



NUTRITION VALUES FOR ARNOTT'S SAVOURY BISCUITS : AVERAGE VALUES PER 100g AND PER SERVE. © JUNE 2017

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	Per 100g												Per serve														
	Health Star Rating	Energy kJ	Protein g	Fat g	Sat Fat g	Trans g	Poly g	Mono g	Carb g	Sugars g	Fibre g	Sodium mg	No. bisc.	Size g	Energy kJ	Protein g	Fat g	Sat Fat g	Trans g	Poly g	Mono g	Carb g	Sugars g	Fibre g	Sodium mg		
CRACKERS																											
Cheds	★ ◇	2110	11.7	26.8	7.1	-	-	-	52.5	1.2	2.9	878	3	23.4	494	2.7	6.3	1.7	-	-	-	12.3	0.3	0.7	205		
Cheeseboard	★★	1870	9.2	15.1	4.0	-	-	-	65.7	2.9	4.6	845	-	25.0	468	2.3	3.8	1.0	-	-	-	16.4	0.7	1.1	211		
Country Cheese	★ ◇	1790	11.0	14.2	4.4	-	-	-	61.9	5.1	3.1	1320	3	15.0	269	1.6	2.1	0.7	-	-	-	9.3	0.8	0.5	198		
Entertainers Rosemary & Sea Salt	★★	1880	8.5	14.4	1.4	-	-	-	68.9	2.7	3.9	973	-	25.0	470	2.1	3.6	0.4	-	-	-	17.2	0.7	1.0	243		
Entertainers Poppy & Sesame Seed Scoops	★★ ◇	1990	7.6	19.6	5.5	-	-	-	65.0	3.0	3.5	380	-	25.0	498	1.9	4.9	1.4	-	-	-	16.3	0.7	0.9	95		
Entertainers Crispy Oat & a Hint of Honey	★★ ◇	1850	8.5	12.3	5.3	-	-	-	70.9	13.9	5.5	375	-	25.0	463	2.1	3.1	1.3	-	-	-	17.7	3.5	1.4	94		
Harvest Wheat	★★	1950	9.2	21.2	4.3	-	-	-	56.8	6.9	5.3	914	5	25.0	488	2.3	5.3	1.1	-	-	-	14.2	1.7	1.3	228		
Jatz 97% Fat Free	★★★★ ◇	1570	11.0	2.1	0.6	-	-	-	75.0	4.4	3.8	768	9	25.0	393	2.7	0.5	0.2	-	-	-	18.7	1.1	1.0	192		
Jatz Clix	★	2150	5.7	24.1	11.3	-	-	-	58.0	6.0	2.8	661	5	15.0	323	0.9	3.6	1.7	-	-	-	8.7	0.9	0.4	99		
Jatz Cracked Pepper	★★	1910	8.1	18.2	4.4	-	-	-	63.0	2.0	3.7	878	6	25.0	478	2.0	4.5	1.1	-	-	-	15.7	0.5	0.9	220		
Jatz Original	★★ ◇	1950	7.6	18.3	3.9	-	-	-	66.0	6.0	3.1	490	6	25.0	488	1.9	4.6	1.0	-	-	-	16.5	1.5	0.8	123		
Sao	★ ◇	1900	10.0	15.1	7.3	-	-	-	67.0	1.1	3.7	700	3	25.8	490	2.6	3.9	1.9	-	-	-	17.3	0.3	1.0	181		
Savoy 97% Fat Free	★★★★ ◇	1570	10.9	2.1	0.6	-	-	-	74.8	4.3	3.8	768	9	25.0	390	2.7	0.5	0.2	-	-	-	18.7	1.1	1.0	192		
Savoy Cracked Pepper	★★	1900	8.2	17.4	4.4	-	-	-	63.7	2.1	3.8	958	6	25.0	475	2.1	4.3	1.1	-	-	-	15.9	0.5	1.0	240		
Savoy Original	★★	1970	7.9	20.0	3.9	-	-	-	62.6	1.3	3.3	848	6	25.0	493	2.0	5.0	1.0	-	-	-	15.6	0.3	0.8	212		
