

## Kellogg's Fruit 'N' Fibre 45g Portions - Information

Wholewheat flakes with raisins, coconut, banana, apple and hazelnuts. Fruit n Fibre is part of the Kellogg's 'Happy Guts' range designed 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.

**TFS Product Code:** 013169  
**Suppliers Product Code:** 5139390000  
**Information Last Updated:** 06/07/2023  
**Date Produced:** 09/02/2025



### Allergy Information

Key: Contains May Contain



### Nutritional Information

Serving Unit:	100g or 100ml
Energy (kcal)	380.00
Energy (kJ)	1603.00
Protein (g)	8.00
Carb (g)	69.00
Of Which Sugars (g)	24.00
Fat (g)	6.00
Of Which Saturates (g)	3.50
Fibre (g)	9.00
Salt (g)	1.00

### Dietary Information

Key: Suitable for



**Please Note:** This information has been supplied by manufacturers and other third parties to Thompsons Food Service Ltd. Whilst we take steps to ensure the information is correct and regularly updated, we give no warranty and no guarantee to the accuracy of this information. Product information and ingredients may change; please always read product labels carefully in addition to this document for accuracy. Please also consider changes to ingredients when products have been substituted.

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## Ingredients

WHOLEWHEAT (69%), dried fruit and HAZELNUTS (26%) (raisins, 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.

## Handling Information

### Directions for Use

Eat as directed

### Storage Instructions

Store in a cool dry place.

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