



Counterweight

Nutritional Information
& Diet Suitability



Counterweight

Vegetable & Croutons Soup

Best Before: 13.04.22

L322365-1

22:15

Soups/Porridge



Vegetable
Best Bef

SOU

Counterw

L322



SHAKE

NUTRITION INFORMATION

	BANANA				CHOCOLATE				SUMMER FRUITS				VANILLA				CAPPUCCINO			
	PER 100G	%RI 100G	PER 54G SERVING	%RI 54G SERVING	PER 100G	%RI 100G	PER 54G SERVING	%RI 54G SERVING	PER 100G	%RI 100G	PER 54G SERVING	%RI 54G SERVING	PER 100G	%RI 100G	PER 54G SERVING	%RI 54G SERVING	PER 100G	%RI 100G	PER 54G SERVING	%RI 54G SERVING
Energy <i>kJ</i>	1556		840		1577		852		1585		856		1591		859		1552		838	
<i>kcal</i>	370		200		367		202		375		203		377		203		367		200	
Fat <i>g</i>	6.4		3.5		6.0		3.3		6.3		3.4		5.3		2.8		6		3.3	
Of which Saturates <i>g</i>	1		0.6		1.3		0.7		1.8		1.0		0.9		0.5		1		0.5	
Mono-unsaturates <i>g</i>	0.7		0.4		0.9		0.5		1.3		0.7		0.7		0.4		0.7		0.4	
Polyunsaturates <i>g</i>	2.4		1.3		2.4		1.3		1.7		0.9		2.5		1.4		2.8		1.5	
Carbohydrate <i>g</i>	37		20		39.7		21.4		47		25		49		26		43.9		23.7	
Of which Sugars <i>g</i>	35		19		37.2		20.1		43		23		6.1		3.3		6.3		3.4	
Starch <i>g</i>	2.1		1.1		1.6		0.9		0.8		0.4		42		23		37.6		20.3	
Fibre <i>g</i>	4.6		2.5		5.6		3		5.8		3.1		4.8		2.6		4.4		2.4	
Protein <i>g</i>	38		21		37.3		20.1		30		16		31		17		32.2		17.4	
Salt <i>g</i>	2.8		1.5		1.8		1.0		1.1		0.6		1.3		0.7		1.4		0.7	
Vitamin A <i>µg</i>	722	90	390	49	493.9	62	266.7	33	500	83	270	45	463	58	250	31	488.9	61	264	33
Vitamin D <i>µg</i>	3.7	74	2.0	40	3.5	70	1.9	38	3.7	74	2.0	40	4.1	81	2.2	44	3.1	61	1.7	33
Vitamin E <i>mg</i>	6.7	56	3.6	30	7.4	62	4	33	7.8	65	4.2	35	7.8	65	4.2	35	7.3	61	4.0	33
Vitamin K <i>µg</i>	44	59	24	32	46.3	62	25	33	46	62	25	33	50	66	27	36	45.8	61	24.8	33
Vitamin C <i>mg</i>	52	65	28	35	49.4	62	26.7	33	59	74	32	40	55	69	30	37	48.9	61	26.4	33
Thiamin <i>mg</i>	0.6	56	0.3	30	0.7	62	0.4	34	0.7	67	0.4	36	0.80	71	0.42	38	0.7	61	0.4	33
