



No Artificial Colours and Flavours

Puree



Source of Fibre | 8g Protein | Gluten Free

## 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.



STAY STRONG, REGULAR, AND FULL OF ATTITUDE

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 to support 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
- 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



### NUTRITION INFORMATION (Average Quantity)

Serving Per Cup: 1 Serving Size: 110g	Per Serve	Per 100g
Energy	kJ 490	445
	kcal 118	107
Protein	g 8.0	7.3
- gluten	mg Not Detected	
Fat, total	g 0.1	0.1
- saturated	g 0.1	0.1
Carbohydrate	g 19.6	17.9
- sugars	g 17.3	15.7
- lactose	g 0	0
Dietary Fibre	g 2.2	2.0
Sodium	mg 53	48
Potassium	mg 31	28

### INGREDIENTS

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



PUREED

## Apple & Apricot Puree



### NUTRITION INFORMATION (Average Quantity)

Serving Per Cup: 1 Serving Size: 110g	Per Serve	Per 100g
Energy	kJ 492	447
	kcal 118	107
Protein	g 8.0	7.3
- gluten	mg Not Detected	
Fat, total	g 0.1	0.1
- saturated	g 0.1	0.1
Carbohydrate	g 20.0	18.2
- sugars	g 17.5	15.9
- lactose	g 0	0
Dietary Fibre	g 2.2	2.0
Sodium	mg 54	49
Potassium	mg 12	11

### INGREDIENTS

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



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