

# PRODUCTS

Apple  
Fresh Pressed Australian Apples



	Ave Quantity Per Serving	Ave Qty per 100ml
ENERGY	480kJ	160 kJ
PROTEIN	0.6g	0.2g
FAT(Total)	>0.2g	>0.1g
FAT(Saturated)	0	0
CARBOHYDRATE	30g	10g
SUGARS	30g	10g
SODIUM	15mg	5mg
VITAMIN C	60mg	20mg

Pear  
Fresh Pressed Australian Pears



	Ave Quantity Per Serving	Ave Qty per 100ml
ENERGY	591kJ	169 kJ
PROTEIN	1.0g	0.3g
FAT(Total)	0.3g	0.1g
FAT(Saturated)	0	0
CARBOHYDRATE	32g	9.4g
SUGARS	32g	9.4g
SODIUM	6mg	2mg
VITAMIN C	70mg	20mg

Fruit Smoothie  
Fresh Bananas, Carrots, Strawberries & Apples



	Ave Quantity Per Serving	Ave Qty per 100ml
ENERGY	666kJ	215 kJ
PROTEIN	0.4g	0.2g
FAT(Total)	0.3g	0.1g
FAT(Saturated)	0.1	0
CARBOHYDRATE	37.4g	12.1g
SUGARS	36.7g	11.8g
SODIUM	6mg	2mg

Green Smoothie  
Fresh Apples, Pears, Carrots, Cucumbers, Lemon & Spinach



	Ave Quantity Per Serving	Ave Qty per 100ml
ENERGY	358kJ	119kJ
PROTEIN	2.2g	<1.0g
FAT(Total)	<1.0g	<1.0g
FAT(Saturated)	<1.0g	<1.0g
CARBOHYDRATE	16.6g	5.5g
SUGARS	16.6g	5.5g
SODIUM	49mg	16mg

Apple Strawberry  
Fresh Pressed Australian Apples & Strawberries



	Ave Quantity Per Serving	Ave Qty per 100ml
ENERGY	660kJ	220kJ
PROTEIN	1g	0.3g
FAT(Total)	>0.3g	>0.1g
FAT(Saturated)	0.0	0.0
CARBOHYDRATE	30g	10.0g
SUGARS	30g	10.0g
SODIUM	15mg	5mg
VITAMIN C	60mg	20mg

Apple Cherry  
Fresh Pressed Australian Apples & Cherries



	Ave Quantity Per Serving	Ave Qty per 100ml
ENERGY	600kJ	160kJ
PROTEIN	10g	0.3g
FAT(Total)	>1.0g	>1.0g
FAT(Saturated)	0.0	0.0
CARBOHYDRATE	30g	10g
SUGARS	30g	10g
SODIUM	15mg	5mg
VITAMIN C	60mg	20mg

Apple Pear  
Fresh Pressed Australian Apples & Pears



	Ave Quantity Per Serving	Ave Qty per 100ml
ENERGY	500kJ	160kJ
PROTEIN	0.6g	0.2g
FAT(Total)	>0.2g	>0.1g
FAT(Saturated)	0.0	0.0
CARBOHYDRATE	30g	10.0g
SUGARS	30g	10.0g
SODIUM	15mg	5mg
VITAMIN C	60mg	20mg

Orange  
Fresh Pressed Australian Oranges



	Ave Quantity Per Serving	Ave Qty per 100ml
ENERGY	420kJ	140kJ
PROTEIN	2.0g	0.6g
FAT(Total)	>1.0g	>1.0g
FAT(Saturated)	0.0	0.0
CARBOHYDRATE	20g	7.0g
SUGARS	20g	7.0g
SODIUM	15mg	5mg
VITAMIN C	60mg	20mg