



Soup Ingredient List

Although Lite n' Easy has done all the hard work for you in developing and analysing your meals, you may care to know more about the individual products in your meal plan.

The information in this document is set out in the format outlined by the Food Standards Code.

Every reasonable effort has been made to ensure the accuracy of all information at time of publication. However, information contained within is subject to change without prior notice.

If you have a food allergy or intolerance:

Before consuming any Lite n' Easy products, please consider that they are produced in facilities which handle the following ingredients:

Milk, Egg, Soya, Seafood (Including Crustaceans), Peanuts, Sesame Seed, Tree Nuts, Gluten (from Wheat, Rye, Barley, Oats & Spelt) and Celery

It is not possible to guarantee the total absence of these ingredients in any Lite n' Easy products.

For more information about food labelling requirements visit the web site:

www.foodstandards.gov.au

If you would like additional information about nutrition or dietary guidelines visit:

www.NutritionAustralia.org or

www.health.gov.au

Soup Ingredient List

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901 Pea and Ham Soup

Ingredients: Bacon Stock, Peas (17%), Bacon (5%)
(Contains Mineral Salts (451, 500, 452), Preservatives (316, 250)), Carrot, Onion, Celery, Modified Starch (1422), Garlic, Salt, Sugar, Sunflower Oil, Spices

Serving Size: 270g

| | per serving | per 100g |
|----------------------|-------------------|------------------|
| Energy | 633kJ (151Cal) | 235kJ (56Cal) |
| Protein | 13.0g | 4.8g |
| Fat, Total | 2.2g | 0.8g |
| - Saturated | 0.4g | 0.1g |
| Carbohydrate | 17.1g | 6.3g |
| - Sugars | 2.4g | 0.9g |
| Dietary Fibre | 5.3g | 2.0g |
| Sodium | 686mg | 254mg |

906 Pumpkin Soup

Ingredients: Pumpkin (50%), Water, Evaporated Milk, Cream (Contains Vegetable Gum (407a), Emulsifier (471)), Salt, Modified Starch (1422), Yeast Extract, Onion Extract

Serving Size: 270g

| | per serving | per 100g |
|----------------------|------------------|-----------------|
| Energy | 268kJ (64Cal) | 99kJ (24Cal) |
| Protein | 2.0g | 0.8g |
| Fat, Total | 1.7g | 0.6g |
| - Saturated | 1.0g | 0.4g |
| Carbohydrate | 8.9g | 3.3g |
| - Sugars | 7.8g | 2.9g |
| Dietary Fibre | 2.6g | 1.0g |
| Sodium | 769mg | 285mg |

CONTAINS: Milk

908 Chicken Noodle Soup

Ingredients: Chicken Stock, Onion, Carrot, Pasta (8%), Chicken (8%), Celery, Leek, Salt, Onion Extract, Butter, Yeast Extract, Sugar, Spices

Serving Size: 250g

| | per serving | per 100g |
|----------------------|-------------------|------------------|
| Energy | 439kJ (105Cal) | 175kJ (42Cal) |
| Protein | 9.0g | 3.6g |
| Fat, Total | 2.6g | 1.0g |
| - Saturated | 1.0g | 0.4g |
| Carbohydrate | 10.0g | 4.0g |
| - Sugars | 4.6g | 1.8g |
| Dietary Fibre | 3.1g | 1.2g |
| Sodium | 531mg | 212mg |

CONTAINS: Wheat, Milk

910 Tomato Soup

Ingredients: Water, Tomato (34%), Tomato Paste, Evaporated Milk (Vegetable Gum (407)), Cream (Contains Vegetable Gum (407a), Emulsifier (471)), Sugar, Salt, Onion Extract, Garlic Extract, Yeast Extract, Spices

Serving Size: 250g

| | per serving | per 100g |
|----------------------|-------------------|------------------|
| Energy | 497kJ (119Cal) | 199kJ (48Cal) |
| Protein | 4.3g | 1.7g |
| Fat, Total | 4.1g | 1.7g |
| - Saturated | 2.4g | 0.9g |
| Carbohydrate | 15.1g | 6.0g |
| - Sugars | 14.6g | 5.9g |
| Dietary Fibre | 2.0g | 0.8g |
| Sodium | 1110mg | 445mg |

CONTAINS: Milk

