

Typical Values		Per 100ml	%RI*	Per mug**
Energy KJ	484 kj	4 kJ	<1%	9kJ
Energy Kcal	118 kcal	1 kcal	<1%	1 kcal
Fat	0.2g	Nil	<1%	Trace
of which saturates	0.1g	0.1g	<1%	Trace
Carbohydrates	3.1g	Trace	<1%	0.1g
of which sugars	3.1g	Trace	<1%	0.1g
Fibre	34.1g	0.3g	<1%	0.6g
Protein	7.8g	0.1g	<1%	0.1g
Salt	0.25g	Nil	<1%	Trace

*Reference Intake of an average adult (8400 kJ / 2000 kcal)
 **One mug (one tsp (1.8g) + 200ml water); used as basis for per 100ml

Per Portions



of an adult's Reference Intake (RI)*
 Energy per 100ml: 4 kJ / 1 kcal
 *Reference Intake of an average adult (8400 kJ / 2000 kcal)