

## NUTRITIONAL INFORMATION- GOOD CHOICE RANGE FEBRUARY 2011

<b>Chicken, Tomato &amp; Oregano Ciabatta Pizza</b> 30/12/09 FW	<b>Average Quantity per Serving</b> 298g	<b>Average Quantity per 100g</b>
<b>Energy</b>	1480kJ (354Cal)	498kJ (119Cal)
<b>Protein</b>	21.8g	7.3g
<b>Fat, Total</b>	9.4 g	3.2g
- Saturated	5.5g	1.8g
- Trans	0.3g	0.1g
<b>Carbohydrate</b>	43.6g	14.6g
- Sugars	5.3g	1.8g
<b>Dietary Fibre</b>	6.4g	2.2g
<b>Sodium</b>	718mg	241mg
<b>BBQ Chicken &amp; Mushroom Ciabatta Pizza</b> 16/12/09 FW	<b>Average Quantity per Serving</b> 289g	<b>Average Quantity per 100g</b>
<b>Energy</b>	1630kJ (389Cal)	563kJ (134Cal)
<b>Protein</b>	21.2g	7.4g
<b>Fat, Total</b>	9.4g	3.2g
- Saturated	5.5g	1.9g
- Trans	0.3g	0.1g
<b>Carbohydrate</b>	53.5g	18.5g
- Sugars	13.5g	4.7g
<b>Dietary Fibre</b>	5.9g	2.0g
<b>Sodium</b>	772mg	267mg
<b>Prawn &amp; Spinach Ciabatta Pizza</b> 29/03/2010 ( 01654)	<b>Average Quantity per Serving</b> 216g	<b>Average Quantity per 100g</b>
<b>Energy</b>	1645kJ (392Cal)	760kJ (181Cal)
<b>Protein</b>	27.5g	12.7g
<b>Fat, Total</b>	2.2g	1.0g
- Saturated	1.3g	0.6g
- Trans	0.2g	0.1g
<b>Carbohydrate</b>	64.5g	29.8g
- Sugars	4.1g	1.9g
<b>Sodium</b>	606mg	280mg
<b>Penne Pasta with Roasted Chicken, Mushroom &amp; Vine Ripened Tomato</b> 12/4/2010 (106465-A-2)	<b>Average Quantity per Serving</b> 340g	<b>Average Quantity per 100g</b>
<b>Energy</b>	1548kJ (370Cal)	455kJ (109Cal)
<b>Protein</b>	20.6g	6.1g
<b>Fat, Total</b>	1.7g	0.5g
- Saturated	<1.0g	<1.0g
- Trans	< 0.01g	< 0.01g
<b>Carbohydrate</b>	66.8g	19.6g
- Sugars	7.1g	2.1g
<b>Sodium</b>	575mg	169mg

\* This information is correct as from February 2011

