



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

This information is correct as of 1 March 2017. We regularly review our formulations, so please always check the product label.

	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	Fruit %	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	
PLAINS																											
Arno Shortbread	◇	2080	5.9	24.1	14.1	-	-	-	62.9	18.8	2.3	459	-	2	23.8	495	1.4	5.7	3.3	-	-	-	15.0	4.5	0.5	109	
Butternut Snap	◇	2030	4.9	20.6	14.0	-	-	-	67.2	37.8	5.0	534	-	2	23.8	483	1.2	4.9	3.3	-	-	-	16.0	9.0	1.2	127	
Choc Ripple	★	1880	4.5	16.4	8.4	-	-	-	68.6	36.7	4.0	378	-	2	17.8	335	0.8	2.9	1.5	-	-	-	12.2	6.5	0.7	67	
Ginger Nut NSW	★◇	1770	4.4	8.9	4.4	-	-	-	79.5	43.1	1.9	260	-	2	26.4	467	1.2	2.3	1.2	-	-	-	21.0	11.4	0.5	69	
Ginger Nut SA/WA	★	1780	4.2	9.4	4.7	-	-	-	79.0	42.7	1.9	367	-	2	22.7	404	1.0	2.1	1.1	-	-	-	17.9	9.7	0.4	83	
Gingernut QLD	★◇	1870	4.6	11.8	5.9	-	-	-	76.6	37.7	2.1	251	-	2	16.6	310	0.8	2.0	1.0	-	-	-	12.7	6.3	0.3	42	
Gingernut VIC	★◇	1780	4.8	9.0	4.4	-	-	-	79.5	39.1	2.1	198	-	2	17.9	319	0.9	1.6	0.8	-	-	-	14.2	7.0	0.4	36	
Granita	★◇	2000	7.4	20.9	10.5	-	-	-	63.5	19.4	3.5	412	-	2	23.8	476	1.8	5.0	2.5	-	-	-	15.1	4.6	0.8	98	
Malt-O-Milk	★◇	1860	6.6	12.4	6.2	-	-	-	74.6	27.5	2.5	252	-	2	21.3	396	1.4	2.6	1.3	-	-	-	15.9	5.8	0.5	54	
Marie	★★	1850	6.6	11.9	5.9	-	-	-	75.1	21.3	2.8	192	-	3	24.3	450	1.6	2.9	1.4	-	-	-	18.3	5.2	0.7	47	
Milk Arrowroot	★★	1830	6.7	10.9	5.4	-	-	-	75.8	22.1	2.8	270	-	3	24.3	445	1.6	2.6	1.3	-	-	-	18.4	5.4	0.7	66	
Milk Coffee	★◇	1830	6.6	11.0	5.4	-	-	-	75.7	23.4	2.7	284	-	3	25.8	472	1.7	2.8	1.4	-	-	-	19.5	6.0	0.7	73	
Nice	★◇	1910	5.7	14.5	7.3	-	-	-	74.1	28.7	2.3	354	-	2	23.8	455	1.4	3.5	1.7	-	-	-	17.6	6.8	0.5	84	
Rice Cookies	◇	2180	9.0	28.5	16.3	-	-	-	55.3	27.5	4.1	525	-	3	23.1	504	2.1	6.6	3.8	-	-	-	12.8	6.3	0.9	121	
Scotch Finger	★	2020	6.3	21.2	12.3	-	-	-	65.4	18.5	2.5	497	-	1	17.9	362	1.1	3.8	2.2	-	-	-	11.7	3.3	0.4	89	
Twisted Faves Scotch Finger Lemon Butter	★	2040	5.7	21.4	11.4	-	-	-	66.7	18.6	2.5	459	-	1	17.9	365	1.0	3.8	2.0	-	-	-	11.9	3.3	0.4	82	
Shredded Wheatmeal	★★◇	1717	7.8	11.6	5.4	-	-	-	63.8	16.5	8.9	454	-	3	23.4	402	1.8	2.7	1.3	-	-	-	14.9	3.9	2.1	106	
Teddy Bear	★◇	1880	6.4	11.2	5.5	-	-	-	75.3	24.9	2.6	290	-	2	20.8	391	1.3	2.3	1.1	-	-	-	15.7	5.2	0.5	60	
