

## Banana Flavored Pudding in powder

### Instant high protein mix supplement, with sweeteners

**Weight of 1 sachet/one portion:** 24 g

**Total weight:** 168 g (7 sachets)

**Ingredients:** Milk protein; thickeners: carboxymethylcellulose, microcrystalline cellulose; vegetable fat preparation (sunflower oil; maltodextrin; **milk** protein; stabilizers: dipotassium phosphate, sodium diphosphate, sodium citrate; emulsifiers: mono and diglycerides, sodium stearyl lactylate, **soy** lecithin; salt; thickener: carrageenan; anti-caking: silicon dioxide); starch; flavors; salt; sweeteners: aspartam (contains a source of phenylalanine), potassium acesulfame; methionine; acidity regulator: magnesium oxide; colour: beta-carotene; anti-caking agent: silicon dioxide; emulsifier: **soy** lecithin.

**Allergens:** **Milk and soy.** Manufactured on equipment that processes gluten, celery, eggs and sulfites.

**Instructions for preparation:** Add slowly 115 ml of cold water while stirring with a whisk or a fork until well dissolve. Refrigerate for 15 to 30 minutes until firm. Consume in the 10 following minutes.

**Caution:** Because of content of phenylalanine the product is not suitable for people with phenylketonuria. Do not use as sole source of nutrition. Drink plenty of liquid (1,5 l per day at least). Not suitable for children, pregnant

and breast-feeding women. If consumed as part of energy restricted diet, follow recommendations of an expert for nutrition. Do not exceed recommended daily allowance.

**Lot number, shelf life:** Stated on a sachet.

**Storage:** Store in the original container in a cool and dry place. Make sure that the bag or container is properly closed.

**Made in France.**

#### AVERAGE NUTRITION VALUES:

| Energy values                      | 100 g         | 1 portion - 24 g |
|------------------------------------|---------------|------------------|
| kJ                                 | 1592          | 381              |
| kcal                               | 376           | 90               |
| Nutrition facts                    |               |                  |
| Fat (g)                            | 3,8           | 0,9              |
| of which saturated fatty acids (g) | 1,7           | 0,4              |
| Carbohydrates (g)                  | 8,8           | 2,1              |
| of which sugars (g)                | 5,4           | 1,3              |
| of which starch (g)                | 3,4           | 0,8              |
| Fibers (g)                         | 3,3           | 0,8              |
| Proteins (g)                       | 75,0          | 18,0             |
| Salt (g)                           | 1,38 (0,30**) | 0,33             |
| Calcium (mg)                       | 895           | 215 (27 % *)     |

(\*) Nutrient Reference Values.

(\*\*) Maximal contents for 100 g of product ready to use.