

GoFree Corn Flakes 500g

REFERENCE INTAKE INFORMATION:

Front Panel					Side Panel			
Per portion 30g					RI – Reference Intake for Adults*			
Energy	Fat	Saturates	Sugars	Salt		Reference Intake	A 30g Serving Provides	% RIs
486kJ 115kcal	0.3g	0.1g	2.5g	0.29g	Energy	8400kJ 2000kcal	486kJ 115kcal	6%
6%	<1%	1%	3%	5%	Fat	70g	0.3g	<1%
Of an adult's Reference Intake (RI)					Saturates	20g	0.1g	1%
Energy per 100g: 1621kJ/382kcal					Sugars	90g	2.5g	3%
					Salt	6g	0.29g	5%
					*Reference Intake of an average adult (8400kJ/2000kcal)			

NESTLE COMPASS:

INGREDIENTS (All allergen occurrences in bold)	Maize, Sugar, Dextrose, Salt, Vitamins and Minerals (Niacin, Pantothenic Acid, Folic Acid, Vitamin B6, Riboflavin, Iron).
Allergen Warnings	N/A

NUTRITIONAL INFO	Typical Values	Per 100g	Per 30g serving with 125ml semi-skimmed milk
	Energy	1621kJ 382kcal	740kJ 175kcal
	Fat	1.1g	2.4g
	of which saturates	0.3g	1.3g
	Carbohydrate	84g	31g
	of which sugars	8.3g	8.4g
	Fibre	4.0g	1.2g
	Protein	7.4g	6.5g
	Salt	0.97g	0.44g

VITAMINS & MINERALS		% RI*		% RI*	
	Riboflavin	1.6mg	114%	0.71mg	51%
	Niacin	20mg	125%	6.1mg	38%
	Vitamin B6	1.5mg	105%	0.50mg	36%
	Folic Acid	219µg	110%	70.3µg	35%
	Pantothenic Acid	4.6mg	77%	1.8mg	31%
	Iron	16mg	116%	4.9mg	35%
* Reference Intake (RI). A 30g serving of Nestlé GoFree Corn Flakes provides at least 23% of the RI of six vitamins and minerals.					

GOOD TO KNOW	N/A
Whole Grain Statement	N/A
Validating Whole Grain Guarantee	  Kosher Suitable for vegetarians

Recycling Info	This cardboard carton is recyclable and the bag inside is recyclable where facilities exist.		
Nutritional Compass	Nutritional Compass ® ® Reg. Trademark of Société des Produits Nestlé S.A. It is important to have a varied and balanced diet as part of a healthy lifestyle.		
GOOD TO TALK...	We'd love to hear your comments about Nestlé cereals , so please let us know what you think, we always appreciate hearing from you. If you are unhappy with your purchase, please return to: FREEPOST NESTLÉ UK CONSUMER SERVICES. Phone 00800 0789 0789 . Phone lines are open 9am to 5pm Monday to Friday. <div style="background-color: #92d050; padding: 5px; display: flex; justify-content: space-around; align-items: center;"> @NestleCerealsUK  www.nestlecereals.co.uk </div>		
Serving Icon	500g Front 16 SERVINGS	500g Back 16 SERVINGS	

ALL OTHER STANDARD ELEMENTS:

Top Panel Descriptor	Gluten-Free Flakes of Toasted Corn Fortified with Vitamins and Iron
	<div style="text-align: center;"> <p>FOP</p>  <p>CH-043-007</p> <p>GLUTEN FREE – above the GoFree logo</p> <p>SOP</p>  <p>CH-043-007</p> <p>CERTIFIED GLUTEN FREE BY COELIAC UK</p> <ul style="list-style-type: none"> Gluten is a protein that is found in some cereal grains - most commonly wheat, rye and barley. Some people are intolerant to gluten and need to avoid it. Others simply prefer the gluten-free lifestyle. </div>

				
Front Panel & Side Panel				
Top Panel	CP Lozenge (Side Panel)			
Company Logos	Please refer to Globe as normal		Nestle Good Food Good Life (Back Panel)	
Barcode	2mm			
Minimum Font Size: (Packaging Solutions)				