

NUTRITION INFORMATION

BEEF

	Hamburger			Cheeseburger			Big Mac®			Quarter Pounder®			The Boss®		
	Average Quantity /Serve	%DI*	Average Quantity /100g	Average Quantity /Serve	%DI*	Average Quantity /100g	Average Quantity /Serve	%DI*	Average Quantity /100g	Average Quantity /Serve	%DI*	Average Quantity /100g	Average Quantity /Serve	%DI*	Average Quantity /100g
Energy (kJ)	983	11.3%	1080	1180	13.6%	1120	1940	22.3%	996	2160	24.8%	1120	3390	37.9%	1090
Energy (Cal ¹)	235	11.3%	258	284	13.6%	268	464	22.3%	238	517	24.8%	268	786	37.9%	261
Protein (g)	12.0	24.0%	13.2	14.7	29.5%	13.9	24.0	48.0%	12.3	28.8	57.5%	14.9	46.8	93.6%	15.5
Fat, total (g)	9.6	13.7%	10.5	13.4	19.1%	12.6	25.4	36.2%	13.0	28.2	40.3%	14.6	48.6	69.4%	16.1
Saturated Fat (g)	3.9	16.3%	4.3	6.4	26.5%	6.0	10.9	45.5%	5.6	14.7	61.1%	7.6	21.2	88.3%	7.0
Carbohydrate (g)	24.4	7.9%	26.8	25.1	8.1%	23.7	33.9	10.9%	17.4	35.3	11.4%	18.3	39.8	12.8%	13.2
Sugars (g)	5.1	5.7%	5.6	5.5	6.1%	5.2	6.8	7.6%	3.5	8.3	9.2%	4.3	8.2	9.1%	2.7
Sodium (mg)	535	23.3%	588	767	33.4%	724	1020	44.3%	525	1200	52.2%	621	1140	49.6%	379

CHICKEN & FISH

	Filet-O-Fish®			Chick'n McCheese™			McChicken®			Chicken Royale™			Premium Chicken Salad▲		
	Average Quantity /Serve	%DI*	Average Quantity /100g	Average Quantity /Serve	%DI*	Average Quantity /100g	Average Quantity /Serve	%DI*	Average Quantity /100g	Average Quantity /Serve	%DI*	Average Quantity /100g	Average Quantity /Serve	%DI*	Average Quantity /100g
Energy (kJ)	1360	15.6%	1060	1410	16.2%	1100	1920	22.1%	1100	2190	25.2%	953	957	11.0%	414
Energy (Cal ¹)	325	15.6%	254	337	16.2%	263	460	22.1%	266	524	25.2%	228	229	11.0%	99
Protein (g)	15.0	30.0%	11.7	12.3	24.6%	9.6	16.8	33.6%	9.7	27.6	55.2%	12.0	17.8	35.6%	7.7
Fat, total (g)	15.5	22.1%	12.1	18.0	25.8%	14.1	24.9	35.6%	14.4	26.4	37.7%	11.5	10.4	14.9%	4.5
Saturated Fat (g)	3.3	13.9%	2.6	4.7	19.7%	3.7	4.7	19.5%	2.7	6.4	26.8%	2.8	2.3	9.6%	1.0
Carbohydrate (g)	30.5	9.8%	23.8	30.1	9.7%	23.5	40.6	13.1%	23.5	42.6	13.7%	18.5	14.8	4.8%	6.4
Sugars (g)	4.1	4.6%	3.2	5.2	5.8%	4.1	4.3	4.8%	2.5	6.0	6.6%	2.6	2.8	3.1%	1.2
Sodium (mg)	695	30.2%	543	979	42.6%	765	1180	51.3%	684	1080	47.0%	468	383	16.7%	166

	Chicken McNuggets® 3 pack		Chicken McNuggets® 6 pack		Chicken McNuggets® 10 pack		Chicken McNuggets® /100g
	Average Quantity /Serve	%DI*	Average Quantity /Serve	%DI*	Average Quantity /Serve (1.7 servings per 10 pack)	%DI*	Average Quantity /100g
Energy (kJ)	564	6.5%	1110	12.8%	1110	12.8%	1250
Energy (Cal ¹)	134	6.5%	266	12.8%	266	12.8%	299
Protein (g)	6.5	13.1%	12.9	25.8%	12.9	25.8%	14.5
Fat, total (g)	9.5	13.6%	18.8	26.8%	18.8	26.8%	21.1
Saturated Fat (g)	1.9	7.9%	3.7	15.6%	3.7	15.6%	4.2
Carbohydrate (g)	5.7	1.8%	11.3	3.6%	11.3	3.6%	12.7
Sugars (g)	0.2	0.3%	0.4	0.5%	0.4	0.5%	0.5
Sodium (mg)	205	8.9%	405	17.6%	405	17.6%	455

