Chromic chloride, Folic acid, Sodium selenite, Potassium iodate, D-biotin, Vitamin K, Vitamin D3, Vitamin B12.

Important allergen information: All shakes and soups have been produced in a factory that handles nuts and peanuts.

Porridge

NUTRITION INFORMATION:

Typical analysis when mixed with water

		per 100g	% of RDA per 100g	per 10 g serving	% of RDA serving	per 3 servings	% of RDA per 3 servings
Energy	kJ	1500		600		1800	
	kcal	358		143		429	
Protein	g	31.8		12.7		38.1	
Carbohydrate	g	40.3		16.1		48.3	
of which sugars	g	12.8		5.1		15.3	
starch	g	26.5		10.6		31.8	
Fat	g	7.8		3.1		9.3	
of which saturates	g	1.8		0.7		2.1	
mono-unsaturates	g	2.3		0.9		2.7	
poly-unsaturates	g	3.3		1.3		3.9	
cholesterol	mg	2.8		1.1		3.3	
Fibre	g	6.5		2.6		7.8	
Sodium*	g	0.5		0.2		0.6	
*Salt equivalent	g	1.3		0.5		1.5	*
Vitamin A	µg	667.0	83	267.0	33	800.0	100
Vitamin D	µg	4.3	83	1.7	33	5.0	100
Vitamin E	mg	8.3	83	3.3	33	10.0	100
Vitamin C	mg	50.0	83	20.0	33	60.0	100
Thiamin	mg	1.2	83	0.5	33	1.4	100
Riboflavin	mg	1.3	83	0.5	33	1.6	100
Niacin	mg	15.0	83	6.0	33	18.0	100
Vitamin B6	mg	1.7	83	0.7	33	2.0	100
Folic acid	µg	167.0	83	66.7	33	200.0	100
Vitamin B12	µg	1.7	168	0.7	67	2.0	200
Biotin	mg	0.1	83	0.05	33	0.2	100
Pantothenic acid	mg	5.0	83	2.0	33	6.0	100
Vitamin K	µg	100.0	*	40.0	*	120.0	*
Calcium	mg	667.0	83	267.0	33	800.0	100
Phosphorus	mg	697.0	87	279.0	35	837.0	105
Iron	mg	14.0	100	5.6	40	16.8	120
Magnesium	mg	250.0	83	100.0	33	300.0	100
Zinc	mg	15.5	103	6.2	41	18.6	124
Iodine	µg	143.0	95	57.3	38	172.0	114
Potassium	g	2.0	*	0.8	*	2.3	*
Chloride	g	1.5	*	0.6	*	1.9	*
Copper	mg	3.0	*	1.2	*	3.6	*
Manganese	mg	4.3	*	1.7	*	5.1	*
Selenium	µg	117.0	*	46.8	*	141.0	*
Molybdenum	µg	223.0	*	89.4	*	268.0	*
Chromium	µg	108.0	*	43.3	*	130.0	*

Each porridge sachet includes 1.2g linoleic acid and 0.1g linolenic acid.

Each porridge sachet provides at least 33% of the Recommended Daily Allowance (RDA) given for vitamins and trace minerals in Council Directive 90/496/EEC. *No RDA given in Council Directive 90/496/EEC.

INGREDIENTS

Original (with sweetener):

Skimmed milk powder, Wholegrain oat flour (18.3%), Wholegrain rolled oats (17.2%), Milk protein, Multigrain flour (Durum wheat semolina, barley flour, oat flour, spelt flour, rye flour) (7.8%), Pea protein isolate, Compound vitamin and mineral mixture¹, Refined soya oil, Oat fibre (3.1%), Sweetener: aspartame*.

*Contains source of phenylalanine

Allergens: Contains milk, oats, wheat, barley, spelt, rye and soya. Suitable for vegetarians.

Apple & Cinnamon flavour (with sweetener):

Skimmed milk powder, Wholegrain oat flour (18.3%), Wholegrain rolled oats (17.3%), Milk protein, Multigrain flour (Durum wheat semolina, barley flour, oat flour, spelt flour, rye flour) (7.8%), Pea protein isolate, Compound vitamin and mineral mixture¹, Refined soya oil, Oat fibre (2.9%), Flavouring, Sweetener: aspartame*.

*Contains source of phenylalanine

Allergens: Contains milk, oats, wheat, barley, spelt, rye and soya. Suitable for vegetarians.

†Compound vitamin and mineral mixture:

Potassium chloride, Dipotassium phosphate, Sodium chloride, Monocalcium phosphate, Magnesium oxide, Calcium carbonate, Ascorbic acid, Ferrous fumarate, Nicotinamide, Copper gluconate, Zinc oxide, Vitamin E acetate, Calcium D-pantothenate, Manganese sulphate, Pyridoxine hydrochloride, Thiamin hydrochloride, Riboflavin, Vitamin A acetate, Sodium molybdate, Chromic chloride, Folic acid, Sodium selenite, Potassium iodate, D-biotin, Vitamin K, Vitamin D3, Vitamin B12.

Important allergen information: All porridge has been produced in a factory that handles nuts and peanuts.

Cambridge™
Weight Plan

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