

GRANOLA



GRANOLA ELITE

Ingredients: baked mixture 85% (oats flakes, sugar, rice balls (rice-flour, wheat flour, sugar, salt, leaven, baking soda), palm olein, honey), filler in variable proportion 15% (raisins 5,0%, dried apricots 3,0%, almonds 2,6%, cranberries 2,2%, hazelnuts 2,2%). Contains gluten, may contain traces of lactose, peanuts, sesame and conversion products of soy.

Nutrition facts:
nutritional value in 100 g of product
serving size (50 g)
servings per pack about 6

	100 g	50 g	% DV*
Calories	357	178,5	8,9
Calories from fat	57,6	28,8	
Vitamin A	0,1 mg	0,1 mg	0,0
Vitamin C	0,4 mg	0,2 mg	0,3
Calcium	49,4 mg	24,7 mg	2,2
Iron	2,6 mg	1,3 mg	9,3
Fat	6,4	3,2	4,9
Saturated	2,1	1,1	5,3
Trans	0	0,0	
Cholesterol	0	0,0	
Sodium	18,6 mg	9,3 mg	0,4
Carbohydrate	68	34,0	11,3
Fibre	6,2	3,1	12,4
Sugars	22,67	11,3	
Protein	6,9	3,5	6,2

*% Daily Value

*Packaged in doypack with zip-lock. Net weight 300g



GRANOLA ACTIVE

Ingredients: baked mixture 85 % (oats flakes, sugar, rice balls (rice-flour, wheat flour, sugar, salt, leaven, baking soda), palm olein, honey), filler in variable proportion 15% (apples 6%, cranberries 6%, almonds 3%). Contains gluten, may contain traces of lactose, peanuts, sesame and conversion products of soy.

Nutrition facts:

nutritional value in 100 g of product
serving size (50 g)
servings per pack about 6

	100 g	50 g	% DV*
Calories	355,2	177,6	8,9
Calories from fat	57,6	28,8	
Vitamin A	0 mg	0,0mg	0,0
Vitamin C	0,3mg	0,2mg	0,3
Calcium	544mg	272mg	2,5
Iron	3,1mg	1,6mg	11,1

	100 g	50 g	% DV*
Fat	1,3	0,7	1,0
Saturated	0,4	0,2	1,0
Trans	0	0,0	
Cholesterol	0	0,0	
Sodium	15 mg	7,5 mg	0,3
Carbohydrate	65,2	32,6	10,9
Fibre	4,3	2,2	8,6
Sugars	0	0,0	
Protein	10	5,0	8,9

*% Daily Value



GRANOLA TROPIC

Ingredients: baked mixture 85% (oats flakes, sugar, chip coconut, rice balls (rice, wheat flour, sugar, salt, leaven, baking soda, palm olein, honey), filler in variable proportion 15% (banana crisps 3,75%, dried dates 3,75%, candied pineapples 3,75%, candied mango 3,75%). Contains gluten, may contain traces of lactose, peanuts, sesame and conversion products of soy.

Nutrition facts:

nutritional value in 100 g of product
serving size (50 g)
servings per pack about 6

	100 g	50 g	% DV*
Calories	368,5	184,3	9,2
Calories from fat	59,4	29,7	
Vitamin A	0 mg	0,0mg	0,0
Vitamin C	0,1mg	0,1 mg	0,1
Calcium	32 mg	16,0mg	1,5
Iron	2,1mg	1,1 mg	7,5

	100 g	50 g	% DV*
Fat	6,6	3,3	5,1
Saturated	1,8	0,9	4,5
Trans	0	0,0	
Cholesterol	0	0,0	
Sodium	13 mg	6,5 mg	0,3
Carbohydrate	69,8	34,9	11,6
Fibre	5,9	3,0	11,8
Sugars	21,68	10,8	
Protein	7,4	3,7	6,6

*% Daily Value



GRANOLA HEALTH

Ingredients: baked mixture 85% (oats flakes, sugar, honey, rice balls (rice-flour, wheat flour, sugar, salt, leaven, baking soda), palm olein, honey), filler in variable proportion 15% (raisins 10%, almonds 5%). Contains gluten, may contain traces of lactose, peanuts, sesame and conversion products of soy.

