



## Nutritional information

Below is an energy and saturated fat detail of a sample of our foods.

The information is based on actual pure+natural store food products, made to our now famous secret tasty nutritionist and dietician designed recipes. The food has been measured by independent Australian food laboratories and from Australian & New Zealand Food Authority standards. pure+natural stores make nearly all their food fresh on premises, and from fresh ingredients. As you would expect when you cook there is likely to be some variance in presented product at store level. This happens when you cook food naturally and not in a factory.

But you already know that!

You can eat all your daily meals at pure+natural. Also, nearly all our foods can be refrigerated or frozen and would be lovely reheated later.

All pure+natural food is designed to be less than 10% fat. Most is lower than 2.5% saturated fat, and made with natural food products, no preservatives or additives, low sugar, no artificial sweeteners and low GI. So you can eat anytime with confidence you are going to feel fresh and healthy for a long time to come! Remember, we have been preparing great tasting healthy food for over 25 years!

	per 100 gms			per average serve			
	kj	cal	fat <sup>1</sup>	size	kj	cal	fat <sup>1</sup>
<b>Hot food</b>							
Vegeburger	460 kj	110 cal	0.7 gm	180 gm	828 kj	198 cal	1.3 gm
Vege Roll	820 kj	196 cal	0.7 gm	330 gm	2,706 kj	646 cal	2.3 gm
Quiche	624 kj	145 cal	2.7 gm	330 gm	2,059 kj	479 cal	8.9 gm
Vegetable Lasagne	354 kj	82 cal	0.6 gm	340 gm	1,204 kj	280 cal	1.9 gm
Filos and Pies - Vegetable	388 kj	90 cal	0.8 gm	310 gm	1,204 kj	280 cal	2.5 gm
Frittata	624 kj	145 cal	2.7 gm	340 gm	2,122 kj	493 cal	9.2 gm
Oven Roasted Vegetables	237 kj	55 cal	1.5 gm	300 gm	711 kj	165 cal	4.5 gm
<b>Q'tata™</b>							
Spinach & Corn	482 kj	115 cal	2.3 gm	180 gm	868 kj	207 cal	4.1 gm
Basil Tomato & Fetta	535 kj	128 cal	3.6 gm	180 gm	963 kj	230 cal	6.5 gm
Tuna, Chives & Black Olive	624 kj	149 cal	2.7 gm	180 gm	1,123 kj	268 cal	4.9 gm
Sweet Chilli & Chicken	583 kj	139 cal	2.5 gm	180 gm	1,049 kj	251 cal	4.5 gm
Thai Chicken & Coriander	529 kj	126 cal	2.3 gm	180 gm	952 kj	227 cal	4.1 gm
<b>Cakes and Muffins</b>							
Butterless Chocolate Cake	551 kj	132 cal	1.8 gm	280 gm	1,542 kj	368 cal	5.0 gm
Muffin - (Muffin Mix base)	1,570 kj	365 cal	1.7 gm	250 gm	3,925 kj	913 cal	4.3 gm
Muffin (Fruit)	443 kj	103 cal	0.8 gm	280 gm	1,240 kj	288 cal	2.1 gm
Muffin (choc chip)	460 kj	107 cal	0.8 gm	280 gm	1,288 kj	300 cal	2.1 gm
Chocolate Chip Cookies	784 kj	182 cal	6.9 gm	32 gm	251 kj	58 cal	2.2 gm
Out and About Cookies	1,045 kj	243 cal	7.8 gm	40 gm	418 kj	97 cal	3.1 gm
Lemon Cheese Cake	596 kj	139 cal	0.9 gm	280 gm	1,670 kj	388 cal	2.5 gm
Sparrow Cake	691 kj	161 cal	1.0 gm	280 gm	1,934 kj	450 cal	2.8 gm
<b>Filled breads<sup>1</sup></b>							
	625 kj	149 cal	2.5 gm	200 gm	1,250 kj	418 cal	5.0 gm
<b>Juices (freshly squeezed real fruit!)</b>							
240 ml serve	215 kj	51 cal	0.0 gm	340 ml	516 kj	120 cal	0.0 gm
340 ml serve				340 ml	731 kj	170 cal	0.0 gm
414 ml serve				414 ml	890 kj	207 cal	0.0 gm
591 ml serve				591 ml	1,271 kj	296 cal	0.0 gm
<b>Smoothies / Fruit Whips / Shakes<sup>1</sup></b>							
240 ml serve	232 kj	54 cal	1.2 gm	240 ml	557 kj	130 cal	2.9 gm
340 ml serve				340 ml	789 kj	184 cal	4.1 gm
414 ml serve				414 ml	961 kj	224 cal	5.0 gm
591 ml serve				591 ml	1,372 kj	319 cal	7.1 gm
<b>Soup - vegetable based</b>							
240 ml serve	128 kj	30 cal	0.3 gm	240 ml	306 kj	71 cal	0.8 gm
340 ml serve				340 ml	434 kj	101 cal	1.1 gm
414 ml serve				414 ml	528 kj	123 cal	1.3 gm
591 ml serve				591 ml	754 kj	175 cal	1.8 gm

<sup>1</sup> - fat represents saturated fat, the Weight Watchers measure of fat. Where a product group is shown the highest fat content item has been listed.