

Pumpkin and Herb

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

57g net

NUTRITION INFORMATION

Servings per package: 1
Serving size: 57g per 200mL hot water

	Average Quantity per Serving	Average Quantity per 100mL (when prepared as directed)
Energy	872kJ (208Cal)	372kJ (89Cal)
Protein	20.3g	8.7g
Fat, Total	4.4g	1.9g
- Saturated	2.4g	1.0g
Carbohydrate	19.2g	8.2g
- Sugars	6.8g	2.9g
Dietary Fibre	4.6g	2.0g
Sodium	591mg	252mg
Potassium	457mg	195mg
Magnesium	160mg (50%RDI)*	68mg
Calcium	360mg (45%RDI)	154mg
Phosphorus	450mg (45%RDI)	192mg
Iron	4.8mg (40%RDI)	2.1mg
Zinc	4.8mg (40%RDI)	2.1mg
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 (40%RDI)	128µg
Thiamin	0.55mg (50%RDI)	0.24mg
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 (50%RDI)	2.0mg
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

**ESADDI = Estimated Safe and Adequate Daily Dietary Intake



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INGREDIENT

Soy Protein (Soy Isolate, Emulsifier (Soy Lecithin)), Pumpkin Powder 11%, 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), Maltodextrin, Dietary Fibre (Polydextrose, Soluble Corn Fibre, Inulin), Sugar, Minerals (Potassium Citrate, Calcium Phosphate, Magnesium Oxide, Zinc Sulphate, Ferrous Sulphate, Manganese Sulphate, Cupric Sulphate, Potassium Iodide, Sodium Molybdate, Chromium Chloride, Sodium Selenite), Hydrolysed Gelatin, Emulsifier (Soy Lecithin), Flavour (Wheat), Skim Milk Powder, Onion Powder, Modified Starch (1442), Salt, Ground Cumin, Natural Colour (Paprika), Pepper, Dried Parsley, Vitamins (Vitamin C, Vitamin E, Niacin, Pantothenic Acid, Riboflavin, Pyridoxine, Thiamin, Vitamin A, Folic Acid, Vitamin K, Biotin, Vitamin D, Vitamin B12).
Contains Milk & Soy, Wheat, Gluten.

STORE BELOW 25°C

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

