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**PORRIDGE**

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# Apple & Cinnamon Flavour

200kcal  
844kJ

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 1563 kcal 371		844 200	
Fat	g 7.1		3.8	
Of which saturates	g 1.9		1.0	
Mono-unsaturates	g 2.0		1.1	
Polyunsaturates	g 2.2		1.2	
Carbohydrate	g 51.1		27.6	
Of which sugars	g 13.8		7.5	
Starch	g 36.5		19.7	
Fibre	g 4.9		2.7	
Protein	g 23.1		12.5	
Salt	g 1.0		0.5	
Vitamin A	g 518.5	65	280.0	35
Vitamin D	g 3.5	70	1.9	38
Vitamin E	mg 8.3	69	4.5	38
Vitamin K	g 50.0	67	27.0	36
Vitamin C	mg 61.1	76	33.0	41
Thiamin	mg 0.8	76	0.5	41
Riboflavin	mg 0.9	63	0.5	34
Niacin	mg 10.2	64	5.5	34
Vitamin B6	mg 0.9	65	0.5	35
Folic acid	g 133.3	67	72.0	36
Vitamin B12	g 1.7	67	0.9	36
Biotin	g 33.3	67	18.0	36
Pantothenic acid	mg 4.0	66	2.2	36
Potassium	mg 1439.2	72	777.1	39
Chloride	mg 971.2	121	524.4	66
Calcium	mg 494.7	62	267.1	33
Phosphorus	mg 539.5	77	291.3	42
Magnesium	mg 231.8	62	125.1	33
Iron	mg 9.8	70	5.3	38
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 34.6	63	18.7	34
Chromium	g 25.2	63	13.6	34
Molybdenum	g 31.6	63	17.0	34
Iodine	g 94.4	63	51.0	34

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

Apple and cinnamon flavour skimmed milk and multi-wholegrain porridge mix. With sweeteners

**Ingredients:** Wholegrain oat flour, Wholegrain rolled oats 25%, Skimmed milk powder, Multigrain flour (durum wheat semolina, barley flour, oat flour, spelt flour, rye flour), Pea protein, Milk protein, Flavouring, Soya lecithin, Potassium phosphate, Potassium chloride, Conjugated linoleic acid powder (conjugated linoleic acid, sodium caseinate (milk), antioxidants: mixed tocopherols), Compound vitamin and mineral mixture (maltodextrin, ascorbic acid, ferrous fumarate, nicotinamide, vitamin E acetate, zinc oxide, calcium D-pantothenate, copper gluconate, vitamin A acetate, pyridoxine hydrochloride, thiamin hydrochloride, riboflavin, manganese sulphate, folic acid, potassium iodate, chromic chloride, sodium molybdate, vitamin K, sodium selenite, D-biotin, vitamin D3, vitamin B12), Salt, Calcium carbonate, Antioxidants (ascorbyl palmitate, tocopherol rich extract, acid: citric acid), Magnesium oxide, Sweeteners (acesulfame K, sucralose)

**Allergen Advice:** For allergens, including cereals containing gluten, see ingredients in bold. Not suitable for people with nut or sesame seeds allergy.

## How to make your perfect porridge

Pour contents into a deep microwaveable bowl. Add 200ml hot water and stir thoroughly. Microwave† on full power for 30 seconds. Stir and microwave again for another 30 seconds. Stir and allow to cool as IT WILL BE VERY HOT. Consume within 15 minutes. Once prepared do not store or re-heat.

† Timings are based on 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® programme. Use as directed by your Cambridge Weight Plan® 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.

LAM372511

# Maple & Pecan Flavour

200kcal  
843kJ

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 1561 kcal 370		843 200	
Fat	g 7.0		3.8	
Of which saturates	g 1.2		0.7	
Monounsaturates	g 2.0		1.1	
Polyunsaturates	g 2.6		1.4	
Carbohydrate	g 51.2		27.6	
Of which sugars	g 13.8		7.4	
Starch	g 36.6		19.8	
Fibre	g 5.0		2.7	
Protein	g 23.1		12.5	
Salt	g 1.0		0.6	
Vitamin A	g 509.3	64	275.0	34
Vitamin D	g 3.5	70	1.9	38
Vitamin E	mg 7.8	65	4.2	35
Vitamin K	g 48.1	64	26.0	35
Vitamin C	mg 59.6	75	32.2	40
Thiamin	mg 0.8	76	0.5	41
Riboflavin	mg 0.9	62	0.5	34
Niacin	mg 10.0	63	5.4	34
Vitamin B6	mg 0.9	62	0.5	34
Folic acid	g 127.8	64	69.0	35
Vitamin B12	g 1.6	63	0.9	34
Biotin	g 32.4	65	17.5	35
Pantothenic acid	mg 3.9	65	2.1	35
Potassium	mg 1435.4	72	775.1	39
Chloride	mg 969.0	121	523.3	65
Calcium	mg 497.1	62	268.4	34
Phosphorus	mg 548.6	78	296.3	42
Magnesium	mg 232.5	62	125.6	33
Iron	mg 9.9	71	5.3	38
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 34.6	63	18.7	34
Chromium	g 25.2	63	13.6	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).