Riboflavin <i>mg</i>	0.9	66	0.5	36	0.9	63	0.5	34	0.8	56	0.42	30	0.90	65	0.5	35	0.9	61	0.5	33
Niacin <i>mg</i>	11	67	5.8	36	10	63	5.4	34	9.7	61	5.3	33	9.6	60	5.2	33	9.8	61	5.3	33
Vitamin B6 <i>mg</i>	0.9	66	0.5	36	0.9	62	0.5	33	0.8	56	0.42	30	0.90	63	0.5	34	0.9	61	0.5	33
Folic acid <i>µg</i>	111	56	60	30	123.5	62	66.7	33	120	60	65	33	119	60	64.5	32	122.2	61	66	33
Vitamin B12 <i>µg</i>	1.9	74	1	40	1.8	73	1	39	2	81	1.1	44	1.7	67	0.9	36	1.5	61	0.8	33
Biotin <i>µg</i>	30	59	16.0	32	30.9	62	16.7	33	37	74	20	40	33	67	18	36	30.6	61	16.5	33
Pantothenic acid <i>mg</i>	3.3	56	1.8	30	3.7	62	2.0	33	3.3	56	1.8	30	4.1	68	2.2	37	3.7	61	2	33
Potassium <i>mg</i>	1655	83	894	45	1447.8	72	781.8	39	1592	80	860	43	920	46	497	25	1478.4	74	798.4	40
Chloride <i>mg</i>	1103	138	596	74	746.8	93	403.3	50	961	120	519	65	659	82	356	44	1091.4	136	589.4	74
Calcium <i>mg</i>	866	108	468	58	921.7	115	497.7	62	930	116	502	63	458	57	248	31	515.8	64	278.5	35
Phosphorus <i>mg</i>	873	125	472	67	920.4	131	497.0	71	718	103	388	55	410	59	222	32	527.6	75	284.9	41
Magnesium <i>mg</i>	252	67	136	36	305.7	82	165.1	44	239	64	129	34	219	59	119	32	241.3	64	130.3	35
Iron <i>mg</i>	9.3	66	5	36	9.7	69	5.3	38	12	83	6.3	45	9.7	70	5.3	38	9.5	68	5.1	36
Zinc <i>mg</i>	6.3	63	3.4	34	6.6	66	3.6	36	7.6	76	4.1	41	7.1	71	3.8	38	6.2	62	3.4	34
Copper <i>mg</i>	0.7	72	0.4	39	0.8	84	0.5	46	0.9	88	0.5	47	0.74	74	0.4	40	0.8	75	0.4	41
Manganese <i>mg</i>	1.2	61	0.7	33	1.2	58	0.6	32	1.6	82	0.9	44	1.3	65	0.7	35	1.2	60	0.7	33
Selenium <i>µg</i>	35	63	19	34	34.7	63	18.7	34	41	74	22	40	40	73	22	39	33.7	61	18.2	33
Chromium <i>µg</i>	47	118	26	64	36.3	91	19.6	49	31	78	17	42	96	239	52	129	96.5	241	52.1	130
Molybdenum <i>µg</i>	61	122	33	66	53.5	107	28.9	58	45	89	24	48	83	165	45	89	83.2	166	44.9	90
Iodine <i>µg</i>	100	67	54	36	95.1	63	51.3	34	106	71	57.5	38	119	79	64.2	43	105.1	70	56.7	38