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NUTRITION INFORMATION

DELI CHOICES

	Chicken Caesar			BLT			Beef 'N' BBQ			Vege			Classic Chicken		
	Average Quantity /Serve	%DI*	Average Quantity /100g	Average Quantity /Serve	%DI*	Average Quantity /100g	Average Quantity /Serve	%DI*	Average Quantity /100g	Average Quantity /Serve	%DI*	Average Quantity /100g	Average Quantity /Serve	%DI*	Average Quantity /100g
Energy (kJ)	1700	19.5%	844	1670	19.2%	844	1930	22.2%	759	1630	18.7%	727	1380	15.9%	632
Energy (Cal ¹)	406	19.5%	202	400	19.2%	202	462	22.2%	182	390	18.7%	174	329	15.9%	151
Protein (g)	25.1	50.3%	12.5	18.6	37.2%	9.4	23.9	47.8%	9.4	14.3	28.7%	6.4	19.4	38.8%	8.9
Fat, total (g)	12.5	17.8%	6.2	15.0	21.5%	7.6	15.2	21.8%	6.0	14.1	20.2%	6.3	5.0	7.2%	2.3
Saturated Fat (g)	4.0	16.8%	2.0	4.2	17.3%	2.1	5.1	21.2%	2.0	3.6	14.9%	1.6	1.1	4.5%	0.5
Carbohydrate (g)	46.0	14.8%	22.9	45.3	14.6%	22.9	54.6	17.6%	21.5	48.2	15.5%	21.5	49.1	15.8%	22.5
Sugars (g)	6.4	7.1%	3.2	8.1	9.0%	4.1	13.5	15.0%	5.3	7.4	8.2%	3.3	10.2	11.4%	4.7
Sodium (mg)	1250	54.3%	620	1230	53.5%	620	1530	66.5%	603	831	36.1%	371	970	42.2%	445

	Tandoori		
	Average Quantity/Serve	%DI*	Average Quantity /100g
Energy (kJ)	1360	15.6%	592
Energy (Cal ¹)	327	15.6%	142
Protein (g)	21.2	42.3%	9.2
Fat, total (g)	5.8	8.2%	2.5
Saturated Fat (g)	0.9	3.8%	0.4
Carbohydrate (g)	44.9	14.5%	19.5
Sugars (g)	8.1	8.9%	3.5
Sodium (mg)	1120	48.7%	486

LIGHTER CHOICES

	Garden Salad*			Chicken Salad*			Banana berry Smoothie			Yoghurt Berry Crunch			Fruit Bag		
	Average Quantity /Serve	%DI*	Average Quantity /100g	Average Quantity /Serve	%DI*	Average Quantity /100g	Average Quantity /Serve	%DI*	Average Quantity /100g	Average Quantity /Serve	%DI*	Average Quantity /100g	Average Quantity /Serve	%DI*	Average Quantity /100g
Energy (kJ)	203	2.3%	137	525	6.0%	241	1220	14.0%	394	1210	13.9%	461	174	2.0%	218
Energy (Cal ¹)	48	2.3%	33	125	6.0%	58	292	14.0%	94	289	13.9%	110	42	2.0%	52
Protein (g)	2.2	4.4%	1.5	15.6	31.2%	7.2	10.1	20.2%	3.2	9.7	19.4%	3.7	0.3	0.6%	0.4
Fat, total (g)	0.8	1.1%	0.5	2.7	3.9%	1.2	3.0	4.3%	1.0	4.5	6.4%	1.7	0.2	0.3%	0.3
Saturated Fat (g)	0.2	0.8%	0.1	0.9	3.8%	0.4	1.9	7.9%	0.6	1.9	7.9%	0.7	0.1	0.4%	0.1
Carbohydrate (g)	8.0	2.6%	5.4	8.3	2.7%	3.8	54.4	17.5%	17.5	50.7	16.4%	19.4	8.5	2.7%	10.6
Sugars (g)	1.4	1.6%	0.9	1.9	2.1%	0.9	48.1	53.4%	15.5	39.9	44.3%	15.2	7.9	8.8%	9.9
Sodium (mg)	68	3.0%	46	572	24.9%	262	123	5.3%	40	141	6.1%	54	2	0.1%	2

