

# Blended.

BY SARAH®

Leading the way in whole food enteral nutrition



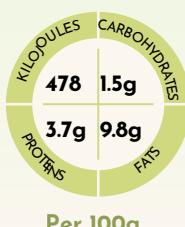
## VEGETABLE MEDLEY



Water, Vegetables, Carrot Puree, Sweet Potato Puree, Citric Acid, Strawberry Powder, Oils (Olive, Canola), Rice Flour, Faba Bean Protein, Chickpea Flour, Ginger, Coriander, Tumeric, Stabiliser.



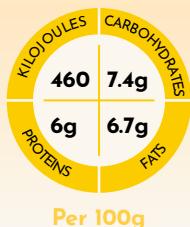
## SUPER GREENS



Water, Olive Oil, Vegetables (Broccoli, Spinach), Pea Protein, Banana, Ginger, Potato Starch, Lemon Juice, Linseed Fibre, Vegetable Gum.



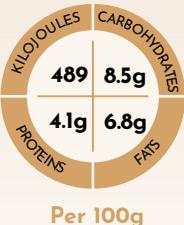
## FRAGRANT CHICKEN



Water, Carrot Puree, Chicken, Sweet Corn Powder, Vegetable Oils, Rice Flour, Faba Bean Protein, Vegetable Powders, Spices, Vegetable Gum.



## PUMPKIN SPICE



Water, Pumpkin Puree, Carrot Puree, Coconut Cream, Vegetable Oil, Rice Protein, Inulin, Medium Chain Triglyceride Oil (Coconut), Chickpea Flour, Quinoa Flakes, Salt, Spices.



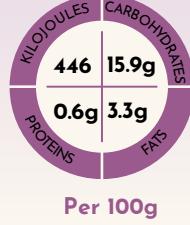
## CHERRY CACAO



Water, Cherry Puree, Honey, Coconut Cream, Cacao Powder, Flaxseed, Corn Starch, Vegetable Gum



## BERRY SMOOTHIE



Fruit Purees (Banana, Strawberry, Raspberry), Water, Carrot Puree, Vegetable Oil, Medium Chain Triglyceride Oil (Coconut), Starch, Acai Powder.

**Non GMOS - No Added Preservatives - No Artificial Sugars - No Nasties**

Discrepancies may occur due to seasonal changes. Whole foods without additives and preservatives may often have slight differences between batches.

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## NUTRITION INFORMATION

Serving size: 280g

		Vegetable Medley	Super Greens	Fragrant Chicken	Pumpkin Spice	Cherry Cacao	Berry Smoothie
Per 100g							
Energy (Kj)	Kj	478	586	483	492	521	446
Energy (kcal)	kcal	114	140	116	117	125	107
Protein	g	3.6	5.6	6.5	4.1	3.5	0.7
Carbohydrate (total)	g	14.7	4.4	8.9	8.3	13.5	15.9
Carbohydrate - Sugar	g	5.25	0.9	3.2	2.8	10.9	10.6
Fat - Total	g	5.1	9.8	6.5	6.0	3.6	4
Fat - Saturated	g	0.5	1.5	0.6	2.8	2.8	1.2
Dietary Fibre	g	0.6	1.5	1.0	1.0	3.8	1
Sodium	mg	85	67	44	34	5.8	69
Minerals							
Potassium	mg	124	45	114	156	435	260
Calcium	mg	20	31	27	45	29	16.7
Phosphorus	mg	39	54	52	59	95	26.7
Magnesium	mg	34	28	15	19	68	17.3
Zinc	mg	0.80	0.36	0.35	0.49	1.14	0.16
Iron	mg	1.13	0.70	0.63	0.56	2.7	0.27
Copper	mg	-	-	-	-	-	-
Manganese	mg	-	-	-	-	-	-
Selenium	ug	3.67	2.37	4.3	1.73	2.13	0.19
Iodine	ug	4.47	3.80	2	5.7	0.87	0.44
Vitamins							
Vitamin A	ug	17	3.8	7.79	21	0	0
Vitamin D	ug	-	-	-	-	-	-
Vitamin E	mg	1.24	2.04	1	1.29	0.26	0.40
Vitamin K	ug	-	-	-	-	-	-
Thiamin	mg	0.08	0.07	0.07	0.07	0.08	0.02
Riboflavin	mg	0.09	0.08	0.04	0.11	0.02	0.02
Niacin	mg	0.74	0.29	1.49	0.46	0.33	0.13
Pantothenic acid	mg	-	-	-	-	-	-
Vitamin B6	mg	0.17	0.07	0.12	0.09	0.06	0.09
Total Folate	ug	14	21	14	23.76	9.57	31
Vitamin B12	ug	0.09	0.08	0.04	0.14	0	0
Vitamin C	mg	3.4	3.5	0.1	4.6	2.32	5.17

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