SOUP & PORRIDGE

NUTRITION INFORMATION

	LEEK & POTATO				CHICKEN FLAVOUR WITH NOODLES				VEGETABLE WITH CROUTONS				ORIENTAL CHILLI				PORRIDGE			
	PER 100G	%RI 100G	PER 54G SERVING	%RI 54G SERVING	PER 100G	%RI 100G	PER 53.5G SERVING	%RI 53.5G SERVING	PER 100G	%RI 100G	PER 53G SERVING	%RI 53G SERVING	PER 100G	%RI 100G	PER 53.5G SERVING	%RI 53.5G SERVING	PER 100G	%RI 100G	PER 54G SERVING	%RI 54G SERVING
Energy <i>kJ</i>	1566		845		1579		845		1683		892		1570		840		1550		837	
<i>kcal</i>	371		200		374		200		400		212		374		200		370		200	
Fat <i>g</i>	6.1		3.3		6.1		3.2		11		6		6.6		3.5		6.8		3.7	
Of which Saturates <i>g</i>	1.0		0.5		1.0		0.5		3.5		1.9		1.2		0.7		1.1		0.6	
Mono-unsaturates <i>g</i>	0.6		0.3		0.6		0.3		2.6		1.4		0.6		0.3		1.7		0.9	
Polyunsaturates <i>g</i>	2.7		1.5		2.7		1.5		3.5		1.8		2.6		1.4		2.1		1.1	
Carbohydrate <i>g</i>	52		28		54		29		40		21		45		24		51		28	
Of which Sugars <i>g</i>	4.7		2.5		4.6		2.5		4.3		2.3		11		6.0		14		7.3	
Starch <i>g</i>	44		24		41		22		32		17		32		17		32		17	
Fibre <i>g</i>	4.7		2.5		4.7		2.5		5.9		3.1		5		2.7		5.1		2.7	
Protein <i>g</i>	25		13		24		13		32		17		31		17		23		13	
Salt <i>g</i>	4.2		2.2		2.3		1.2		3.2		1.7		3		1.6		1		0.6	
Vitamin A <i>µg</i>	665	83	359	45	897	112	480	60	614	77	326	41	570	71	305	38	865	108	467	58
Vitamin D <i>µg</i>	5.1	101	2.7	55	5.7	112	3.0	60	4.7	93	2.5	49	6	120	3.2	64	7.4	148	4	80
Vitamin E <i>mg</i>	11	95	6.1	51	13	107	6.9	58	11	88	5.6	46	8.8	73	4.7	39	12	98	6.3	53
Vitamin K <i>µg</i>	73	97	39	53	79	106	43	57	68	90	36	48	61	81	33	43	80	107	43	58
Vitamin C <i>mg</i>	75	94	41	51	82	103	44	55	70	87	37	46	67	83	36	45	113	141	61	76
Thiamin <i>mg</i>	1.2	113	0.7	61	1.5	136	0.8	73	1.1	104	0.6	55	1.1	102	0.6	55	1.9	170	1	92
Riboflavin <i>mg</i>	1.2	86	0.7	47	1.5	107	0.8	57	1.1	80	0.6	42	1.1	80	0.6	43	1.6	118	0.9	64
Niacin <i>mg</i>	16	97	8.4	52	18	114	9.8	61	14	89	7.6	47	12	76	6.5	41	16	99	8.5	53
Vitamin B6 <i>mg</i>	1.3	96	0.7	52	1.5	107	0.8	57	1.2	89	0.7	47	1.3	93	0.7	50	1.4	102	0.8	55
Folic acid <i>µg</i>	177	89	95.6	48	189	94	101	51	168	84	89.2	45	135	67	72	36	213	107	115	58
Vitamin B12 <i>µg</i>	2.0	80	1.1	43	2.4	97	1.3	52	1.8	74	1	39	2.1	82	1.1	44	2.6	104	1.4	56
Biotin <i>µg</i>	53	106	29	57	56	112	30	60	50	99	26	53	43	86	23	46	52	103	28	56
Pantothenic acid <i>mg</i>	5.7	95	3.1	51	6.0	100	3.2	53	5.3	88	2.8	46	5	84	2.7	45	6.3	105	3.4	57
Potassium <i>mg</i>	1103	55	596	30	939	47	502	25	1398	70	741	37	1485	74	794	40	992	50	536	27
Chloride <i>mg</i>	2351	294	1270	159	810	101	433	54	786	98	417	52	1145	143	613	77	760	95	410	51
Calcium <i>mg</i>	445	56	240	30	450	56	241	30	481	60	255	32	541	68	289	36	516	64	279	35
Phosphorus <i>mg</i>	565	81	305	44	437	62	234	33	475	68	252	36	612	87	327	47	495	71	268	38
Magnesium <i>mg</i>	213	57	115	31	212	57	114	30	214	57	114	30	212	56	113	30	217	58	117	31
Iron <i>mg</i>	17	121	9.2	66	17	122	9.1	65	16	116	8.6	62	13	91	6.8	49	13	89	6.7	48
Zinc <i>mg</i>	11	111	6.0	60	12	115	6.1	61	10	104	5.5	55	9	90	4.8	48	9.2	92	4.9	49
Copper <i>mg</i>	0.8	79	0.4	43	0.8	76	0.4	40	0.8	78	0.4	41	0.6	63	0.3	34	0.9	95	0.5	51
Manganese <i>mg</i>	3.3	165	1.8	89	3.4	170	1.8	91	3.1	155	1.6	82	2.7	134	1.4	72	1.8	88	1	48
Selenium <i>µg</i>	58	106	31	57	61	110	33	59	54	98	29	52	50	90	27	48	48	87	26	47
Chromium <i>µg</i>	45	113	24	61	47	117	25	63	42	104	22	55	35	88	19	47	32	80	17	43
Molybdenum <i>µg</i>	110	219	59	118	106	211	57	113	106	212	56	113	81	162	43	87	41	82	22	44
Iodine <i>µg</i>	147	98	79.3	53	153	102	82.0	55	136	90	71.9	48	169	112	90.2	30	220	147	119	79