Sesame Wheat	★★	1960	10.1	20.2	4.5	-	-	-	59.2	1.3	4.9	840	3	19.2	376	1.9	3.9	0.9	-	-	-	11.4	0.3	0.9	161		
Water Cracker Cracked Pepper	★★ ◇	1830	10.8	7.3	3.0	-	-	-	73.2	0.2	4.3	604	6	18.0	329	1.9	1.3	0.5	-	-	-	13.2	0.0	0.8	109		
Water Cracker Original	★★ ◇	1790	10.8	7.1	3.2	-	-	-	73.7	0.1	3.9	632	6	18.0	322	1.9	1.3	0.6	-	-	-	13.3	0.0	0.7	114		
Water Cracker Sesame	★★ ◇	1820	10.9	9.2	3.4	-	-	-	71.1	0.1	4.2	634	6	18.0	328	2.0	1.7	0.6	-	-	-	12.8	0.0	0.8	114		
CRISPBREAD																											
Cruskits Corn	★★★	1600	7.3	2.3	0.3	0.0	1.1	0.9	80.4	0.9	2.1	774	2	11.4	182	0.8	0.3	0.0	0.0	0.1	0.1	9.2	0.1	0.2	88		
Cruskits Light	★★★★	1600	11.4	1.3	0.2	0.0	0.5	0.1	78.0	3.7	4.1	392	2	11.4	182	1.3	0.1	0.0	0.0	0.1	0.0	8.9	0.4	0.5	45		
Cruskits Original	★★★★ ◇	1700	10.6	6.7	3.9	-	-	-	72.8	3.4	3.8	691	2	12.5	213	1.3	0.8	0.5	-	-	-	9.1	0.4	0.5	86		
Cruskits Rice	★★★	1630	6.3	1.8	0.5	0.0	0.6	0.5	85.1	1.0	1.0	608	2	11.4	186	0.7	0.2	0.1	0.0	0.1	0.1	9.7	0.1	0.1	69		
Cruskits Rye	★★★★	1540	8.8	1.4	0.2	0.0	0.9	0.2	75.1	2.1	7.5	628	2	11.4	176	1.0	0.2	0.0	0.0	0.1	0.0	8.6	0.2	0.9	72		
Salada Wholemeal	★★ ◇	1620	11.5	7.7	3.5	0.0	1.3	2.7	63.8	1.1	6.9	940	2	27.8	450	4.7	2.9	1.2	0.0	0.4	0.8	22.3	0.4	2.4	261		
Salada Light Original	★★ ◇	1600	9.7	2.5	0.7	0.0	1.4	0.4	76.7	0.3	4.1	1000	2	27.8	445	4.5	0.9	0.2	0.0	0.6	0.1	21.3	0.1	1.1	278		
Salada Multigrain 97% Fat Free	★★ ◇	1630	13.5	1.7	0.3	0.0	1.2	0.2	75.5	0.9	6.3	960	2	27.8	453	3.8	0.5	0.1	0.0	0.3	0.1	21.0	0.3	1.8	267		
Salada Original	★★	1790	10.4	10.0	1.2	0.0	2.8	6.0	71.5	0.4	3.9	970	2	27.8	498	2.9	2.8	0.3	0.0	0.8	1.7	19.9	0.1	1.1	270		



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SHAPES																										
Shapes BBQ	★★★	2080	7.3	23.4	3.0	-	-	-	62.8	2.9	3.3	444	-	25.0	520	1.8	5.8	0.8	-	-	-	15.7	0.7	0.8	111	
Shapes Original BBQ	★★	2060	7.5	22.4	5.2	-	-	-	63.4	0.9	3.4	685	-	25.0	515	1.9	5.6	1.3	-	-	-	15.8	0.2	0.9	171	
Shapes Cheddar	★★	2100	8.2	23.9	4.2	-	-	-	61.7	1.3	3.2	502	-	25.0	525	2.1	6.0	1.1	-	-	-	15.4	0.3	0.8	126	
Shapes Cheese & Bacon	★★	2090	8.0	23.7	3.9	-	-	-	61.8	1.2	3.2	578	-	25.0	523	2.0	5.9	1.0	-	-	-	15.5	0.3	0.8	144	
