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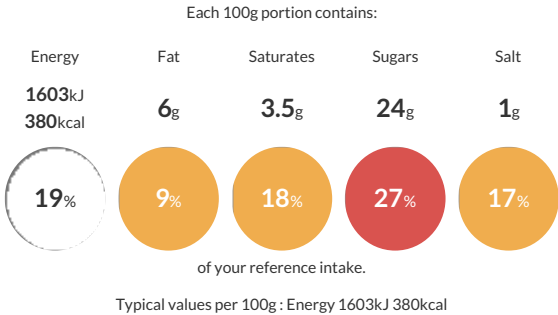
# Kellogg's Fruit 'n Fibre Cereal Portion Pack 40x45g

Short Product Name:  
Fruit 'n Fibre Cereal

Wholewheat flakes with raisins, coconut, banana, apple and hazelnuts. Fruit n Fibre is part of the Kellogg's 'Happy Guts' range deisgned to make it easier for people to increase their intake of fibre. With 9 in 10 people not meeting the daily recommended 30g intake, a delicious bowl of Fruit n Fibre, packed with superior wheat bran fibre is a perfect way of fuelling a happy gut.

Traded Unit GTIN: 5050083393907 Internal GTIN: 5050083393891 Supplier : Kellanova (Kellogg's) Suppliers Product Code : 5139390000

## Reference Intake



## Nutritional Information

Typical Values	Per 100g
Energy	1603kJ 380kCal
Carbohydrates	69g
of which sugars	24g
Fat	6g
of which saturates	3.5g
Fibre	9g
Protein	8g
Salt	1g

## Allergy Information

Key: Contains May Contain

  
Contains Cereal/Gluten

  
Does Not Contain Milk

  
Does Not Contain Eggs

  
Does Not Contain Peanuts

  
Contains Nuts

  
Does Not Contain Crustaceans

  
Does Not Contain Mustard

  
Does Not Contain Fish

  
Does Not Contain Lupin

  
Does Not Contain Sesame

  
Does Not Contain Celery

  
May Contain Soya

  
Does Not Contain Molluscs

  
Does Not Contain Sulphur Dioxide

Allergen Statement  
May contain soy, other nuts

## Ingredients

<b>WHOLEWHEAT</b> (69%), dried fruit and hazelnuts (26%) (raisins, sultanas, coconut, banana [banana, coconut oil, sugar], apple, <b>HAZELNUTS</b>), sugar, <b>BARLEY MALT EXTRACT</b>, salt, niacin, iron, vitamin B6, riboflavin, thiamin, folic acid, vitamin D, vitamin B12

## Dietary Information

Key: Suitable for

  
Suitable for Vegetarian

  
May not be suitable for Vegan

  
Suitable for Kosher

  
Suitable for Halal

  
NO DATA for Coeliac