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SIDES

	French Fries Large		French Fries Medium		French Fries Small		French Fries
	Average Quantity /Serve	%DI*	Average Quantity /Serve	%DI*	Average Quantity /Serve	%DI*	Average Quantity /100g
Energy (kJ)	1660	19.1%	1380	15.9%	1010	11.6%	1410
Energy (Cal ¹)	398	19.1%	330	15.9%	243	11.6%	337
Protein (g)	4.7	9.4%	3.9	7.8%	2.9	5.8%	4.0
Fat, total (g)	21.2	30.3%	17.6	25.2%	13.0	18.5%	18.0
Saturated Fat (g)	2.2	9.3%	1.9	7.8%	1.4	5.7%	1.9
Carbohydrate (g)	44.8	14.5%	37.2	12.0%	27.4	8.8%	38.0
Sugars (g)	0.6	0.7%	0.5	0.5%	0.4	0.4%	0.5
Sodium (mg)	507	22.1%	421	18.3%	310	13.5%	430

CONDIMENTS

	BBQ Sauce			Mustard Sauce			Sweet & Sour Sauce			Sweet Thai Chilli Sauce		
	Average Quantity /Serve	%DI*	Average Quantity /100g	Average Quantity /Serve	%DI*	Average Quantity /100g	Average Quantity /Serve	%DI*	Average Quantity /100g	Average Quantity /Serve	%DI*	Average Quantity /100g
Energy (kJ)	198	2.3%	707	249	2.9%	889	214	2.5%	763	231	2.7%	824
Energy (Cal ¹)	47	2.3%	169	60	2.9%	212	51	2.5%	182	55	2.7%	197
Protein (g)	0.5	1.0%	1.8	0.6	1.2%	2.0	0.2	0.4%	0.7	0.1	0.2%	0.5
Fat, total (g)	0.0	0.0%	0.0	2.4	3.4%	8.6	0.0	0.0%	0.0	<0.1	0.1%	0.2
Saturated Fat (g)	0.0	0.0%	0.0	<0.1	0.0%	0.2	0.0	0.0%	0.0	0.0	0.0%	0.0
Carbohydrate (g)	11.1	3.6%	39.8	8.5	2.7%	30.3	12.3	4.0%	43.8	13.4	4.3%	48.0
Sugars (g)	7.1	7.9%	25.2	5.7	6.3%	20.2	8.0	8.9%	28.7	7.6	8.4%	27.2
Sodium (mg)	286	12.4%	1020	260	11.3%	928	122	5.3%	435	147	6.4%	525

	Strawberry Jam			Ketchup Sachet			Hotcake Syrup			Whipped Butter		
	Average Quantity /Serve	%DI*	Average Quantity /100g	Average Quantity /Serve	%DI*	Average Quantity /100g	Average Quantity /Serve	%DI*	Average Quantity /100g	Average Quantity /Serve	%DI*	Average Quantity /100g
Energy (kJ)	160	1.8%	1140	54	0.6%	537	756	8.7%	1260	170	2.0%	2980
Energy (Cal ¹)	38	1.8%	272	13	0.6%	128	181	8.7%	301	41	2.0%	713
Protein (g)	<0.1	0.2%	0.3	0.1	0.2%	1.1	<0.1	0.1%	0.1	<0.1	0.1%	0.6
Fat, total (g)	<0.1	0.1%	0.2	0.0	0.0%	0.0	0.0	0.0%	0.0	4.6	6.6%	80.0
Saturated Fat (g)	0.0	0.0%	0.0	0.0	0.0%	0.0	0.0	0.0%	0.0	3.1	12.9%	53.5
Carbohydrate (g)	9.2	3.0%	65.6	3.1	1.0%	30.5	44.3	14.3%	73.9	<0.1	0.0%	0.7
Sugars (g)	9.2	10.2%	65.6	1.5	1.7%	14.7	32.0	35.6%	53.3	<0.1	0.0%	0.7
Sodium (mg)	1	0.0%	5	102	4.4%	1020	18	0.8%	30	40	1.7%	700

