

Supplier's Product Code :
 Product Added :
 Last Updated by Supplier :
 erudus id :

5139390000
 31 March 2026
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Kellogg's Fruit 'n Fibre Cereal Portion Pack 40x45g

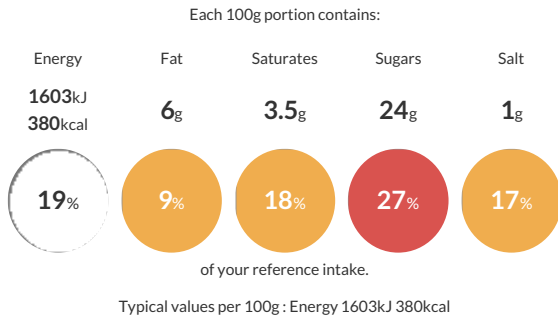
Short Product Name:

WHOLEWHEAT FLAKES WITH RAISINS, SULTANAS, COCONUT, BANANA, APPLE AND HAZELNUTS, FORTIFIED WITH VITAMINS AND IRON.

"So long, misery guts - Hello happy guts! Combining real fruit and nuts with wheat bran fibre - a superior fibre which is scientifically proven to fuel your gut* *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."

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	Does Not Contain Soya	Does Not Contain Molluscs	Does Not Contain Sulphur Dioxide

Allergen Statement
 May contain other nuts

Dietary Information

Key: **Suitable for**

Suitable for Vegetarian	May not be suitable for Vegan	Suitable for Kosher	Suitable for Halal	NO DATA for Coeliac
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Ingredients

WHOLEWHEAT (69%), dried fruit and HAZELNUTS (26%) (raisins, sultanas, coconut, banana {banana, coconut oil, sugar}, apple, HAZELNUTS), sugar, BARLEY MALT EXTRACT, salt, niacin, iron, vitamin B6, riboflavin, thiamin, folic acid, vitamin D, vitamin B12