Nutrition facts:

nutritional value in 100 g of product
serving size (50 g)
servings per pack about 6

	100 g	50 g	% DV*
Calories	370,7	185,4	9,3
Calories from fat	63,9	32,0	
Vitamin A	0mg	0,0mg	0,0
Vitamin C	0,5 mg	0,3mg	0,4
Calcium	48,7mg	24,4mg	2,2
Iron	2,4 mg	1,2 mg	8,6

	100 g	50 g	% DV*
Fat	7,1	3,6	5,5
Saturated	2	1,0	5,0
Trans	0	0,0	
Cholesterol	0	0,0	
Sodium	23,9mg	12,0mg	0,5
Carbohydrate	70,1	35,1	11,7
Fibre	5,1	2,6	10,2
Sugars	11,3	5,7	
Protein	6,6	3,3	5,9

*% Daily Value



GRANOLA CRISPY

Ingredients: baked mixture 85 % (oats flakes, sugar, honey, rice balls (rice-flour, wheat flour, sugar, salt, leaven, baking soda), palm olein), almonds 15%. Contains gluten, may contain traces of lactose, peanuts, sesame and conversion products of soy.

Nutrition facts:

nutritional value in 100 g of product
serving size (50 g)
servings per pack about 6

	100 g	50 g	% DV*
Calories	404,9	202,5	10,1
Calories from fat	108,9	54,5	
Vitamin A	0 mg	0,0 mg	0,0
Vitamin C	0,7 mg	0,4 mg	0,6
Calcium	68 mg	34,0 mg	3,1
Iron	2,5 mg	1,3 mg	8,9

	100 g	50 g	% DV*
Fat	12,1	6,1	9,3
Saturated	2,5	1,3	6,3
Trans	0	0,0	
Cholesterol	0	0,0	
Sodium	13,2 mg	6,6 mg	0,3
Carbohydrate	65,4	32,7	10,9
Fibre	4,8	2,4	9,6
Sugars	11,33	5,7	
Protein	8,6	4,3	7,7

*% Daily Value



GRANOLA LIGHT

Ingredients: baked mixture 85% (oats flakes, sugar, rice balls (rice-flour, wheat flour, sugar, salt, leaven, baking soda), palm olein, honey), raisins 15%. Contains gluten, may contain traces of lactose, peanuts, sesame and conversion products of soy.

Nutrition facts:

nutritional value in 100 g of product
serving size (50 g)
servings per pack about 6

	100 g	50 g	% DV*
Calories	361,3	180,7	9,0
Calories from fat	44,1	22,1	
Vitamin A	0 mg	0,0 mg	0,0
Vitamin C	0 mg	0,0 mg	0,0
Calcium	41,9 mg	21,0 mg	1,9
Iron	2,6 mg	1,3 mg	9,3

	100 g	50 g	% DV*
Fat	4,9	2,5	3,8
Saturated	1,9	1,0	4,8
Trans	0	0,0	
Cholesterol	0	0,0	
Sodium	29,4 mg	14,7 mg	0,6
Carbohydrate	72,6	36,3	12,1
Fibre	6,5	3,3	13,0
Sugars	22,67	11,3	
Protein	6,7	3,4	6,0

*% Daily Value



GRANOLA ENERGY

Ingredients: baked mixture 85% (oats flakes, sugar, rice balls (rice-flour, wheat flour, sugar, salt, leaven, baking soda), palm olein, honey), filler in variable proportion 15% (hazelnuts 7,5%, almonds 7,5%). Contains gluten, may contain traces of lactose, peanuts, sesame and conversion products of soy.

Nutrition facts:

nutritional value in 100 g of product
serving size (50 g)
servings per pack about 6

	100 g	50 g	% DV*
Calories	419,7	209,9	10,5
Calories from fat	123,3	61,7	
Vitamin A	0 mg	0,0 mg	0,0
Vitamin C	0,2 mg	0,1 mg	0,3
Calcium	63,1 mg	31,6 mg	2,9
Iron	2,7 mg	1,4 mg	9,6

	100 g	50 g	% DV*
Fat	13,7	6,9	10,5
Saturated	2,5	1,3	6,3
Trans	0	0,0	
Cholesterol	0	0,0	
Sodium	12,8 mg	6,4 mg	0,3
Carbohydrate	64,8	32,4	10,8
Fibre	6,6	3,3	13,2
Sugars	22,67	11,3	
Protein	9,3	4,7	8,3

*% Daily Value

INSTANT OATMEAL



INSTANT OATMEAL

Ingredients: oat-flakes 100%. Contains gluten.