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	Eta Balsamic Vinaigrette			Eta Caesar Dressing			Eta Avocado & Garlic Dressing			Eta Lite & Free French Dressing		
	Average Quantity /Serve	%DI*	Average Quantity /100ml	Average Quantity /Serve	%DI*	Average Quantity /100ml	Average Quantity /Serve	%DI*	Average Quantity /100ml	Average Quantity /Serve	%DI*	Average Quantity /100ml
Energy (kJ)	325	3.7%	1090	550	6.3%	1840	441	5.1%	1470	88	1.0%	293
Energy (Cal ¹)	78	3.7%	260	132	6.3%	440	105	5.1%	351	21	1.0%	70
Protein (g)	<0.1	0.1%	0.1	0.7	1.4%	2.3	0.3	0.6%	1.1	0.0	0.0%	0.0
Fat, total (g)	7.6	10.9%	25.5	13.4	19.1%	44.3	10.3	14.7%	34.3	<0.1	0.1%	0.2
Saturated Fat (g)	1.2	5.0%	4.0	2.3	9.6%	7.5	1.6	6.7%	5.3	0.0	0.0%	0.0
Carbohydrate (g)	2.2	0.7%	7.2	2.6	0.8%	8.4	3.0	1.0%	10.0	5.0	1.6%	16.7
Sugars (g)	2.0	2.2%	6.9	2.4	2.7%	7.9	2.4	2.7%	7.9	5.0	5.6%	16.7
Sodium (mg)	95	4.1%	325	270	11.7%	895	351	15.3%	1170	245	10.7%	820

DESSERTS

	Sundae Caramel			Sundae Hot Fudge			Sundae Strawberry		
	Average Quantity /Serve	%DI*	Average Quantity /100g	Average Quantity /Serve	%DI*	Average Quantity /100g	Average Quantity /Serve	%DI*	Average Quantity /100g
Energy (kJ)	1090	12.5%	620	1080	12.4%	622	870	10.0%	509
Energy (Cal ¹)	261	12.5%	148	257	12.4%	148	208	10.0%	122
Protein (g)	5.6	11.2%	3.2	6.0	12.0%	3.4	5.0	10.0%	2.9
Fat, total (g)	2.0	2.9%	1.1	3.6	5.1%	2.1	1.1	1.6%	0.7
Saturated Fat (g)	1.2	5.0%	0.7	2.9	12.1%	1.7	0.6	2.5%	0.4
Carbohydrate (g)	54.0	17.4%	30.7	48.8	15.7%	28.2	43.4	14.0%	25.4
Sugars (g)	40.5	45.0%	23.0	43.3	48.1%	25.0	39.2	43.6%	22.9
Sodium (mg)	148	6.4%	84	142	6.2%	82	66	2.9%	38

	Hot Apple Pie			Soft Serve Cone			Flake® Cone			Flake®		
	Average Quantity /Serve	%DI*	Average Quantity /Serve	Average Quantity /Serve	%DI*	Average Quantity /100g	Average Quantity /Serve	%DI*	Average Quantity /100g	Average Quantity /Serve	%DI*	Average Quantity /100g
Energy (kJ)	962	11.1%	1160	424	4.9%	476	620	7.1%	632	196	2.3%	2180
Energy (Cal ¹)	231	11.1%	278	101	4.9%	114	148	7.1%	151	47	2.3%	521
Protein (g)	2.2	4.3%	2.6	3.5	7.0%	3.9	4.2	8.4%	4.3	0.7	1.4%	8.2
Fat, total (g)	12.6	18.0%	15.2	0.9	1.3%	1.0	3.4	4.9%	3.5	2.5	3.6%	28.1
Saturated Fat (g)	4.2	17.3%	5.0	0.4	1.7%	0.5	1.9	7.9%	2.0	1.5	6.3%	17.1
Carbohydrate (g)	26.1	8.4%	31.4	19.3	6.2%	21.7	24.6	7.9%	25.1	5.3	1.7%	58.9
Sugars (g)	9.8	10.9%	11.8	14.1	15.7%	15.8	19.3	21.4%	19.7	5.2	5.8%	58.1
Sodium (mg)	357	15.5%	430	46	2.0%	51	54	2.3%	54	8	0.3%	84