Shapes Chicken Crimpy	★★	1940	8.0	18.6	3.9	-	-	-	64.5	6.9	3.0	853	-	25.0	485	2.0	4.6	1.0	-	-	-	16.1	1.7	0.8	213	
Shapes Hot Dog	★★◇	2030	7.7	21.1	3.3	-	-	-	64.4	2.9	3.5	530	-	25.0	508	1.9	5.3	0.8	-	-	-	16.1	0.7	0.9	133	
Shapes Nacho Cheese	★★◇	2100	8.0	24.2	3.9	-	-	-	61.1	2.3	3.5	490	-	25.0	525	2.0	6.1	1.0	-	-	-	15.3	0.6	0.9	123	
Shapes Pizza	★★◇	2070	7.8	23.1	3.5	-	-	-	62.2	2.3	3.7	444	-	25.0	518	1.9	5.8	0.9	-	-	-	15.6	0.6	0.9	111	
Shapes Original Pizza	★★	2070	10.7	22.7	5.3	-	-	-	59.9	1.9	3.2	564	-	25.0	518	2.7	5.7	1.3	-	-	-	15.0	0.5	0.8	141	
Shapes Roast Chicken	★★	2020	8.4	20.8	3.0	-	-	-	63.7	1.9	3.3	797	-	25.0	505	2.1	5.2	0.7	-	-	-	15.9	0.5	0.8	199	
Shapes Salt & Vinegar	★★◇	2010	7.4	20.7	3.0	-	-	-	64.2	1.0	3.3	672	-	25.0	503	1.9	5.2	0.7	-	-	-	16.0	0.3	0.8	168	
Shapes Savoury	★◇	2040	10.5	22.8	5.9	-	-	-	58.3	0.3	3.5	909	-	25.0	510	2.6	5.7	1.5	-	-	-	14.6	0.1	0.9	227	
Shapes Light & Crispy Tasty Cheddar & Chives	★★	1880	8.1	14.5	2.2	-	-	-	69.3	2.4	3.9	850	-	20.0	376	1.6	2.9	0.4	-	-	-	13.9	0.5	0.8	170	
Shapes Light & Crispy Sweet Chilli & Sour Cream	★★◇	1880	7.9	14.5	2.2	-	-	-	69.1	3.7	4.1	774	-	20.0	376	1.6	2.9	0.4	-	-	-	13.8	0.7	0.8	155	
Shapes Light & Crispy Honey BBQ Chicken	★★◇	1880	7.9	14.4	2.1	-	-	-	69.7	3.3	3.9	806	-	20.0	376	1.6	2.9	0.4	-	-	-	13.9	0.7	0.8	161	
Shapes Light & Crispy Balsamic Vinegar & Sea Salt	★★	1870	7.7	14.3	2.1	-	-	-	69.3	2.9	3.9	888	-	20.0	374	1.5	2.9	0.4	-	-	-	13.9	0.6	0.8	178	
Shapes Light & Crispy Sour Cream & Chives	★★◇	1880	8.1	14.5	2.2	-	-	-	69.5	3.1	4.0	768	-	20.0	376	1.6	2.9	0.4	-	-	-	13.9	0.6	0.8	154	
Shapes Sensations Balsamic Vinegar & Sea Salt	★★	1820	8.0	13.6	2.4	-	-	-	68.0	2.1	3.8	894	-	20.0	364	1.6	2.7	0.5	-	-	-	13.6	0.4	0.8	179	
Shapes Sensations Honey Soy Chicken	★★	1880	9.2	15.3	2.6	-	-	-	65.8	3.0	4.0	837	-	20.0	376	1.8	3.1	0.5	-	-	-	13.2	0.6	0.8	167	
Shapes Sensations Roast Garlic & Parmesan	★★	1870	9.7	15.5	2.8	-	-	-	64.4	2.2	4.0	915	-	20.0	374	1.9	3.1	0.6	-	-	-	12.9	0.4	0.8	183	
Shapes Sensations Caramelised Onion & Cheddar	★★◇	1820	8.4	14.3	2.6	-	-	-	67.8	3.0	3.9	794	-	20.0	364	1.7	2.9	0.5	-	-	-	13.6	0.6	0.8	159	
