

TABLE OF CONTENTS

**RICE PUDDING**

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Vanilla Flavour.....2

# Vanilla Flavour

200kcal  
847kJ

Suitable for  
Vegetarians

You should always consult your doctor before starting any weight loss programme.

#### Nutritional Information

	Per 100g	% RI* per 100g	Per 54g serving	% RI* per serving
Energy	kJ 1569		847	
	kcal 371		200	
Fat	g 4.5		2.4	
Of which saturates	g 0.8		0.4	
Mono-unsaturates	g 0.7		0.4	
Polyunsaturates	g 2.4		1.3	
Carbohydrate	g 56.6		30.5	
Of which sugars	g 18.6		10.0	
Starch	g 37.7		20.3	
Fibre	g 4.6		2.5	
Protein	g 23.8		12.8	
Salt	g 1.3		0.7	
Vitamin A	g 493.9	62	266.7	33
Vitamin D	g 3.5	70	1.9	38
Vitamin E	mg 7.4	62	4.0	33
Vitamin K	g 46.3	62	25.0	33
Vitamin C	mg 59.3	74	32.0	40
Thiamin	mg 0.8	74	0.4	40
Riboflavin	mg 0.9	63	0.5	34
Niacin	mg 10.0	63	5.4	34
Vitamin B6	mg 0.9	62	0.5	33
Folic acid	g 123.5	62	66.7	33
Vitamin B12	g 1.6	62	0.8	34
Biotin	g 30.9	62	16.7	33
Pantothenic acid	mg 3.7	62	2.0	33
Potassium	mg 1459.3	73	788.0	39
Chloride	mg 673.1	84	363.5	45
Calcium	mg 722.1	90	389.9	49
Phosphorus	mg 790.4	113	426.8	61
Magnesium	mg 278.6	74	150.4	40
Iron	mg 9.1	65	4.9	35
Zinc	mg 6.3	63	3.4	34
Copper	mg 0.6	63	0.3	34
Manganese	mg 1.3	63	0.7	34
Selenium	g 35.1	64	19.0	34
Chromium	g 25.3	63	13.7	34
Molybdenum	g 31.6	63	17.0	34
Iodine	g 94.5	63	51.0	34

\*RI-Reference intake of an average adult (8400 kJ/2000 kcal).

Vanilla flavour skimmed milk and milk protein rice pudding mix. With sweetener.

**Ingredients:** Precooked white rice, Skimmedmilk powder, **Milk** protein, **Soya** protein isolate, Oat fibre, Refined **soya** oil, Potassium phosphate, Conjugated linoleic acid powder (conjugated linoleic acid, sodium caseinate (**milk**), antioxidants: mixed tocopherols), Inulin, **Soya** lecithin, Compound vitamin and mineral mixture (maltodextrin, ascorbic acid, ferrous fumarate, nicotinamide, vitamin E acetate, zinc oxide, calcium D-pantothenate, copper gluconate, manganese sulphate, thiamin hydrochloride, vitamin A acetate, pyridoxine hydrochloride, riboflavin, folic acid, potassium iodate, vitamin K, sodium selenite, sodium molybdate, chromic chloride, D-biotin, vitamin D3, vitamin B12), Flavouring, Calcium carbonate, Salt, Maltodextrin, Magnesium oxide, Stabiliser: xanthan gum, Antioxidants (ascorbyl palmitate, tocopherol rich extract, acid: citric acid), Colour: plain caramel, Sweetener: sucralose.

**Allergen Advice:** For allergens, see ingredients in bold. May also contain gluten. Not suitable for people with nut or sesame seeds allergy.

#### How to make your delicious rice pudding:

Pour contents into a deep microwavable bowl. Add 120ml hot water, stir well and leave for 10 minutes. Microwave on full power for 40 seconds. Stir and microwave for another 40 seconds. Stir, allow to cool as IT WILL BE VERY HOT. Consume within 15 minutes. Once prepared, do not store or re-heat.

† Microwave timings based on a 900W (cat E) microwave. Check manufacturer's instructions for other wattage.

Store in a cool dry place away from direct sources of heat. Drink at least 2.25 litres of calorie-free liquid throughout the day with any Cambridge Weight Plan<sup>®</sup> programme. Use as directed by your Cambridge Weight Plan<sup>®</sup> Consultant.

This product is a meal replacement for weight control. In conjunction with everyday food, substituting two of the main daily meals of an energy restricted diet with meal replacements contributes to weight loss. This product may also be used as part of a Total Diet Replacement.