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NUTRITION INFORMATION

BREAKFAST

	Bacon & Egg McMuffin®			Sausage & Egg McMuffin®			Massive McMuffin®			Hashbrown		
	Average Quantity /Serve	%DI*	Average Quantity /100g	Average Quantity /Serve	%DI*	Average Quantity /100g	Average Quantity /Serve	%DI*	Average Quantity /100g	Average Quantity /Serve	%DI*	Average Quantity /100g
Energy (kJ)	1270	14.6%	977	1510	17.4%	982	2120	24.4%	973	632	7.3%	987
Energy (Cal ¹)	304	14.6%	234	362	17.4%	235	508	24.4%	233	151	7.3%	236
Protein (g)	18.7	37.4%	14.4	22.9	45.9%	14.9	34.7	69.3%	15.9	1.5	3.1%	2.4
Fat, total (g)	14.4	20.6%	11.1	18.2	26.0%	11.8	27.7	39.6%	12.7	9.2	13.1%	14.3
Saturated Fat (g)	6.1	25.5%	4.7	8.5	35.3%	5.5	16.8	69.9%	7.7	1.2	5.1%	1.9
Carbohydrate (g)	23.5	7.6%	18.1	25.4	8.2%	16.5	28.8	9.3%	13.2	15.0	4.8%	23.4
Sugars (g)	3.0	3.3%	2.3	2.5	2.7%	1.6	4.6	5.1%	2.1	0.3	0.4%	0.5
Sodium (mg)	807	35.1%	621	838	36.4%	544	1380	60.0%	632	390	17.0%	610

	Kiwi Big Breakfast**			Hotcakes**			Toasted Bagel**			Bacon, Egg & Cheese Bagel		
	Average Quantity /Serve	%DI*	Average Quantity /Serve	Average Quantity /Serve	%DI*	Average Quantity /100g	Average Quantity /Serve	%DI*	Average Quantity /100g	Average Quantity /Serve	%DI*	Average Quantity /100g
Energy (kJ)	2880	33.1%	993	1440	16.6%	922	1170	13.4%	1250	2120	24.4%	1160
Energy (Cal ¹)	690	33.1%	238	343	16.6%	220	281	13.4%	299	506	24.4%	278
Protein (g)	31.6	63.2%	10.9	6.2	12.5%	4.0	10.1	20.1%	10.7	25.1	50.2%	13.8
Fat, total (g)	42.3	60.5%	14.6	8.4	12.0%	5.4	4.8	6.8%	5.1	24.8	35.4%	13.6
Saturated Fat (g)	13.0	54.2%	4.5	1.6	6.5%	1.0	1.3	5.5%	1.4	10.7	44.7%	5.9
Carbohydrate (g)	42.0	13.5%	14.5	59.0	19.0%	37.8	47.4	15.3%	50.4	44.2	14.3%	24.3
Sugars (g)	2.9	3.2%	1.0	12.6	14.0%	8.1	6.9	7.6%	7.3	8.0	8.9%	4.4
Sodium (mg)	1430	62.2%	493	541	23.5%	347	544	23.7%	579	1350	58.7%	741

	BLT Bagel			Kellogg's® Nutri-Grain® Cereal Bowl			Kellogg's® Just Right® Original Cereal Bowl		
	Average Quantity /Serve	%DI*	Average Quantity /100g	Average Quantity /Serve	%DI*	Average Quantity /100g	Average Quantity /Serve	%DI*	Average Quantity /100g
Energy (kJ)	1640	18.9%	1110	479	5.5%	1596	652	7.5%	1450
Energy (Cal ¹)	394	18.9%	266	114	5.5%	381	156	7.5%	346
Protein (g)	12.9	25.8%	8.7	6.6	13.2%	21.9	3.6	7.2%	8.1
Fat, total (g)	18.9	27.1%	12.8	0.2	0.3%	0.6	0.7	1.0%	1.6
Saturated Fat (g)	4.1	17.3%	2.8	<0.1	0.1%	0.1	0.2	0.8%	0.4
Carbohydrate (g)	41.1	13.3%	27.8	20.8	6.7%	69.4	32.4	10.5%	71.9
Sugars (g)	8.1	9.0%	5.5	9.6	10.7%	32.0	14.0	15.6%	31.2
Sodium (mg)	852	37.1%	576	180	7.8%	600	14	0.6%	30

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NUTRITION INFORMATION

DRINKS

	Espresso Pronto™ Cappuccino, Large			Espresso Pronto™ Cappuccino, Small			Espresso Pronto™ Flat White Large			Espresso Pronto™ Flat White, Small		
	Average Quantity /Serve	%DI*	Average Quantity /100g	Average Quantity /Serve	%DI*	Average Quantity /100g	Average Quantity /Serve	%DI*	Average Quantity /100g	Average Quantity /Serve	%DI*	Average Quantity /100g
Energy (kJ)	575	6.6%	198	456	5.2%	202	723	8.3%	204	499	5.7%	198
Energy (Cal ¹)	137	6.6%	47	109	5.2%	48.0	173	8.3%	49	119	5.7%	47
Protein (g)	6.8	13.6%	2.3	5.3	10.6%	2.3	8.8	17.6%	2.5	6.1	12.2%	2.4
Fat, total (g)	7.4	10.6%	2.5	5.8	8.3%	2.6	9.8	14.0%	2.8	6.7	9.6%	2.7
Saturated Fat (g)	4.9	20.4%	1.7	3.9	16.3%	1.7	6.4	26.7%	1.8	4.4	18.3%	1.8
Carbohydrate (g)	10.8	3.5%	3.7	8.8	2.8%	3.9	12.3	4.0%	3.5	8.5	2.7%	3.4
Sugars (g)	10.4	11.6%	3.6	8.4	9.3%	3.7	12.1	13.4%	3.4	8.3	9.2%	3.3
Sodium (mg)	88	3.8%	30	71	3.1%	31	106	4.6%	30	73	3.2%	29