Nutrition facts:

nutritional value in 100 g of product
serving size (50 g)
servings per pack about 7

	100 g	50 g	% DV*
Calories	355	177,5	8,9
Calories from fat	54	27,0	
Vitamin A	0 mg	0,0mg	0,0
Vitamin C	0 mg	0,0mg	0,0
Calcium	52 mg	26,0mg	2,4
Iron	3,6mg	1,8 mg	12,9

	100 g	50 g	% DV*
Fat	6	3,0	4,6
Saturated	1	0,5	2,5
Trans	0	0,0	
Cholesterol	0	0,0	
Sodium	20 mg	10,0mg	0,4
Carbohydrate	65,5	32,4	10,9
Fibre	10,7	5,4	21,4
Sugars	0	0,0	
Protein	12,7	6,4	11,3

*% Daily Value

*Packaged in doypack with zip-lock. Net weight 350g



INSTANT OATMEAL (FRUIT MIX)

Ingredients: oat-flakes 85%, raisins 4,2%, dried strawberries 3,6%, dried apples 3,6%, dried bananas 3,6%. Contains gluten, may contain traces of lactose, peanuts, sesame and conversion products of soy.

Nutrition facts:

nutritional value in 100 g of product
serving size (50 g)
servings per pack about 7

	100 g	50 g	% DV*
Calories	329,3	164,7	8,2
Calories from fat	29,7	14,9	
Vitamin A	0 mg	0,0 mg	0,0
Vitamin C	0,2 mg	0,1 mg	0,2
Calcium	53,3 mg	26,7 mg	2,4
Iron	3,5 mg	1,8 mg	12,5

	100 g	50 g	% DV*
Fat	3,3	1,7	2,5
Saturated	0,9	0,5	2,3
Trans	0	0,0	
Cholesterol	0	0,0	
Sodium	24,1 mg	12,1 mg	0,5
Carbohydrate	65,3	32,7	10,9
Fibre	9,5	4,8	19,0
Sugars	0	0,0	
Protein	9,6	4,8	8,6

*% Daily Value



INSTANT OATMEAL (NUTS & SEEDS)

Ingredients: oat-flakes 85%, sunflower seeds 5%, linen seeds 4%, pumpkin seeds 4%, hazelnut 2%. Contains gluten, may contain traces of lactose, peanuts, sesame and conversion products of soy.

Nutrition facts:

nutritional value in 100 g of product
serving size (50 g)
servings per pack about 7

	100 g	50 g	% DV*
Calories	359,9	180,0	9,0
Calories from fat	63,9	32,0	
Vitamin A	0 mg	0,0 mg	0,0
Vitamin C	0,1 mg	0,1 mg	0,1
Calcium	63,4 mg	31,7 mg	2,9
Iron	4,2 mg	2,1 mg	15,0

	100 g	50 g	% DV*
Fat	7,1	3,6	5,5
Saturated	1,5	0,8	3,8
Trans	0	0,0	
Cholesterol	0	0,0	
Sodium	19,4 mg	9,7 mg	0,4
Carbohydrate	69,8	34,9	10,3
Fibre	10,8	5,4	21,6
Sugars	0	0,0	
Protein	12,3	6,2	11,0

*% Daily Value



INSTANT OATMEAL (BANANAS)

Ingredients: oat-flakes 85%, bananas 15%.
Contains gluten, may contain traces of lactose,
peanuts, sesame and conversion products of soy.

Nutrition facts:
nutritional value in 100 g of product
serving size (50 g)
servings per pack about 7

	100 g	50 g	% DV*
Calories	371,7	185,9	9,3
Calories from fat	83,7	41,9	
Vitamin A	0 mg	0,0 mg	0,0
Vitamin C	0,2 mg	0,1 mg	0,2
Calcium	45,4 mg	22,7 mg	2,1
Iron	3,2 mg	1,6 mg	11,4

	100 g	50 g	% DV*
Fat	9,3	4,7	7,2
Saturated	0,9	0,5	2,3
Trans	0	0,0	
Cholesterol	0	0,0	
Sodium	21,7 mg	10,9 mg	0,5
Carbohydrate	59	29,5	9,8
Fibre	9,4	4,7	18,8
Sugars	0	0,0	
Protein	13	6,5	11,6

*% Daily Value



INSTANT OATMEAL (STRAWBERRIES, BLUEBERRIES & RASPBERRIES)

Ingredients: oat-flakes 85%, strawberries 5%,
blueberries 5%, raspberries 5%. Contains
gluten, may contain traces of lactose, peanuts,
sesame and conversion products of soy.

