

## **Magic Breakfast Food and Drink Ingredients and Allergens List**

Magic Breakfast is committed to providing healthy, balanced and safe food and drink for our Magic Breakfast clubs.

Due to the increase in awareness and diagnosis of people with allergies, it is essential that we have all the relevant information on the composition of our food and drink.

Below is a list of the ingredients, allergens and advisory information relating to all Magic Breakfast food. We will regularly update this document with any changes so please familiarise yourself with the information provided.

Please also note that we receive a variety of different juices from Tropicana and Copella therefore it is imperative that you check the label if you are worried about the presence of a particular allergen in our juices.

### **Magic Breakfast Food products**

#### **Bagels** – Bagel Nash

Ingredients for Magic Plain Bagel: **Wheat** Flour, Water, **Wholemeal** flour, Sugar, Salt, Yeast and Malt

Allergens: Wheat flour (gluten), Wholemeal flour (gluten)

Advisory note: Made in a factory which uses milk products, contains wheat gluten and yeast and contain sesame seeds

#### **Porridge Oats** - Quaker Oats

Ingredients: 100% Quaker Rolled Oats

Allergens: None

Advisory note: May contain traces of wheat and barley due to farming practices (gluten)

#### **Juice** – Tropicana and Copella

Ingredients: 100% pure and natural juices

Allergens: None

Advisory note: please check the ingredients list for specific ingredients that you may be allergic to.

## Nestlé® Harvest Home® CORN FLAKES 500g

## REFERENCE INTAKE INFORMATION:

Front Panel				
Per portion 30g				
Energy	Fat	Saturates	Sugars	Salt
486kJ 115kcal	0.3g	0.1g	2.5g	0.29g
6%	<1%	1%	3%	5%
Of an adult's Reference Intake (RI) Energy per 100g: 1621kJ/382kcal				

Side Panel			
RI – Reference Intake for Adults*			
	Reference Intake	A 30g serving provides	% RIs
Energy	8400kJ 2000kcal	486kJ 115kcal	6%
Fat	70g	0.3g	<1%
Saturates	20g	0.1g	1%
Sugars	90g	2.5g	3%
Salt	6g	0.29g	5%
*Reference Intake of an average adult (8400kJ/2000kcal)			

## NESTLE COMPASS:

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

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

## GOOD TO KNOW

Logos	 SUITABLE FOR VEGETARIANS	 CONTAINS FOLIC ACID
	 FORTIFIED WITH VITAMINS & IRON	 KOSHER

## Nestlé® Harvest Home® CRISP RICE 550g

## REFERENCE INTAKE INFORMATION:

Front Panel				
Per portion 30g				
Energy	Fat	Saturates	Sugars	Salt
490kJ 116kcal	0.4g	0.1g	2.8g	0.18g
6%	1%	1%	3%	3%
Of an adult's Reference Intake (RI) Energy per 100g: 1635kJ/385kcal				

Side Panel			
RI – Reference Intake for Adults*			
	Reference Intake	A 30g serving provides	% RIs
Energy	8400kJ 2000kcal	490kJ 116kcal	6%
Fat	70g	0.4g	1%
Saturates	20g	0.1g	1%
Sugars	90g	2.8g	3%
Salt	6g	0.18g	3%
*Reference Intake of an average adult (8400kJ/2000kcal)			

## NESTLE COMPASS:

**INGREDIENTS**  
(All allergen occurrences in **bold**)  
Rice, Sugar, Salt, Partially Inverted Brown Sugar Syrup, Vitamins and Minerals (Niacin, Pantothenic Acid, Vitamin B6, Riboflavin, Folic Acid, Iron).

**Allergen Warnings** N/A

NUTRITIONAL INFO	Typical values	Per 100g	Per 30g serving with 125ml semi-skimmed milk
		Energy	<b>1635kJ</b> <b>385kcal</b>
Fat	1.2g	2.4g	
of which saturates	0.4g	1.3g	
Carbohydrate	85g	32g	
of which sugars	9.3g	8.7g	
Fibre	1.5g	0.5g	
Protein	7.5g	6.6g	
Salt	0.59g	0.33g	

## GOOD TO KNOW

Logos



SUITABLE FOR VEGETARIANS



CONTAINS FOLIC ACID



FORTIFIED WITH VITAMINS &amp; IRON



KOSHER

Original Shreddies 675g

**REFERENCE INTAKE INFORMATION:**

Front Panel				
Per portion 40g				
Energy	Fat	Saturates	Sugars	Salt
616kJ 146kcal	0.7g	0.1g	6g	0.28g
7%	1%	1%	7%	5%
Of an adult's Reference Intake (RI) Energy per 100g: 1540kJ/364kcal				

Side Panel			
RI – Reference Intake for Adults*			
	Reference Intake	A 40g Serving Provides	% RIs
Energy	8400kJ	616kJ	7%
	2000kcal	146kcal	
Fat	70g	0.7g	1%
Saturates	20g	0.1g	1%
Sugars	90g	6g	7%
Salt	6g	0.28g	5%
*Reference Intake of an average adult (8400kJ/2000kcal)			

**NESTLE COMPASS:**

**INGREDIENTS**  
(All allergen occurrences in **bold**)

Whole Grain **Wheat** (94.4%), Sugar, Invert Sugar Syrup, **Barley** Malt Extract, Salt, Molasses, Vitamins and Minerals (Niacin, Iron, Pantothenic Acid, Folic Acid, Vitamin B6, Riboflavin).