ALLERGENS

	SHAKES					SOUPS				
	BANANA	CAPPUCCINO	CHOCOLATE	VANILLA	SUMMER FRUITS	VEGETABLE & CROUTON	LEEK & POTATO	CHICKEN FLAVOUR WITH NOODLES	ORIENTAL CHILLI	PORRIDGE
GLUTEN	M	M	M	M	M	Y	M	Y	M	Y
CRUSTACEAN	N	N	N	N	N	N	N	N	N	N
EGG	N	N	N	N	N	N	N	M	N	N
FISH	N	N	N	N	N	N	N	N	N	N
MILK	Y	N	Y	N	Y	Y	N	M	Y	Y
LACTOSE	Y	N	Y	N	Y	Y	N	M	Y	Y
SESAME SEEDS	C	C	C	C	C	C	C	C	C	C
NUTS	C	C	C	C	C	C	C	C	C	C
PEANUT	C	C	C	C	C	C	C	C	C	C
CELERY	N	N	N	N	N	N	Y	Y	N	N
MUSTARD	N	N	N	N	N	N	N	M	N	N
SOYA	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y
SULPHITES	N	N	N	N	N	N	N	N	N	N
LUPIN	N	N	N	N	N	N	N	N	N	N
MOLLUSCS	N	N	N	N	N	N	N	N	N	N
ASPARTAME	N	N	N	N	N	N	N	N	N	N

 DOES NOT CONTAIN (N)

 PRODUCT RECIPE CONTAINS (Y)

 CONTAINS THROUGH CROSS-CONTAMINATION (C)

 MAY CONTAIN THROUGH CROSS-CONTAMINATION (M)

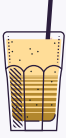
DIETARY SUITABILITY

		SHAKES					SOUPS				
		BANANA	CAPPUCCINO	CHOCOLATE	VANILLA	SUMMER FRUITS	VEGETABLE & CROUTON	LEEK & POTATO	CHICKEN WITH NOODLE	ORIENTAL CHILLI	PORRIDGE
GLUTEN-FREE		M	M	M	M	M	×	M	×	M	×
VEGETARIAN DIETS	VEGAN	×	✓	×	✓	×	×	✓	×	×	×
	LACTO-OVO	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
	OVO	×	✓	×	✓	×	×	✓	✓	×	×
PESCATARIAN		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
LOW-FODMAP		×	×	×	×	×	×	×	×	×	×
LOW-CARB		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
KOSHER		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
HALAL		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

SUITABLE (TICK)
 NOT SUITABLE (CROSS)
 MAY CONTAIN THROUGH CROSS-CONTAMINATION (M)



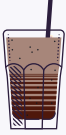
SHAKE INGREDIENTS



BANANA FLAVOUR

Banana flavour skimmed milk and soya shake mix with sweeteners.

Ingredients: Skimmed **milk** powder, **Soya** protein isolate, **Soya** flour, **Soya** lecithin, Powdered cellulose, Flavour enhancer: sodium citrate, Flavouring, Conjugated linoleic acid powder (conjugated linoleic acid, corn syrup solids, modified starch, antioxidant: sodium ascorbate), Flavour enhancer: potassium chloride, Stabiliser: xanthan gum, Compound vitamin and mineral mixture (maltodextrin, ascorbic acid, ferrous fumarate, nicotinamide, vitamin E acetate, zinc oxide, calcium D-pantothenate, manganese sulphate, copper gluconate, vitamin A acetate, pyridoxine hydrochloride, thiamin hydrochloride, potassium iodate, riboflavin, folic acid, vitamin K, sodium selenite, sodium molybdate, chromic chloride, D-biotin, vitamin D3), Antioxidants (ascorbyl palmitate, tocopherol rich extract, acid: citric acid), Magnesium oxide, Maltodextrin, Sweeteners (sucralose, acesulfame K), Colour: beta-carotene.



CHOCOLATE FLAVOUR

Chocolate flavour skimmed milk and yoghurt smoothie mix with sweeteners.