Nutrition facts:
nutritional value in 100 g of product
serving size (50 g)
servings per pack about 7

	100 g	50 g	% DV*
Calories	308,4	154,2	7,7
Calories from fat	21,6	10,8	
Vitamin A	0 mg	0,0 mg	0,0
Vitamin C	0,3 mg	0,2 mg	0,3
Calcium	58,1 mg	29,1 mg	2,6
Iron	3,6 mg	1,8 mg	12,9

	100 g	50 g	% DV*
Fat	2,4	1,2	1,8
Saturated	0,9	0,5	2,3
Trans	0	0,0	
Cholesterol	0	0,0	
Sodium	21,4 mg	10,7 mg	0,4
Carbohydrate	61,6	30,8	10,3
Fibre	9,6	4,8	19,2
Sugars	0	0,0	
Protein	10,1	5,1	9,0

*% Daily Value





INSTANT OATMEAL (APPLES, CINNAMON)

Ingredients: oat-flakes 85%, apples 14%, cinnamon 1%. Contains gluten, may contain traces of lactose, peanuts, sesame and conversion products of soy.

Nutrition facts:

nutritional value in 100 g of product
serving size (50 g)
servings per pack about 7

	100 g	50 g	% DV*
Calories	317,8	158,9	7,9
Calories from fat	19,8	9,9	
Vitamin A	0 mg	0,0 mg	0,0
Vitamin C	0,3 mg	0,2 mg	0,3
Calcium	59,7 mg	29,9 mg	2,7
Iron	3,9 mg	2,0 mg	13,9

	100 g	50 g	% DV*
Fat	2,2	1,1	1,7
Saturated	0,9	0,5	2,3
Trans	0	0,0	
Cholesterol	0	0,0	
Sodium	18,7 mg	9,4 mg	0,4
Carbohydrate	64,8	32,4	10,8
Fibre	9,5	4,8	19,0
Sugars	0	0,0	
Protein	9,6	4,8	8,6

*% Daily Value



INSTANT OATMEAL (PEACHES, ALMONDS)

Ingredients: oat-flakes 85%, peaches 10%, almonds 5%. Contains gluten, may contain traces of lactose, peanuts, sesame and conversion products of soy.

Nutrition facts:

nutritional value in 100 g of product
serving size (50 g)
servings per pack about 7

	100 g	50 g	% DV*
Calories	334,3	167,2	8,4
Calories from fat	42,3	21,2	
Vitamin A	0 mg	0,0 mg	0,0
Vitamin C	0,1 mg	0,1 mg	0,1
Calcium	59 mg	29,5 mg	2,7
Iron	3,3 mg	1,7 mg	11,8

	100 g	50 g	% DV*
Fat	4,7	2,4	3,6
Saturated	1,1	0,6	2,8
Trans	0	0,0	
Cholesterol	0	0,0	
Sodium	18,9 mg	9,5 mg	0,4
Carbohydrate	62,3	31,2	10,4
Fibre	9,1	4,6	18,2
Sugars	0	0,0	
Protein	10,7	5,4	9,6

*% Daily Value



INSTANT OATMEAL (APPLES, PEARS)

Ingredients: oat-flakes 85%, apples 7,5%, pears 7,5%. Contains gluten, may contain traces of lactose, peanuts, sesame and conversion products of soy.

Nutrition facts:

nutritional value in 100 g of product
serving size (50 g)
servings per pack about 7

	100 g	50 g	% DV*
Calories	324,9	162,5	8,1
Calories from fat	18,9	9,5	
Vitamin A	0 mg	0,0 mg	0,0
Vitamin C	0,8 mg	0,4 mg	0,7
Calcium	60,6 mg	30,3 mg	2,8
Iron	3,6 mg	1,8 mg	12,9

	100 g	50 g	% DV*
Fat	2,1	1,1	1,6
Saturated	0,9	0,5	2,3
Trans	0	0,0	
Cholesterol	0	0,0	
Sodium	18,5 mg	9,3 mg	0,4
Carbohydrate	67,1	33,6	11,2
Fibre	9,8	4,9	19,6
Sugars	0	0,0	
Protein	9,4	4,7	8,4

*% Daily Value



INSTANT OATMEAL (ALMONDS, BLUEBERRIES)

Ingredients: oat-flakes 85%, blueberries 10%, almonds 5%. Contains gluten, may contain traces of lactose, peanuts, sesame and conversion products of soy.