	Espresso Pronto™ Latte, Large			Espresso Pronto™ Latte, Small			Espresso Pronto™ Long Black, Large			Hot Chocolate Drink with Marshmallows		
	Average Quantity /Serve	%DI*	Average Quantity /100g	Average Quantity /Serve	%DI*	Average Quantity /100g	Average Quantity /Serve	%DI*	Average Quantity /100g	Average Quantity /Serve	%DI*	Average Quantity /100g
Energy (kJ)	737	8.5%	205	548	6.3%	211	11	0.1%	4	539	6.2%	284
Energy (Cal ¹)	176	8.5%	49	131	6.3%	50	3	0.1%	1	129	6.2%	68
Protein (g)	9.0	18.0%	2.5	6.6	13.2%	2.6	0.3	0.6%	0.1	1.5	3.0%	0.8
Fat, total (g)	10.0	14.3%	2.8	7.4	10.6%	2.9	0.0	0.0%	0.0	4.2	6.0%	2.2
Saturated Fat (g)	6.6	27.5%	1.8	4.9	20.4%	1.9	0.0	0.0%	0.0	0.6	2.5%	0.3
Carbohydrate (g)	12.5	4.0%	3.5	9.3	3.0%	3.6	0.2	0.1%	<0.1	20.6	6.6%	10.9
Sugars (g)	12.4	13.8%	3.4	9.2	10.2%	3.5	0.0	0.0%	0.0	19.7	21.9%	10.3
Sodium (mg)	108	4.7%	30	81	3.5%	31	1	0.0%	0	154	6.7%	81

	Coca-Cola® Large#			Coca-Cola® Medium#			Coca-Cola® Small#			Diet Coke® Large#		
	Average Quantity /Serve	%DI*	Average Quantity /100ml	Average Quantity /Serve	%DI*	Average Quantity /100ml	Average Quantity /Serve	%DI*	Average Quantity /100ml	Average Quantity /Serve	%DI*	Average Quantity /100ml
Energy (kJ)	938	10.8%	173	614	7.1%	173	428	4.9%	173	8	0.1%	2
Energy (Cal ¹)	224	10.8%	41	147	7.1%	41	102	4.9%	41	2	0.1%	<1.0
Protein (g)	0.0	0.0%	0.0	0.0	0.0%	0.0	0.0	0.0%	0.0	0.3	0.6%	<1.0
Fat, total (g)	0.0	0.0%	0.0	0.0	0.0%	0.0	0.0	0.0%	0.0	0.0	0.0%	0.0
Saturated Fat (g)	0.0	0.0%	0.0	0.0	0.0%	0.0	0.0	0.0%	0.0	0.0	0.0%	0.0
Carbohydrate (g)	55.2	17.8%	10.2	36.2	11.7%	10.2	25.2	8.1%	10.2	<0.1	0.0%	<0.1
Sugars (g)	55.2	61.3%	10.2	36.2	40.2%	10.2	25.2	28%	10.2	0.0	0.0%	0.0
Sodium (mg)	52	2.3%	9.6	34	1.5%	9.6	24	1.0%	9.6	75	3.3%	15

Notes: Nutrition values are based on average figures and standard product formulation. Actual serving size and nutrient values may vary. Ingredients are subject to seasonal variation. Nutrient values and serve size do not apply to special customer orders. Information is correct as at 1 February 2007.