Ingredients: Skimmed **milk** powder, **Soya** protein isolate, **Soya** flour, Reduced fat cocoa powder, **Soya** lecithin, Flavouring, Powdered cellulose, Stabilisers (xanthan gum, carrageenan), Flavour enhancer: sodium citrate, Compound vitamin and mineral mixture (maltodextrin, ascorbic acid, ferrous fumarate, nicotinamide, vitamin E acetate, zinc oxide, calcium D-pantothenate, manganese sulphate, copper gluconate, vitamin A acetate, pyridoxine hydrochloride, thiamin hydrochloride, potassium iodate, riboflavin, folic acid, vitamin K, sodium selenite, sodium molybdate, chromic chloride, D-biotin, vitamin D3), Magnesium oxide, Maltodextrin, Sweeteners (acesulfame K, sucralose).



SUMMER FRUITS FLAVOUR

Summer Fruits flavour, skimmed milk and yoghurt smoothie mix with sweeteners.

Ingredients: Skimmed **milk** powder, Skimmed **milk** yoghurt powder, Powdered cellulose, Maltodextrin, **Soya** flour, **Milk** protein, Thickener: guar gum, Sour cherry powder, Refined fractionated palm oil, **Soya** lecithin, Conjugated linoleic acid powder (conjugated linoleic acid, corn syrup solids, modified starch, antioxidant: sodium ascorbate), Refined **soya** oil, Strawberry juice powder, Flavour enhancer: potassium chloride, Compound vitamin and mineral mixture (maltodextrin, ascorbic acid, ferrous fumarate, nicotinamide, vitamin E acetate, zinc oxide, copper gluconate, manganese sulphate, calcium D-pantothenate, vitamin A acetate, pyridoxine hydrochloride, thiamin hydrochloride, potassium iodate, chromic chloride, folic acid, sodium molybdate, sodium selenite, vitamin K, D-biotin, vitamin D3), Stabiliser: carrageenan, Flavouring, Antioxidants (ascorbyl palmitate, tocopherol rich extract, acid: citric acid), Colour: beetroot powder, Magnesium oxide, Sweeteners (acesulfame K, sucralose).



VANILLA FLAVOUR

Vanilla flavour soya shake mix with sweeteners.

Ingredients: Maltodextrin, **Soy** protein isolate, **Soya** flour, **Soya** lecithin, Flavouring, Powdered cellulose, Potassium chloride, Stabiliser: xanthan gum, Compound vitamin and mineral mixture (maltodextrin, ascorbic acid, nicotinamide, ferrous fumarate, vitamin E acetate, zinc oxide, calcium D-pantothenate, manganese sulphate, pyridoxine hydrochloride, vitamin A acetate, riboflavin, thiamin hydrochloride, potassium iodate, folic acid, sodium selenite, vitamin K, D-biotin, vitamin D3, vitamin B12), Calcium phosphate, Calcium carbonate, Magnesium oxide, Sweeteners (acesulfame K, sucralose), Salt.



CAPPUCCINO FLAVOUR

Cappuccino flavour soya shake mix with sweeteners. Lactose Free.

Ingredients: Maltodextrin, **Soya** protein isolate, **Soya** flour, Decaffeinated coffee powder, **Soya** lecithin, Powdered cellulose, Flavour enhancer: potassium chloride, Flavouring, Calcium carbonate, Stabiliser: xanthan gum, Calcium phosphate, Compound vitamin and mineral mixture (maltodextrin, ascorbic acid, nicotinamide, ferrous fumarate, vitamin E acetate, zinc oxide, calcium D-pantothenate, manganese sulphate, pyridoxine hydrochloride, vitamin A acetate, riboflavin, thiamin hydrochloride, potassium iodate, folic acid, sodium selenite, vitamin K, D-biotin, vitamin D3, vitamin B12), Magnesium oxide, Thickener: guar gum, Sweeteners (sucralose, acesulfame K), Salt.

Allergen Advice: For allergens, including cereals containing gluten, see ingredients in bold. May also contain gluten from other cereals. Not suitable for people with peanut, tree nut or sesame seed allergy. Suitable for vegetarians.

MILK BASED RECIPES MADE USING GB, NI AND EU MILK



SOUP & PORRIDGE INGREDIENTS



LEEK & POTATO FLAVOUR

Leek and potato flavour soya soup mix. Lactose free.

