

## MAMA KA'Z BLUEBERRY BANANA BREAD

<b>NUTRITION INFORMATION</b>		
Servings per package: 12		
Serving size: 160g (approx. 1 slice)		
	Average quantity per serving	Average quantity per 100g
Energy	1400kJ (334 Cal)	873kJ (208 Cal)
Protein	8.1g	5.0g
Fat, total	7.9g	4.9g
Saturated fat	0.9g	0.6g
Carbohydrate, total	56.3g	35.2g
Sugars	18.9g	11.8g
Dietary fibre	3.3g	2.1g
Sodium	468mg	293mg
Vitamin C	7.8mg (20% RDI*)	4.9mg
Iron	1.5mg (13% RDI*)	1.0mg
Folate	27ug (14% RDI*)	16ug

\*Recommended Dietary Intake

Nutrient values may change due to seasonal variation.

Ingredients: Banana (37%), **wheat flour**, water, **egg**, blueberries (5%), sugar, canola oil, raising agents (450, 500)

**May contain traces of tree nuts**

### Claims that Mama Ka'z can make on Blueberry Banana Bread packaging:

- No added colours, flavours or preservatives
- Made with real bananas
- Made with real bananas and blueberries
- Dairy free
- Contains less than 8g fat per serving
- Contains less than 5% fat
- High in dietary fibre (if you make this claim fibre must appear in the NIP, but I would recommend having it in the panel anyway)
- Source of Vitamin C (if you make this claim, Vitamin C content has to appear in the NIP)
- Source of folate (if you make this claim, folate content has to appear in the NIP)
- Source of iron (if you make this claim, iron content has to appear in the NIP)