NUTRITION INFORMATION
1 SERVING = 30g = 4 CRACKERS

	Per Cracker	Per Serving
ENERGY	30 Cal	115 Cal
	90g	360g
PROTEIN	0.5g	2.1g
FAT	0.7g	2.8g
Polyunsaturates	0.1g	0.4g
Saturates	0.1g	0.7g
Monounsaturates	0.3g	1.1g
Cholesterol	0mg	0mg
CARBOHYDRATES	2.7g	10.8g
Sugars	0.2g	0.8g
Dietary Fiber	0.2g	0.9g

Canadian Diabetes Association Food Choice Value
4 starches (7g = 1/2 fruit = 1/2 milk)
For more information on diabetes, contact:
Canadian Diabetes Foundation
1-800-235-2232
or http://www.diabetes.ca

If you want to call us and complain!
For English service, call toll-free:
1-800-235-2342
9:00 a.m. - 5p.m. Monday to Friday, Eastern Time

HAND WASH AND DRY SEPARATELY

CARTON MADE FROM 100% RECYCLED 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, UNATURAL FLAVOUR, CARMEL COLOUR

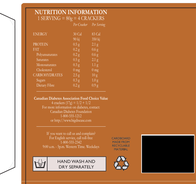
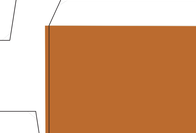
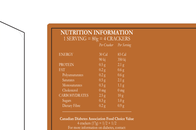
THIS PRODUCT HAVE COME INTO CONTACT WITH PEANUTS OR OTHER NUTS.
Box made from 100% recycled fibres.

Brighton

BISCUITS D'AVOINE ET DE MIEL

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, UNATURAL FLAVOUR, CARMEL COLOUR

THIS PRODUCT HAVE COME INTO CONTACT WITH PEANUTS OR OTHER NUTS.
Box made from 100% recycled fibres.

Brighton

BISCUITS D'AVOINE ET DE MIEL