

KICSTART™

VLCD

Italian Style Tomato

Flavoured Soup

Preparation

1. Add 200mL (or more) of cold water to shaker or blender.
2. Add contents of sachet.
3. Shake or blend until powder is dissolved.
4. Transfer to saucepan, heatproof mug or bowl and gently heat on stove top or microwave.

Tip: Add "Free Food" vegetables, herbs and spices as desired.
Consume Immediately

As used in the
Healthy Weight For Life Programs
HealthyWeightForLife.com.au

58g net

NUTRITION INFORMATION

Servings per package: 1
Serving size: 58g per 200mL hot water

	Average Quantity per Serving	Average Quantity per 100mL (When prepared as directed)
Energy	850kJ (203Cal)	362kJ (86Cal)
Protein	20.4g	8.7g
Fat, Total	3.6g	1.5g
- Saturated	2.2g	0.9g
Carbohydrate	18.8g	8.0g
- Sugars	11.9g	5.1g
Dietary Fibre	5.2g	2.2g
Sodium	485mg	207mg
Potassium	496mg	186mg
Magnesium	160mg (50%RDI)*	68mg
Calcium	300mg (40%RDI)	128mg
Phosphorus	300mg (30%RDI)	128mg
Iron	4.8mg (40%RDI)	2.0mg
Zinc	4.8mg (40%RDI)	2.0mg
Manganese	0.85mg (17%ESADD)**	0.4mg
Copper	0.5mg (17%ESADD)	0.2mg
Selenium	17.5µg (25%RDI)	7.5µg
Iodine	75µg (50%RDI)	32µg
Chromium	34µg (17%ESADD)	15µg
Molybdenum	42.5µg (17%ESADD)	18µg
Vitamin A	300µg RIE (40%RDI)	128µg RE
Thiamin	0.55mg (50%RDI)	0.23mg
Riboflavin	0.85mg (50%RDI)	0.36mg
Niacin	5.0mg (50%RDI)	2.0mg
Pantothenic Acid	0.8mg (17%ESADD)	0.3mg
Vitamin B12	1.0µg (50%RDI)	0.4µg
Vitamin C	20mg (50%RDI)	8.5mg
Vitamin D	5.0µg (50%RDI)	2.0µg
Vitamin E	5.0mg α-TE (50%RDI)	2.0mg α-TE
Vitamin B6	0.8mg (50%RDI)	0.3mg
Vitamin K	40µg (50%ESADD)	17µg
Biotin	5.0µg (17%ESADD)	2.0µg
Folate	100µg (50%RDI)	43µg

*RDI = Recommended Dietary Intake

**ESADDJ = Estimated Safe and Adequate Daily Dietary Intake



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INGREDIENT

Tomato Powder 37% (Tomato Powder, Anti-Caking Agent (551)), Hydrolysed Gelatin, Soy Protein (Soy Isolate, Emulsifier (Soy Lecithin)), Beverage Whitener (Glucose Syrup Solids, Hydrogenated Vegetable Oil, Milk Protein, Mineral Salts (340, 451, 452), Emulsifiers (471, 481, Soy Lecithin), Anti-Caking Agent (551), Flavour), Minerals (Potassium Citrate, Calcium Phosphate, Magnesium Oxide, Zinc Sulphate, Ferrous Sulphate, Manganese Sulphate, Cupric Sulphate, Potassium Iodide, Sodium Molybdate, Chromium Chloride, Sodium Selenite), Skim Milk Powder, Emulsifier (Soy Lecithin), Soluble Corn Fibre, Dried Red Pepper, Salt, Onion Powder, Flavour, Vegetable Gum (415), Ground Oregano, Parsley Flakes, Vitamins (Vitamin C, Vitamin E, Niacin, Pantothenic Acid, Riboflavin, Pyridoxine, Thiamin, Vitamin A, Folic Acid, Vitamin K, Biotin, Vitamin D, Vitamin B12), Acidity Regulator (Malic Acid), Pepper, Garlic Powder.
Contains Milk & Soy

STORE BELOW 25°C

FORMULATED MEAL REPLACEMENT: NOT TO BE USED AS A TOTAL DIET REPLACEMENT.

