



11 12 1 2
9 00 3
8 7 6 5 4



NUTRITION INFORMATION

1 SERVING = 80g = 4 CRACKERS

Per Cracker Per Serving

ENERGY	30 Cal	83 Cal
	90 kJ	350 kJ
PROTEIN	0.5 g	2.1 g
FAT	0.2 g	0.6 g
Polyunsaturates	0.2 g	0.6 g
Saturates	0.5 g	2.1 g
Monosaturates	0.3 g	1.1 g
Cholesterol	0 mg	0 mg
CARBOHYDRATES	2.5 g	10 g
Sugars	0.3 g	1.0 g
Dietary Fibre	0.2 g	0.9 g

Canadian Diabetes Association Food Choice Value
4 crackers (17g) = 1/2 + 1/2
For more information on diabetes, contact:
Canadian Diabetes Foundation
1-800-555-1212
or <http://www.bigdisease.com>

If you want to call us and complain?
For English service, call toll-free
1-800-555-2342
9:00 a.m. - 5 p.m. Western Time. Weekdays

CARDBOARD
MADE FROM
RECYCLABLE
MATERIAL



INGREDIENTS
UNBLEACHED FLOUR, COCONUT OIL (CONTAINS CITRIC ACID),
WHEAT GERM, SESAME SEEDS, VEGETABLE OIL SHORTENING,
SUGAR, AMMONIUM BICARBONATE, SKIM MILK POWDER,
SALT, BRAN, HYDROLYSED SOYA PROTEIN, BAKING SODA,
SODIUM METABISULPHITE (AS A PRESERVATIVE), PROTEASE,
UNNATURAL FLAVOUR, CARMEL COLOUR

THIS PRODUCT HAVE COME INTO CONTACT WITH
PEANUTS OR OTHER NUTS.

Box made from 100% recycled fibres.



BISCUITS D'AVOINE ET DE MIEL

Brighton



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604.451.2700
www.creo.com

