



Product	Size	Ingredients for 100g	Energy	Fat	of which saturated	Carbo-hydrate	of which sugars	Fibre	Protein	Salt	Allergens
	g		kJ/kcal	g	g	g	g	g		g	
Vital Fitt whole grain wheat crackers with salt, without added sugar	100	whole grain wheat flour (58%), wheat flour (19%), palm fat and oil, salt (2%), raising agents (E503, E450, E500), wheat germ (2%), antioxidants (E334, E224).	1810/432	15,5	6,6	57,7	0,7	9,0	10,8	2,7	Contains gluten and sulphite. It may contain traces of nuts, peanuts, soya, egg and milk derivatives.
Vital Fitt whole grain wheat crackers with tomato & basil, without added sugar	100	whole grain wheat flour (56%), wheat flour (19%), palm fat and oil, tomato-basil spice mix (4%) [whey powder, salt, tomato powder (10%), yeast extract, onion powder, corn starch, garlic powder, ground basil (2%), aromas, ground rosemary, acidity regulator (E330), parsley, colouring agent (E160c), chili powder, black pepper, anticaking agent (E551), sunflower oil], raising agents (E503, E450, E500), wheat germ (2%), salt, antioxidants (E334, E224).	1786/426	15,2	6,6	56,9	2,1	8,9	10,9	2,9	Contains gluten, milk derivative and sulphite. It may contain traces of nuts, peanuts, soya and egg derivatives.
Whole grain wheat crackers with sweet chili flavour, without added sugar	100	whole grain wheat flour (56%), wheat flour (19%), palm fat and oil, sweet chili flavour seasoning (4%) [milk derivatives (whey powder, whole milk powder), salt, flavour enhancers (E621, E631, E627), paprika powder, onion powder, tomato powder, chili paprika powder-cayenne paprika powder (3%), garlic powder, flavours, acidity regulator (E270), natural colour (E160c), anticaking agent (E551), sunflower oil], raising agents (E503, E450, E500), wheat bran (2%), salt, antioxidants (E334, potassium metabisulphite).	1779/424	15,1	6,5	56,5	1,7	9,1	11,0	2,58	Contains gluten, milk derivatives, sulphite. It may contain traces of nuts, peanuts, soy and egg derivatives.