



STAY STRONG, REGULAR, AND FULL OF ATTITUDE



No Artificial Colours or Flavours




fruits with ATTITUDE

Banana & Mango

Gluten Free | 8g Protein | Low Sodium

INGREDIENTS
Fruit (55%) (Apple Puree (40%), Banana (8%), Mango (7%)), Water, Sugar, Hydrolysed Collagen, Thickeners (440, 406), Natural Flavours, Acidity Regulator (330), Dietary Fibre, Natural Colours (161b, 163), Mineral Salt (509), Preservative (200).

NUTRITION INFORMATION
(AVERAGE QUANTITY)
Servings: 1 Serving size: 110g

	Per 100g	Per Serve
Energy	477	525
Protein	7.4	8.0
- gluten	Not Detected	Not Detected
- saturated	<0.1	0.1
Carbohydrate	15.0	16.6
- sugars	16.8	18.6
Dietary Fibre	2.4	2.6
Sodium	28	32
Potassium	28	31

Made in Australia from at least 42% Australian ingredients

Flavour creations 110g



fruits with ATTITUDE

Apple & Apricot

Gluten Free | 8g Protein | Low Sodium

INGREDIENTS
Fruit (55%) (Apple Puree (50%), Apricot (5%)), Water, Sugar, Hydrolysed Collagen, Thickeners (440, 406), Dietary Fibre, Acidity Regulator (330), Natural Flavours, Natural Colours (161b, 163), Mineral Salt (509), Preservative (200).

NUTRITION INFORMATION
(AVERAGE QUANTITY)
Servings: 1 Serving size: 110g

	Per 100g	Per Serve
Energy	443	487
Protein	7.3	8.0
- gluten	Not Detected	Not Detected
- saturated	<0.1	0.1
Carbohydrate	17.2	18.8
- sugars	14.9	16.4
Dietary Fibre	2.4	2.7
Sodium	28	30
Potassium	10	12

Made in Australia from at least 40% Australian ingredients

Flavour creations 110g

Puree



Gluten Free | 8g Protein | Low Sodium

MADE WITH REAL FRUIT

Delicious and nutritious, Fruits with Attitude Fruit Puree single-serve cups are a sweet and fruity treat any time of day - perfect with breakfast, as a snack or dessert. Enjoy ambient or chilled anytime, anywhere.



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fruits with
ATTITUDE

Lemon Puree



Delicious and nutritious, Fruits with Attitude Lemon can be enjoyed as a snack or with a meal to add extra energy, protein, and fibre to your day. Australian made, this zesty lemon puree has been formulated to be Amylase Resistant and to meet IDDSI level 4 Pureed consistency – perfect for people dining with dysphagia.

BENEFITS

- Protein to Support Muscle Health
- Energy for Normal Metabolism
- Dietary Fibre to Support Regular Laxation

FEATURES

- Vegan
- 1.7 kcal/g (per 100g)
- 8g Protein
- Made with Real Fruit
- Source of Fibre
- No Added Sugar
- Amylase Resistant

SUITABLE DIETS

- Vegan & Vegetarian
- High Protein, High Energy
- Gluten, Nut & Dairy Free
- Texture Modified Diet (IDDSI Level 4 Pureed)



NUTRITION INFORMATION (Average Quantity)

Serving Per Cup: 1 Serving Size: 110g	Per Serve	Per 100g
Energy	kJ 713	700
	kcal 171	168
Protein	g 8.1	8.0
- gluten	mg Not Detected	
Fat, total	g 4.3	4.3
- saturated	g 3.7	3.6
- trans	g 0	0
Carbohydrate	g 24.0	23.6
- sugars	g 14.7	14.4
- lactose	g 0	0
Dietary Fibre	g 2.0	2.0
Sodium	mg 235	230

INGREDIENTS

Fruit 62.5% (Apple (45%), Reconstituted Lemon Juice Concentrate (17.5%)), Apple Juice Concentrate, Soy Protein Isolate, Maltodextrin, Water, Coconut Oil, Thickeners (415, 417), Natural Flavour, Inulin, Stabiliser (331), Natural Colour (101), Preservative (200).

CONTAINS SOY.

Banana & Mango Puree



INGREDIENTS

Fruit (55%) [Apple Puree (40%), Banana (8%), Mango (7%)], Water, Sugar, Hydrolysed Collagen, Thickeners (440, 415, 406), Natural Flavours, Acidity Regulator (330), Dietary Fibre, Natural Colours (161b, 163), Mineral Salt (509), Preservative (200).



NUTRITION INFORMATION (Average Quantity)

Serving Per Cup: 1 Serving Size: 110g	Per Serve	Per 100g
Energy	kJ 526	479
	kcal 126	115
Protein	g 8.1	7.4
- gluten	mg Not Detected	
Fat, total	g 0.1	<0.1
- saturated	g 0.1	<0.1
- trans	g 0	0
Carbohydrate	g 21.1	19.2
- sugars	g 18.7	17.0
- lactose	g 0	0
Dietary Fibre	g 2.4	2.2
Sodium	mg 35	32
Potassium	mg 31	28

Apple & Apricot Puree



INGREDIENTS

Fruit (55%) [Apple Puree (50%), Apricot (5%)], Water, Sugar, Hydrolysed Collagen, Thickeners (440, 415, 406), Dietary Fibre, Acidity Regulator (330), Natural Flavours, Natural Colours (161b, 163), Mineral Salt (509), Preservative (200).



NUTRITION INFORMATION (Average Quantity)

Serving Per Cup: 1 Serving Size: 110g	Per Serve	Per 100g
Energy	kJ 506	460
	kcal 121	110
Protein	g 8.0	7.3
- gluten	mg Not Detected	
Fat, total	g 0.1	<0.1
- saturated	g 0.1	<0.1
- trans	g 0	0
Carbohydrate	g 20.2	18.4
- sugars	g 17.6	16.0
- lactose	g 0	0
Dietary Fibre	g 2.6	2.3
Sodium	mg 34	31
Potassium	mg 12	10