



WOOLWORTHS

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Bread (Complete and Functional Ranges)

Nutrition information per 100 g

	servicing size	energy	protein	CHO	fat	MUFA	PUFA	SFA	other	fibre (g)	GL
complete high fibre wholewheat bread <ul style="list-style-type: none"> with Inulin prebiotic fibre balanced fibre, more beneficial than bran alone 	70 g = 2 slices	980	9.9	38.4	2.6	0.4	1.4	0.8		7.9	N/A
complete high fibre brown bread <ul style="list-style-type: none"> with Inulin prebiotic fibre balanced fibre, more beneficial than bran alone 	70 g = 2 slices	975	8.7	40.4	2.2	0.4	1.2	0.7		7.6	N/A
complete high fibre white bread <ul style="list-style-type: none"> double the fibre of ordinary white bread with Inulin prebiotic fibre balanced fibre, more beneficial than bran alone 	70 g = 2 slices	955	7.4	41.1	1.7	0.3	0.7	0.6		9.1	N/A
cholesterol lowering low GI soy lin loaf <ul style="list-style-type: none"> contains effective levels of cholesterol fighting soya protein high in total dietary fibre 25 g of soya protein daily to play a role in risk of heart disease reduction 	95 g = 2 slices	1030	12	27.4	8	1.6	5.4	1.0	6.2 g soya protein / 2 slices	7.9	17
low GI seed loaf <ul style="list-style-type: none"> with linseeds, sunflower seeds, sesame seeds and crushed wheat high in total fibre 	95 g = 2 slices	975	5.6	33.4	6.2	1.7	3.6	0.9		10.4	18
selenium crushed wheat loaf <ul style="list-style-type: none"> the Tante Anna you used to know high in selenium to help protect cells high in fibre 	70 g = 2 slices	985	8.7	40.4	2.5	0.5	0.9	1.1	26 micro grams (33% RDA) Selenium	7.6	N/A
omega 3 low GI wholegrain loaf <ul style="list-style-type: none"> with added omega 3 and wheat germ high in total dietary fibre 	95 g = 2 slices	940	8.5	36.6	3	0.7	1.7	0.6	141 mg Omega 3 (DHA & EPA)	7.6	19

Nutritional Information Selected Woolworths Products
 March 2007
 New Ranges
 'really good food for babies'

Nutrition information per 100g

	servicing size	energy	protein	CHO	of which sugars	fat	MUFA	PUFA	SFA	fibre	sodium
chicken and vegetable purée	150 g	272	4.1	7.5	5.6	1.7	0.7	0.6	0.4	1.5	44
fresh apple purée	80 g	193	0.5	10.9	10.4	0	0	0	0	0.2	12
fresh apple, peach and pear purée	80 g	221	0.7	12	11.4	0	0	0	0	0.3	13
fresh beef and vegetable purée	150 g	257	5	5.6	3.3	1.7	0.7	0.4	0.7	2.0	40
fresh butternut purée	80 g	90	0.9	3.6	1.0	0	0	0	0	1.5	13
fresh lamb & vegetable purée	150 g	291	4.7	5.8	3.3	2.7	1.0	0.7	1.2	2.1	42
fresh pear and banana purée	80 g	238	0.7	13.2	12.9	0	0	0	0	0.3	10
fresh pear purée	80 g	265	0.5	15	14	0	0	0	0	0.2	12