Yo Yo	★◇	1920	5.9	15.3	8.0	-	-	-	72.7	23.5	2.5	482	-	2	17.8	342	1.0	2.7	1.4	-	-	-	12.9	4.2	0.4	86	
CREAMS																											
Creamy Chocolate	★	2040	4.7	21.1	10.5	-	-	-	68.3	32.6	2.6	236	-	1	14.7	300	0.7	3.1	1.5	-	-	-	10.0	4.8	0.4	35	
Custard Cream	◇	2070	4.2	22.4	11.4	-	-	-	67.7	31.2	1.8	331	-	1	14.7	304	0.6	3.3	1.7	-	-	-	10.0	4.6	0.3	49	
Delta Cream	★	2040	4.1	21.5	11.0	-	-	-	67.4	34.8	3.3	279	-	1	14.7	300	0.6	3.2	1.6	-	-	-	9.9	5.1	0.5	41	
Kingston	◇	2110	4.8	25.5	17.5	-	-	-	62.4	42.1	3.7	553	-	1	13.3	281	0.6	3.4	2.3	-	-	-	8.3	5.6	0.5	74	
Lemon Crisp	◇	2170	4.4	28.1	10.3	-	-	-	61.2	25.0	1.9	503	-	1	13.2	286	0.6	3.7	1.4	-	-	-	8.1	3.3	0.3	66	
Monte Carlo	◇	2060	3.7	23.0	11.8	-	-	-	66.5	36.2	1.7	284	-	1	20.8	428	0.8	4.8	2.4	-	-	-	13.8	7.5	0.4	59	
Orange Slice	◇	2030	4.0	20.3	10.3	-	-	-	70.5	36.2	1.7	335	-	1	14.7	298	0.6	3.0	1.5	-	-	-	10.4	5.3	0.2	49	
Shortbread Cream	◇	2160	4.2	26.4	13.5	-	-	-	64.7	28.1	1.8	384	-	1	16.7	361	0.7	4.4	2.3	-	-	-	10.8	4.7	0.3	64	
Twisted Faves Shortbread Cream Mango & Cream	◇	2160	4.2	26.4	13.2	-	-	-	64.6	28.1	1.9	390	-	1	16.7	361	0.7	4.4	2.2	-	-	-	10.8	4.7	0.3	65	
Twisted Faves Shortbread Cream Strawberries & Cream	◇	2160	4.2	26.4	13.6	-	-	-	64.5	27.8	1.9	385	-	1	16.7	361	0.7	4.4	2.3	-	-	-	10.8	4.6	0.3	64	
Twisted Faves Monte Carlo Salted Caramel	◇	2050	3.4	22.9	12.1	-	-	-	66.3	35.6	1.7	426	-	1	20.8	426	0.7	4.8	2.5	-	-	-	13.8	7.4	0.4	89	
COOKIES																											
Farmbake Butter Shortbread	★	2160	5.5	27.5	15.6	-	-	-	60.5	15.9	2.3	186	-	2	25.0	540	1.4	6.9	3.9	-	-	-	15.1	4.0	0.6	46	
Farmbake Chocolate Chip	★	2010	3.7	20.0	10.3	-	-	-	70.5	36.7	1.3	265	-	2	25.0	503	0.9	5.0	2.6	-	-	-	17.6	9.2	0.3	66	
Farmbake Chocolate Chip Fudge	★	1980	5.2	19.2	9.9	-	-	-	68.6	37.0	2.0	207	-	2	25.0	495	1.3	4.8	2.5	-	-	-	17.1	9.3	0.5	52	
Mini Chocolate Chip Cookie	◇	2121	5.4	26.6	15.1	-	-	-	60.6	28.1	2.0	305	-	M/P	25.0	530	1.3	6.7	3.8	-	-	-	15.1	7.0	0.5	76	
Premier Chocolate Chip Cookies	◇	2130	5.1	25.4	14.8	-	-	-	63.8	37.6	1.8	219	-	1	14.8	315	0.7	3.8	2.2	-	-	-	9.4	5.6	0.3	32	



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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	Fruit %	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		
CHOCOLATE																												