Ingredients: Maltodextrin, **Soya** protein isolate, **Soya** flour, **Soya** lecithin, Vegetable powder (white leek, onion, broccoli), Flavouring, Bouillon (sea salt, potato starch, yeast extract, palm fat, vegetable powder (parsnip, onion, parsley), maltodextrin, sugar, spices (**celery**)), Powdered cellulose, Potassium phosphate, Calcium carbonate, Compound vitamin and mineral mixture (maltodextrin, vitamin C [ascorbic acid], ferrous fumarate, vitamin B3 [nicotinamide], vitamin E [dl-a tocopheryl acetate], zinc oxide, calcium D-pantothenate, manganese sulphate, copper gluconate, vitamin B6 [pyridoxine hydrochloride], vitamin A [retinol acetate], vitamin B1 [thiamine hydrochloride], vitamin B2 [riboflavin], potassium iodate, chromic chloride, folic acid, sodium molybdate, sodium selenite, vitamin K [a-phyloquinone], D-biotin, vitamin D3 [cholecalciferol], vitamin B12 [cyanocobalamin]), Dried green and white leek, Stabiliser: xanthan gum, Potassium chloride, Magnesium oxide, Black pepper.



CHICKEN FLAVOUR WITH NOODLES

Chicken and noodle flavour soya soup mix. May contain traces of mustard and egg.

Ingredients: Maltodextrin, **Soya** protein isolate, Dried noodles 10% (durum **wheat** semolina, water, salt), **Soya** flour, Flavouring, **Soya** lecithin, Powdered cellulose, Bouillon (sea salt, potato starch, yeast extract, palm fat, vegetable powder (parsnip, onion, parsley), maltodextrin, sugar, spices (**celery**)), Potassium phosphate, Calcium carbonate, Compound vitamin and mineral mixture (maltodextrin, vitamin C [ascorbic acid], ferrous fumarate, vitamin B3 [nicotinamide], vitamin E [dl-a tocopheryl acetate], zinc oxide, calcium D-pantothenate, manganese sulphate, copper gluconate, vitamin B6 [pyridoxine hydrochloride], vitamin A [retinol acetate], vitamin B1 [thiamine hydrochloride], vitamin B2 [riboflavin], potassium iodate, chromic chloride, folic acid, sodium molybdate, sodium selenite, vitamin K [a-phyloquinone], D-biotin, vitamin D3 [cholecalciferol], vitamin B12 [cyanocobalamin]), Onion powder, Turmeric powder, Potassium chloride, Stabiliser: xanthan gum, Salt, Magnesium oxide, Parsley, Black pepper.



VEGETABLES WITH CROUTONS FLAVOUR

Vegetable flavour soya and milk protein soup mix with croutons.

Ingredients: Maltodextrin, **Soya** protein isolate, Croutons 12.5% (**wheat** flour (with added calcium carbonate, iron, niacin, thiamin), palm oil, salt, yeast, antioxidant: rosemary extract), **Soya** flour, **Milk** protein, **Soya** lecithin, Powdered cellulose, Flavouring, Hydrolysed maize protein, Dried red peppers, Onion powder, Potassium chloride, Dried carrots, Potassium phosphate, Calcium carbonate, Compound vitamin and mineral mixture (maltodextrin, vitamin C [ascorbic acid], ferrous fumarate, vitamin B3 [nicotinamide], vitamin E [dl-a tocopheryl acetate], zinc oxide, calcium D-pantothenate, manganese sulphate, copper gluconate, vitamin B6 [pyridoxine hydrochloride], vitamin A [retinol acetate], vitamin B1 [thiamine hydrochloride], vitamin B2 [riboflavin], potassium iodate, chromic chloride, folic acid, sodium molybdate, sodium selenite, vitamin K [a-phyloquinone], D-biotin, vitamin D3 [cholecalciferol], vitamin B12 [cyanocobalamin]) Stabiliser: xanthan gum, Refined **soya** oil, Magnesium oxide, Black pepper, Parsley, Glucose syrup, Colour: beta carotene.



ORIENTAL CHILLI FLAVOUR

Oriental chilli flavour soya and skimmed milk soup mix.