**Allergen Warnings**

**ALLERGY ADVICE:** For allergens, including cereals containing gluten, see ingredients in **bold**.  
May also contain **Nuts**.

NUTRITIONAL INFO	Typical Values	Per 100g	Per 40g serving with 125ml semi-skimmed milk
	Energy		1540kJ 364kcal
Fat of which saturates		1.7g 0.3g	2.7g 1.3g
Carbohydrate of which sugars		71g 15g	34g 12g
Fibre		12g	5g
Protein		11g	9g
Salt		0.71g	0.43g

**GOOD TO KNOW**

Logos



Suitable For Vegetarians.

Assured food standards WHEAT

**Shredded Wheat Bitesize 500g**

**REFERENCE INTAKE INFORMATION:**




Front Panel				
Per portion 40g				
Energy	Fat	Saturates	Sugars	Salt
620kJ 147kcal	0.9g	0.2g	0.3g	0.02g
7%	1%	1%	<1%	<1%
<b>Of an adult's Reference Intake (RI)</b>				
<b>Energy per 100g: 1551kJ/367kcal</b>				

Side Panel			
RI – Reference Intake for Adults*			
	Reference Intake	A 40g Serving Provides	% RIs
Energy	8400kJ 2000kcal	620kJ 147kcal	7%
Fat	70g	0.9g	1%
Saturates	20g	0.2g	1%
Sugars	90g	0.3g	<1%
Salt	6g	0.02g	<1%
<b>Reference Intake of an average adult (8400kJ/2000kcal)</b>			

**NESTLE COMPASS:**

<b>INGREDIENTS</b> (All allergen occurrences in <b>bold</b> )	Whole Grain <b>Wheat</b> (100%).
<b>Allergen Warnings</b>	<b>ALLERGY ADVICE:</b> For allergens, including cereals containing gluten, see ingredients in <b>bold</b> . Manufactured in a facility that processes <b>Nuts</b> .

NUTRITIONAL INFO	Typical Values	Per 100g	Per 40g serving with 125ml semi-skimmed milk
	Energy	1551kJ 367kcal	874kJ 207kcal
Fat of which saturates	2.2g 0.5g	3.0g 1.4g	
Carbohydrate of which sugars	69g 0.7g	34g 6.2g	
Fibre	13g	5g	
Protein	12g	9g	
Salt	0.05g	0.17g	

Logos	 Suitable For Vegetarians.  Red Tractor reinstated in Oct 13.
	 Vegan Society logo (license to start on 1 <sup>st</sup> May 2018)

**Less Than 5% Sugar Oat Cheerios**

**REFERENCE INTAKE INFORMATION:**

Front Panel				
Per portion 30g				
Energy	Fat	Saturates	Sugars	Salt
505kJ 120kcal	2.4g	0.4g	1.4g	0.26g
6%	3%	2%	2%	4%
Of an adult's Reference Intake (RI) Energy per 100g: 1682kJ/399kcal				

Side Panel			
RI – Reference Intake for Adults*			
	Reference Intake	A 30g Serving Provides	% RIs
Energy	8400kJ 2000kcal	505kJ 120kcal	6%
Fat	70g	2.4g	3%
Saturates	20g	0.4g	2%
Sugars	90g	1.4g	2%
Salt	6g	0.26g	4%
*Reference Intake of an average adult (8400kJ/2000kcal)			

**NESTLE COMPASS:**

<b>INGREDIENTS</b> (All allergen occurrences in <b>bold</b> )	Whole Grain <b>Oat</b> Flour (97.8%), <b>Wheat</b> Starch, Sugar, Salt, Acidity Regulator: Tripotassium Phosphate; Antioxidant: Tocopherols.
<b>Allergen Warnings</b>	<b>ALLERGY ADVICE:</b> For allergens, including cereals containing gluten, see ingredients in <b>bold</b> . May also contain <b>Nuts</b> .

NUTRITIONAL INFO	Typical Values	Per 100g	Per 30g serving with 125ml semi-skimmed milk
	Energy	1682kJ 399kcal	758kJ 180kcal
Fat	7.9g	4.4g	
of which saturates	1.4g	1.6g	
Carbohydrate	66g	26g	
of which sugars	4.7g	7.3g	
Fibre	9.0g	2.7g	
Protein	11g	8g	
Salt	0.88g	0.41g	

**GOOD TO KNOW**

Logos



Suitable For Vegetarians.



Kosher