Shapes Goes Under the Sea Cheese	★★★◇	1960	7.4	20.7	2.1	-	-	-	58.7	4.3	8.9	540	M/P	18.0	353	1.3	3.7	0.4	-	-	-	10.6	0.8	1.6	97	



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VITA-WEAT																										
Vita-Weat 9 Grain Crispbread	★★★★◇	1710	12.2	9.4	1.1	0.1	3.8	4.3	62.3	1.8	12.0	452	4	23.2	397	2.8	2.2	0.3	0.0	0.9	1.0	14.5	0.4	2.8	105	
Vita-Weat Cracked Pepper Crispbread	★★★★◇	1640	11.1	8.3	1.2	0.0	3.4	3.7	62.2	1.8	11.1	420	4	23.2	380	2.6	1.9	0.3	0.0	0.8	0.9	14.4	0.4	2.6	97	
Vita-Weat Original Crispbread	★★★★◇	1630	11.2	7.2	1.0	0.0	2.6	3.6	64.0	1.8	11.1	490	4	23.2	378	2.6	1.7	0.2	0.0	0.6	0.8	14.8	0.4	2.6	114	
Vita-Weat Sesame Crispbread	★★★★◇	1750	12.0	11.3	1.4	0.1	4.0	5.3	60.9	1.6	11.4	540	4	23.2	406	2.8	2.6	0.3	0.0	0.9	1.2	14.1	0.4	2.6	125	
Vita-Weat Superfoods Ancient Grains & Seeds Crispbread	★★★★◇	1700	11.7	8.4	1.2	0.1	2.8	4.4	64.1	1.9	11.9	470	4	23.2	394	2.7	1.9	0.3	0.0	0.7	1.0	14.9	0.4	2.8	109	
Vita-Weat Superfoods Five Super Seeds Sesame Crispbread	★★★★◇	1750	12.3	11.1	1.6	0.1	4.3	5.1	60.5	1.7	12.2	459	4	23.2	406	2.9	2.6	0.4	0.0	1.0	1.2	14.0	0.4	2.8	107	
Lunch Slices Mixed Grain & Toasted Sesame	★★★★	1700	13.8	10.0	1.3	0.1	3.1	5.0	59.1	6.5	11.4	486	2	38.0	646	5.2	3.8	0.5	0.0	1.2	1.9	22.5	2.5	4.3	185	
Lunch Slices Sesame, Pumpkin & Quinoa	★★★★	1710	14.1	10.4	1.4	0.1	2.8	4.7	58.4	6.7	11.2	481	2	38.0	650	5.3	3.9	0.5	0.0	1.1	1.8	22.2	2.5	4.3	183	
Lunch Slices Soy, Linseed & Sesame	★★★★◇	1700	14.4	10.1	1.3	0.1	3.7	4.9	57.7	6.6	12.0	481	2	38.0	646	5.5	3.8	0.5	0.0	1.4	1.9	21.9	2.5	4.6	183	
Vita-Weat Cracker Cracked Pepper	★★★	1810	9.8	11.9	1.4	0.1	2.7	7.5	66.9	3.6	7.7	680	6	20.0	362	2.0	2.4	0.3	0.0	0.5	1.5	13.4	0.7	1.5	136	
Vita-Weat Cracker Multigrain	★★★	1800	10.3	12.7	1.5	0.1	3.7	7.1	64.3	3.6	8.2	680	6	20.0	360	2.1	2.5	0.3	0.0	0.7	1.4	12.9	0.7	1.6	136	
Vita-Weat Cracker Original	★★★	1810	8.7	11.5	1.4	0.1	2.5	7.4	69.3	3.3	6.8	686	6	20.0	362	1.7	2.3	0.3	0.0	0.5	1.5	13.9	0.7	1.4	137	
Vita-Weat Cracker Sesame and Poppy	★★★	1770	10.5	10.9	1.4	0.1	3.7	3.5	66.0	3.5	8.1	684	6	20.0	354	2.1	2.2	0.3	0.0	0.7	0.7	13.2	0.7	1.6	137	