Maple and pecan flavour skimmed milk and multi-wholegrain porridge mix. With sweeteners

**Ingredients:** Wholegrain oat flour, Wholegrain rolled oats 26%, Skimmed milk powder, Multigrain flour (Durum wheat semolina, barley flour, oat flour, spelt flour, rye flour), Pea protein, Milk protein, Conjugated linoleic acid powder (conjugated linoleic acid, sodium caseinate (milk), antioxidants: mixed tocopherols), Soya lecithin, Potassium phosphate, Potassium chloride, Flavouring, Compound vitamin and mineral mixture (maltodextrin, ascorbic acid, ferrous fumarate, nicotinamide, vitamin E acetate, zinc oxide, calcium D-pantothenate, copper gluconate, vitamin A acetate, pyridoxine hydrochloride, thiamin hydrochloride, riboflavin, manganese sulphate, folic acid, potassium iodate, chromic chloride, sodium molybdate, vitamin K, sodium selenite, D-biotin, vitamin D3, vitamin B12), Salt, Calcium carbonate, Antioxidants (ascorbyl palmitate, tocopherol rich extract, acid: citric acid), Magnesium oxide, Sweeteners (acesulfame K, sucralose)

**Allergen Advice:** For allergens, including cereals containing gluten, see ingredients in bold. Not suitable for people with nut or sesame seeds allergy.

## How to make your perfect porridge

Pour contents into a deep microwaveable bowl. Add 200ml hot water and stir thoroughly. Microwave on full power for 30 seconds. Stir and microwave again for another 30 seconds. Stir and allow to cool as IT WILL BE VERY HOT. Consume within 15 minutes. Once prepared do not store or re-heat.

† Timings are based on 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.

# Original Flavour

200kcal  
843kJ

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 1562 kcal 370		843 200	
Fat	g 7.0		3.8	
Of which saturates	g 1.2		0.7	
Mono-unsaturates	g 2.0		1.1	
Polyunsaturates	g 2.7		1.5	
Carbohydrate	g 50.5		27.3	
Of which sugars	g 13.7		7.4	
Starch	g 36.0		19.4	
Fibre	g 4.9		2.7	
Protein	g 23.7		12.8	
Salt	g 1.0		0.6	
Vitamin A	g 550.0	69	297.0	37
Vitamin D	g 3.5	70	1.9	38
Vitamin E	mg 8.3	69	4.5	38
Vitamin K	g 52.8	70	28.5	38
Vitamin C	mg 64.8	81	35.0	44
Thiamin	mg 0.9	79	0.5	43
Riboflavin	mg 1.0	69	0.5	37
Niacin	mg 11.1	69	6.0	38
Vitamin B6	mg 1.0	69	0.5	37
Folic acid	g 138.9	69	75.0	38
Vitamin B12	g 1.7	67	0.9	36
Biotin	g 34.3	69	18.5	37
Pantothenic acid	mg 4.1	68	2.2	37
Potassium	mg 1438.5	72	776.8	39
Chloride	mg 968.6	121	523.1	65
Calcium	mg 495.4	62	267.5	33
Phosphorus	mg 542.3	77	292.8	42
Magnesium	mg 232.2	62	125.4	33
Iron	mg 10.5	75	5.7	41
Zinc	mg 6.7	67	3.6	36
Copper	mg 0.7	67	0.4	36
Manganese	mg 1.3	64	0.7	35
Selenium	g 37.5	68	20.2	37
Chromium	g 27.5	69	14.8	37
Molybdenum	g 34.5	69	18.6	37
Iodine	g 103.0	69	55.6	37

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

Skimmed milk and multi-wholegrain porridge mix.  
With sweeteners.

**Ingredients:** Wholegrain oat flour, Wholegrain rolled oats 25%, Skimmed milk powder, Multigrain flour (durum wheat semolina, barley flour, oat flour, spelt flour, rye flour), Pea protein, Milk protein, Conjugated linoleic acid powder (conjugated linoleic acid, sodium caseinate (milk), antioxidants: mixed tocopherols), Soya lecithin, Potassium phosphate, Potassium chloride, Compound vitamin and mineral mixture (maltodextrin, ascorbic acid, ferrous fumarate, nicotinamide, vitamin E acetate, zinc oxide, calcium D-pantothenate, copper gluconate, vitamin A acetate, pyridoxine hydrochloride, thiamin hydrochloride, riboflavin, manganese sulphate, folic acid, potassium iodate, chromic chloride, sodium molybdate, vitamin K, sodium selenite, D-biotin, vitamin D3, vitamin B12), Salt, Calcium carbonate, Antioxidants (ascorbyl palmitate, tocopherol rich extract, acid: citric acid), Magnesium oxide, Sweeteners (acesulfame K, sucralose)

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