

Analysis of Food Product



NUTRITIONAL INFORMATION: BISCUITS ONLY			
SERVINGS PER PACKAGE: 6 SERVING SIZE: 50g (4 biscuits)			
	AVG. QTY PER SERVING	% DAILY INTAKE* PER SERVING	AVG. QTY PER 100g
ENERGY	960 kJ	11 %	1920 kJ
PROTEIN	4.3 g	9 %	8.6 g
FAT-TOTAL	7.7 g	11 %	15.5 g
-SATURATED	2.1 g	9 %	4.1 g
CARBOHYDRATE	34.5 g	11 %	69.1 g
-SUGARS	9.8 g	11 %	19.7 g
DIETARY FIBRE	1.7 g	6 %	3.4 g
SODIUM	214 mg	9 %	428 mg

*Percentage daily intakes are based on an average adult diet of 8700kJ

Your daily intakes may be higher or lower depending on your energy needs.

Enjoy as part of a balanced, varied diet and active lifestyle. Contains minimum 10g wholegrain per 50g serving. *GI = 45.



The Breakfast Biscuits by 'Belvita' are a nutritious snack that appeals to teenagers. They are individually portioned in packets of 4 biscuits, which are convenient and easy to take to school. The biscuits come in 5 different flavours, which increases variety and appeals to a large number of adolescence. In terms of the nutritional benefits, the biscuits are made with five wholegrains, wheat, rye, spelt, barley and oats, and are a good source of fibre, which provides sustained energy and healthy bowel functioning. In addition, this particular snack food is high in protein, a nutrient needed for muscle and tissue development and growth. The 'Belvita' Breakfast Biscuits provide 1 out of 7 serves of carbohydrates needed to be consumed by a teenager each day.