NUTRITION INFORMATION

	Diet Coke® Medium#			Diet Coke® Small#			Fanta® Large#			Fanta® Medium#		
	Average Quantity /Serve	%DI*	Average Quantity /100ml	Average Quantity /Serve	%DI*	Average Quantity /100ml	Average Quantity /Serve	%DI*	Average Quantity /100ml	Average Quantity /Serve	%DI*	Average Quantity /100ml
Energy (kJ)	5	0.1%	2	3	0.0%	2	1130	13.0%	212	727	8.4%	212
Energy (Cal ¹)	1	0.1%	<1.0	1	0.0%	<1.0	270	13.0%	51	174	8.4%	51
Protein (g)	0.2	0.4%	<1.0	0.1	0.2%	<1.0	0.0	0.0%	0.0	0.0	0.0%	0.0
Fat, total (g)	0.0	0.0%	0.0	0.0	0.0%	0.0	0.0	0.0%	0.0	0.0	0.0%	0.0
Saturated Fat (g)	0.0	0.0%	0.0	0.0	0.0%	0.0	0.0	0.0%	0.0	0.0	0.0%	0.0
Carbohydrate (g)	<0.1	0.0%	<0.1	<0.1	0.0%	<0.1	66.2	21.4%	12.4	42.5	13.7%	12.4
Sugars (g)	0.0	0.0%	0.0	0.0	0.0%	0.0	65.7	73.0%	12.3	42.2	46.9%	12.3
Sodium (mg)	49	2.1%	15	34	1.5%	15	80	3.5%	15	51	2.2%	15

	Fanta® Small#		
	Average Quantity /Serve	%DI*	Average Quantity /100ml
Energy (kJ)	507	5.8%	212
Energy (Cal ¹)	121	5.8%	51
Protein (g)	0.0	0.0%	0.0
Fat, total (g)	0.0	0.0%	0.0
Saturated Fat (g)	0.0	0.0%	0.0
Carbohydrate (g)	29.6	9.5%	12.4
Sugars (g)	29.4	32.7%	12.3
Sodium (mg)	36	1.6%	15

	Sprite Zero® Large#			Sprite Zero® Medium#			Sprite Zero® Small#		
	Average Quantity /Serve	%DI*	Average Quantity /100ml	Average Quantity /Serve	%DI*	Average Quantity /100ml	Average Quantity /Serve	%DI*	Average Quantity /100ml
Energy (kJ)	21	0.2%	4.2	14	0.2%	4.2	10	0.1%	4.2
Energy (Cal ¹)	5	0.2%	1.0	3	0.2%	1.0	2	0.1%	1.0
Protein (g)	0.3	0.6%	<0.1	0.2	0.4%	<0.1	0.1	0.2%	<0.1
Fat, total (g)	0.0	0.0%	0.0	0.0	0.0%	0.0	0.0	0.0%	0.0
Saturated Fat (g)	0.0	0.0%	0.0	0.0	0.0%	0.0	0.0	0.0%	0.0
Carbohydrate (g)	0.5	0.2%	<0.1	0.3	0.1%	<0.1	0.2	0.1%	<0.1
Sugars (g)	0.0	0.0%	0.0	0.0	0.0%	0.0	0.0	0.0%	0.0
Sodium (mg)	67	2.9%	13	44	1.9%	13	31	1.3%	13

Notes: Nutrition values are based on average figures and standard product formulation. Actual serving size and nutrient values may vary. Ingredients are subject to seasonal variation. Nutrient values and serve size do not apply to special customer orders. Information is correct as at 1 February 2007.

NUTRITION INFORMATION

	Chocolate Shake Large		Chocolate Shake Medium		Chocolate Shake Small		Chocolate Shake
	Average Quantity /Serve	%DI*	Average Quantity /Serve	%DI*	Average Quantity /Serve	%DI*	Average Quantity /100g
Energy (kJ)	1910	22.0%	1380	15.9%	1030	11.8%	468
Energy (Cal ¹)	456	22.0%	331	15.9%	247	11.8%	112
Protein (g)	14.6	29.2%	10.6	21.2%	8.0	16.0%	3.6
Fat, total (g)	3.8	5.4%	2.7	3.9%	2.1	3.0%	1.0
Saturated Fat (g)	2.6	10.8%	1.9	7.9%	1.4	5.8%	0.6
Carbohydrate (g)	88.6	28.6%	64.2	20.7%	48.0	15.5%	21.7
Sugars (g)	71.4	79.3%	51.7	57.4%	38.7	43.0%	17.5
Sodium (mg)	323	14.0%	234	10.2%	174	7.6%	79