Nutrition facts:

nutritional value in 100 g of product
serving size (50 g)
servings per pack about 7

	100 g	50 g	% DV*
Calories	342,8	171,4	8,6
Calories from fat	43,2	21,6	
Vitamin A	0 mg	0,0mg	0,0
Vitamin C	0,9 mg	0,5mg	0,8
Calcium	59,3mg	29,7mg	2,7
Iron	3,9mg	2,0mg	13,9

*% Daily Value



INSTANT OATMEAL (CRANBERRIES, APPLES)

Ingredients: oat-flakes 85%, apples 7,5%, cranberries 7,5%. Contains gluten, may contain traces of lactose, peanuts, sesame and conversion products of soy.

Nutrition facts:

nutritional value in 100 g of product
serving size (50 g)
servings per pack about 7

	100 g	50 g	% DV*
Calories	321,4	160,7	8,0
Calories from fat	19,8	9,9	
Vitamin A	0 mg	0,0mg	0,0
Vitamin C	0,8 mg	0,4 mg	0,7
Calcium	53,6mg	26,8mg	2,4
Iron	4 mg	2,0 mg	14,3

*% Daily Value



INSTANT OATMEAL (BANANAS, RAISINS)

Ingredients: oat-flakes 85%, banana crisps 7,5%, raisins 7,5%. Contains gluten, may contain traces of lactose, peanuts, sesame and conversion products of soy.

Nutrition facts:

nutritional value in 100 g of product
serving size (50 g)
servings per pack about 7

	100 g	50 g	% DV*
Calories	347	173,5	8,7
Calories from fat	52,2	26,1	
Vitamin A	0 mg	0,0mg	0,0
Vitamin C	0,1 mg	0,1 mg	0,1
Calcium	50,8mg	25,4mg	2,3
Iron	3,3mg	1,7mg	11,8

*% Daily Value

	100 g	50 g	% DV*
Fat	5,8	2,9	4,5
Saturated	0,9	0,5	2,3
Trans	0	0,0	
Cholesterol	0	0,0	
Sodium	28,1mg	14,1mg	0,6
Carbohydrate	62,4	31,2	10,4
Fibre	9,5	4,8	19,0
Sugars	0	0,0	
Protein	11,3	5,7	10,1



QUICK BARLEY

Ingredients: barley flakes 100%. Contains gluten, may contain traces of lactose, peanuts, sesame and conversion products of soy.

Nutrition facts:
nutritional value in 100 g of product
serving size (50 g)
servings per pack about 7

	100 g	50 g	% DV*
Calories	324	162,0	8,1
Calories from fat	11,7	5,9	
Vitamin A	0 mg	0,0 mg	0,0
Vitamin C	0 mg	0,0 mg	0,0
Calcium	80 mg	40,0 mg	3,6
Iron	1,8 mg	0,9 mg	6,4

*% Daily Value



INSTANT OATMEAL (RAISINS)

Ingredients: oat-flakes 85%, raisins 15%. Contains gluten, may contain traces of lactose, peanuts, sesame and conversion products of soy.

Nutrition facts:
nutritional value in 100 g of product
serving size (50 g)
servings per pack about 7

	100 g	50 g	% DV*
Calories	321,4	160,7	8,0
Calories from fat	19,8	19,9	
Vitamin A	0 mg	0,0 mg	0,0
Vitamin C	0 mg	0,0 mg	0,0
Calcium	56,2 mg	28,1 mg	2,6
Iron	3,5 mg	1,8 mg	12,5

*% Daily Value



INSTANT GRAIN MIX

Ingredients: oat-flakes 34%, barley flakes 33%, wheat flakes 33%. Contains gluten, may contain traces of lactose, peanuts, sesame and conversion products of soy.

Nutrition facts:
nutritional value in 100 g of product
serving size (50 g)
servings per pack about 7

	100 g	50 g	% DV*
Calories	332	166,0	8,3
Calories from fat	25	12,6	
Vitamin A	0 mg	0,0 mg	0,0
Vitamin C	0 mg	0,0 mg	0,0
Calcium	44,1 mg	22,1 mg	2,0
Iron	3,4 mg	1,7 mg	12,1

*% Daily Value

	100 g	50 g	% DV*
Fat	2,8	1,4	2,2
Saturated	0,6	0,3	1,5
Trans	0	0,0	
Cholesterol	0	0,0	
Sodium	11,75 mg	5,9 mg	0,2
Carbohydrate	64,2	32,1	10,7
Fibre	5,8	2,9	11,6
Sugars	0	0,0	
Protein	11,4	5,7	10,2



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