Ingredients: Maltodextrin, **Soya** protein isolate, Skimmed **milk** powder, **Milk** protein, **Soya** flour, Flavouring, **Soya** lecithin, Textured **soya** protein, Hydrolysed maize protein, Powdered cellulose, Potassium chloride, Dried red peppers, Dried mushrooms, Conjugated linoleic acid powder (conjugated linoleic acid, corn syrup solids, modified starch, antioxidant: sodium ascorbate), Calcium phosphate, Compound vitamin and mineral mixture (maltodextrin, vitamin C [ascorbic acid], ferrous fumarate, vitamin B3 [nicotinamide], vitamin E [dl-a tocopheryl acetate], zinc oxide, calcium D-pantothenate, manganese sulphate, copper gluconate, vitamin B6 [pyridoxine hydrochloride], vitamin A [retinol acetate], vitamin B1 [thiamine hydrochloride], vitamin B2 [riboflavin], potassium iodate, chromic chloride, folic acid, sodium molybdate, sodium selenite, vitamin K [a-phyloquinone], D-biotin, vitamin D3 [cholecalciferol], vitamin B12 [cyanocobalamin]), Onion powder, Garlic powder, Magnesium oxide, Stabiliser: xanthan gum, Salt, Black pepper, Coriander flakes, Colour: beta-carotene.



PORRIDGE

Skimmed milk and multi-wholegrain porridge mix with sweeteners.

Ingredients: Wholegrain **oat** flour, Wholegrain rolled **oats**, Skimmed **milk** powder, Multigrain flour (durum **wheat** semolina, **barley** flour, **oat** flour, **spelt** flour, **rye** flour), Pea protein, **Milk** protein, Conjugated linoleic acid powder (conjugated linoleic acid, corn syrup solids, modified starch, antioxidant: sodium ascorbate), **Soya** lecithin, Compound vitamin and mineral mixture (maltodextrin, vitamin C [ascorbic acid], ferrous fumarate, vitamin B3 [nicotinamide], vitamin E [dl-a tocopheryl acetate], calcium D-pantothenate, zinc oxide, copper gluconate, manganese sulphate, vitamin B1 [thiamine hydrochloride], vitamin B6 [pyridoxine hydrochloride], vitamin A [retinol acetate], vitamin B2 [riboflavin], folic acid, potassium iodate, chromic chloride, vitamin K [a-phyloquinone], sodium molybdate, sodium selenite, D-biotin, vitamin D3 [cholecalciferol], vitamin B12 [cyanocobalamin]), Salt, Potassium phosphate, Potassium chloride, Calcium carbonate, Magnesium oxide, Sweeteners (acesulfame K, sucralose).

Allergen Advice: For allergens, including cereals containing gluten, see ingredients in bold. May also contain gluten from other cereals. Not suitable for people with peanut, tree nut or sesame seed allergy. Suitable for vegetarians.

MILK BASED RECIPES MADE USING GB, NI AND EU MILK



DEFINITIONS

DIETARY APPROACHES:

VEGAN:

“Don’t eat any animal products at all, including honey, dairy and eggs” (Garton, et al., 2020)

VEGETARIAN:

“Someone who lives on a diet of grains, pulses, nuts, seeds, vegetables and fruits with, or without, the use of dairy products and eggs. A vegetarian does not eat any meat, poultry, game, fish, shellfish or by-products of slaughter” (The Vegetarian Society in The British Dietetic Association, 2014:129)

Ovo-vegetarian:

“Include eggs but avoid all other animal foods, including dairy” (Garton, et al., 2020)

Lacto-vegetarian:

“Eat dairy foods but exclude eggs, meat, poultry and seafood” (Garton, et al., 2020)

Lacto-ovo-vegetarian:

“Eat dairy food and eggs but not meat, poultry or seafood” (Garton, et al., 2020)

PESCETARIAN:

A vegetarian diet (as defined above) that also includes fish and/or shellfish (Garton, et al., 2020).

LOW-CARBOHYDRATE DIETS:

There is currently no universally agreed definition for a low carbohydrate diet. The most common definition for a low carbohydrate diet is “Diets containing between 50g and 130g carbohydrate” (The BDA Diabetes Specialist Group, 2019)

There are a range of different definitions proposed as outlined in the table below.

TABLE 1: Taxonomy of diets containing differing amounts of carbohydrate

	Amount of carbohydrate	
	g/day	% total energy intake
Very low carbohydrate ketogenic diet	20-50	≤ 10
Low carbohydrate	<130	<26
Moderate carbohydrate	130-230	26-45
High carbohydrate	>230	>45

Adapted from Feinman et al. [4]

RELIGIOUS EATING APPROACHES:

Halal:

A Halal product means that the product is permissible or acceptable in accordance with Islamic law (The British Dietetic Association, 2014:118). Counterweight products do not contain haram (forbidden) ingredients and are suitable for people following a halal diet.