	Strawberry Shake Large		Strawberry Shake Medium		Strawberry Shake Small		Strawberry Shake
	Average Quantity /Serve	%DI*	Average Quantity /Serve	%DI*	Average Quantity /Serve	%DI*	Average Quantity /100g
Energy (kJ)	1920	22.1%	1390	16.0%	1040	12.0%	473
Energy (Cal ¹)	458	22.1%	333	16.0%	249	12.0%	113
Protein (g)	14.0	28.0%	10.2	20.4%	7.6	15.2%	3.5
Fat, total (g)	3.5	5.0%	2.5	3.6%	1.9	2.7%	0.9
Saturated Fat (g)	2.3	9.6%	1.7	7.1%	1.3	5.4%	0.6
Carbohydrate (g)	90.9	29.3%	66.0	21.3%	49.4	15.9%	22.4
Sugars (g)	78.1	86.8%	56.8	63.1%	42.5	47.2%	19.3
Sodium (mg)	198	8.6%	144	6.3%	108	4.7%	49

	Banana Shake Large		Banana Shake Medium		Banana Shake Small		Banana Shake
	Average Quantity /Serve	%DI*	Average Quantity /Serve	%DI*	Average Quantity /Serve	%DI*	Average Quantity /100g
Energy (kJ)	1880	21.6%	1360	15.6%	1020	11.7%	462
Energy (Cal ¹)	448	21.6%	325	15.6%	243	11.7%	110
Protein (g)	14.0	28.0%	10.2	20.4%	7.6	15.2%	4.0
Fat, total (g)	4.5	6.4%	3.3	4.7%	2.4	3.4%	1.1
Saturated Fat (g)	2.6	10.8%	1.9	7.9%	1.4	5.8%	0.6
Carbohydrate (g)	86.2	27.8%	64.0	20.6%	46.7	15.1%	21.2
Sugars (g)	68.0	75.6%	49.3	54.8%	36.9	41.0%	16.8
Sodium (mg)	188	8.2%	136	5.9%	102	4.4%	46

Notes: Nutrition values are based on average figures and standard product formulation. Actual serving size and nutrient values may vary. Ingredients are subject to seasonal variation. Nutrient values and serve size do not apply to special customer orders. Information is correct as at 1 February 2007.

NUTRITION INFORMATION

	Orange Juice Large		Orange Juice Medium		Orange Juice Small		Orange Juice
	Average Quantity /Serve	%DI*	Average Quantity /Serve	%DI*	Average Quantity /Serve	%DI*	Average Quantity /100ml
Energy (kJ)	1190	13.7%	882	10.1%	625	7.2%	196
Energy (Cal ¹)	284	13.7%	211	10.1%	149	7.2%	47
Protein (g)	4.2	8.4%	3.1	6.2%	2.2	4.4%	0.7
Fat, total (g)	0.4	0.6%	0.3	0.4%	0.2	0.3%	<0.1
Saturated Fat (g)	0.0	0.0%	0.0	0.0%	0.0	0.0%	0.0
Carbohydrate (g)	60.0	19.4%	44.5	14.4%	31.6	10.2%	10.0
Sugars (g)	57.8	64.2%	42.9	47.7%	30.4	33.8%	9.6
Sodium (mg)	6	0.3%	4	0.2%	3	0.1%	1

	Anchor® Mega Milk			Apple & Blackcurrant Fruit Drink			Pump® mini water		
	Average Quantity /Serve	%DI*	Average Quantity /100ml	Average Quantity /Serve	%DI*	Average Quantity /100ml	Average Quantity /Serve	%DI*	Average Quantity /100ml
Energy (kJ)	741	8.5%	247	390	4.5%	156	0	0.0%	0
Energy (Cal ¹)	177	8.5%	59	93	4.5%	37	0	0.0%	0
Protein (g)	12.9	25.8%	4.3	0.0	0.0%	0.0	0.0	0.0%	0.0
Fat, total (g)	7.5	10.7%	2.5	0.0	0.0%	0.0	0.0	0.0%	0.0
Saturated Fat (g)	5.4	22.5%	1.8	0.0	0.0%	0.0	0.0	0.0%	0.0
Carbohydrate (g)	14.4	4.6%	4.8	22.5	7.3%	9.0	0.0	0.0%	0.0
Sugars (g)	14.4	16.0%	4.8	22.5	25.0%	9.0	0.0	0.0%	0.0
Sodium (mg)	126	5.5%	42	60	2.6%	24	32	1.4%	8

Notes:

1. 1 Calorie = 4.18 kilojoules.

“<” = Less than.

▲ Nutrition information excludes dressings.

Nutrition information is for beverages without ice.

• Nutrition information includes croutons but excludes dressings.

** Nutrition information shown without condiments.

* Percentage Daily Intakes are based on an average adult diet of 8700kJ. Your daily intakes may be higher or lower depending on your energy needs.

Lighter Choices salads served with Eta Lite & Free dressing contain <9g fat per serve.

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