

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

5139390000  
 21 November 2024  
 21 November 2024  
 0e7e0dc4fab2458191858ee02bc406b6



The information on the **Erudus System** has been supplied by the manufacturers of the products and, whilst the owners of the Erudus System take steps to ensure the information is regularly updated, they give no warranty and no guarantee that the information is accurate. Product information and ingredients may change, please always read product labels carefully in addition to using the information provided by Erudus One.

We do not accept liability for any inaccuracies or incorrect information contained on this site. Please visit <http://www.erudus.com/terms-and-conditions> for full terms and conditions.

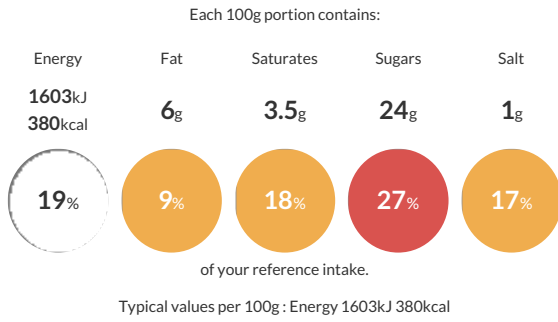
## Kellogg's Fruit 'n Fibre Cereal Portion Pack 40x45g

Short Product Name:  
 Fruit 'n Fibre Cereal

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.

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

### Dietary Information

Key: **Suitable for**

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

### 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.