Kosher:

Referring to food outlined in the dietary laws of the Jewish religion (The British Dietetic Association, 2014:124). All ingredients in the Counterweight products are suitable for consumption by people following a Kosher diet.

AUTOIMMUNE DISORDERS:

Coeliac Disease:

“Coeliac disease is a lifelong autoimmune condition caused by an abnormal immune response to eating foods containing gluten” (Coeliac Clinical Leads of the BDA Gastroenterology Specialist group, 2021). This reaction causes damage to the lining of the gut and results in nutrients not being absorbed adequately. (Coeliac UK, nd)

ALLERGIES:

Soybean:

“Soy allergy is a reaction to the proteins found in soybeans” (NHS North West Paediatric Allergy Network, 2019)

*note: Refined soyabean oil and soya lecithin (E322) are safe for soya allergic patients to consume. although case reports suggest some individuals may still react to soya lecithin (Dueñas-Laita et al., 2009; Awazuhara et al., 1998; Palm et al., 1999) – excerpt from Manual of Dietetics.

Wheat:

An allergic reaction (anaphylactic) to one or more proteins found in the wheat grain (immediate IgE mediated allergy) (AllergyUK, 2015). Other symptoms include (occurring with minutes or up to 2 hours):

1. Rhinitis
2. Asthma
3. Hives
4. Swelling
5. Anaphylaxis (systemic allergic response) (AllergyUK, 2015)

Wheat dependant exercise induced anaphylaxis:

An allergic reaction to wheat during exercise after having eaten wheat (AllergyUK, 2015).

Delayed allergy to wheat:

Non-IgE mediated reaction to wheat including for example: diarrhoea or worsening eczema, occurring hours to days after eating wheat (AllergyUK, 2015).

Egg:

Allergic reaction to the proteins found in eggs (The Food Allergy Specialist Group of The BDA, 2020).

Fish:

An allergic reaction to the protein in a particular fish or fishes (Food Allergy Research & Education, 2021).

Shellfish:

An allergic reaction to the proteins in shellfish which may include crustaceans or molluscs or both (AllergyUK, 2019).

Celery (Pollen Food Syndrome):

Commonly experienced in the UK by people who have an allergy to pollen. The proteins in pollen are similar to those found in some fresh fruits and vegetables like celery which causes the allergic response. Common symptoms include: tingling in the mouth, throat or lips (Anaphylaxis Campaign, 2019).

ALLERGIES CONTINUED

Peanut:

An allergic reaction to the specific proteins in peanuts (Food Allergy Research & Education. 2021).

Tree Nut:

An allergic reaction to the specific proteins in a particular tree nut or variety of tree nuts (Food Allergy Research & Education. 2021)

Sesame Seed:

An allergic reaction to the sesame protein (North West Paediatric Allergy Implementation Group. 2021)

Mustard Allergy:

An allergic reaction to contact with or ingestion of mustard products that may include contact dermatitis, contact urticaria and/or anaphylaxis (Caballero et al., 2002).

Lupin Allergy:

An allergic reaction to the specific beta-conglutin protein found in lupin (Bansal et al., 2014).

INTOLERANCES / SENSITIVITIES:

Non-coeliac gluten sensitivity:

Refers to a condition where symptoms similar to coeliac disease are experienced without the damage to the gut lining and with unknown involvement of the immune system (Coeliac UK. nd).

Low FODMAP:

FODMAPs are short chain carbohydrates that aren't fully absorbed in the gut which can trigger symptoms in people with Irritable Bowel Syndrome (IBS) (Monash University. 2019).

Sulphite Sensitivity:

Sulphites can cause allergy-like symptoms in some people with underlying asthma and allergic rhinitis, common reactions include: wheezing, tight chest, cough and in rare cases, anaphylaxis and worsening of urticaria in those already diagnosed (AllergyUK. 2020).

Inborn errors of metabolism:

Aspartame (Phenylketonuria):

Aspartame contains an amino acid called phenylalanine which cannot be metabolised by people who have a rare condition called phenylketonuria. People with phenylketonuria need to avoid aspartame (NHS. 2019).

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