Caramel Crowns	◇	1930	5.3	19.9	12.2	-	-	-	64.0	45.2	1.5	155	-	1	16.7	322	0.9	3.3	2.0	-	-	-	10.7	7.5	0.3	26		
Chocolate Butternut Snap	◇	2090	5.5	23.4	15.6	-	-	-	64.6	43.1	4.0	413	-	1	16.7	349	0.9	3.9	2.6	-	-	-	10.8	7.2	0.7	69		
Chocolate Monte	◇	2100	5.5	24.9	14.2	-	-	-	62.1	36.2	3.4	268	-	1	12.5	263	0.7	3.1	1.8	-	-	-	7.8	4.5	0.4	33		
Chocolate Royals Dark	★◇	1780	4.5	16.2	9.4	-	-	-	63.4	43.3	3.1	88	-	1	16.7	297	0.8	2.7	1.6	-	-	-	10.6	7.2	0.5	15		
Chocolate Royals Milk	★	1800	4.7	16.1	9.5	-	-	-	65.7	46.6	1.3	113	-	1	16.7	301	0.8	2.7	1.6	-	-	-	11.0	7.8	0.2	19		
Chocolate Scotch Finger	◇	2070	6.3	23.2	13.8	-	-	-	63.8	26.6	2.2	410	-	1	22.7	470	1.4	5.3	3.1	-	-	-	14.5	6.0	0.5	93		
Chocolate Teddy Bear	★	1980	5.9	19.2	11.1	-	-	-	67.1	36.1	3.6	175	-	1	16.7	331	1.0	3.2	1.9	-	-	-	11.2	6.0	0.6	29		
Chocolate Wheaten Milk	★	2060	6.2	24.0	13.4	-	-	-	60.0	34.1	5.1	363	-	1	12.5	258	0.8	3.0	1.7	-	-	-	7.5	4.3	0.6	45		
Gaiety	◇	2240	5.2	30.1	17.4	-	-	-	59.9	47.1	2.1	73	-	1	13.3	298	0.7	4.0	2.3	-	-	-	8.0	6.3	0.3	10		
Mint Slice	◇	2200	4.1	29.2	16.2	-	-	-	60.1	42.6	3.4	135	-	1	15.4	339	0.6	4.5	2.5	-	-	-	9.3	6.6	0.5	21		
Tee Vee Snacks Malt Sticks	◇	2030	6.8	20.4	11.9	-	-	-	67.4	37.5	2.2	202	-	8	22.4	455	1.5	4.6	2.7	-	-	-	15.1	8.4	0.5	45		
Tee Vee Snacks Original	★	2020	5.8	18.9	10.7	-	-	-	69.9	35.1	3.6	177	-	4	20.4	412	1.2	3.9	2.2	-	-	-	14.3	7.2	0.7	36		
Wagon Wheels Original	★	1800	3.8	15.6	11.0	-	-	-	67.1	43.7	2.2	112	-	1	48.0	864	1.8	7.5	5.3	-	-	-	32.2	21.0	1.1	54		
Wagon Wheels Original Mini	★	1840	3.8	16.6	11.8	-	-	-	67.2	41.7	2.4	122	-	1	24.0	442	0.9	4.0	2.8	-	-	-	16.1	10.0	0.6	29		
Tim Tam Chewy Caramel	◇	2080	4.7	23.9	13.7	-	-	-	65.1	46.8	1.5	193	-	1	19.4	404	0.9	4.6	2.7	-	-	-	12.6	9.1	0.3	38		
Tim Tam Classic Dark	◇	2160	4.4	26.5	14.4	-	-	-	64.3	42.4	1.9	153	-	1	18.3	395	0.8	4.8	2.6	-	-	-	11.8	7.8	0.3	28		
Tim Tam Double Coat	◇	2190	4.9	27.7	16.0	-	-	-	62.8	47.3	1.6	144	-	1	22.2	486	1.1	6.2	3.5	-	-	-	13.9	10.5	0.4	32		
Tim Tam Original	◇	2170	4.6	26.9	15.1	-	-	-	63.9	44.9	1.7	161	-	1	18.3	397	0.9	4.9	2.8	-	-	-	11.7	8.2	0.3	29		
Tim Tam White	◇	2270	4.9	30.3	20.5	-	-	-	62.2	44.4	1.3	140	-	1	18.3	415	0.9	5.5	3.8	-	-	-	11.4	8.1	0.2	26		
Tim Tam Mango	◇	2200	4.3	27.4	15.2	-	-	-	64.5	45.2	1.4	135	-	1	18.3	403	0.8	5.0	2.8	-	-	-	11.8	8.3	0.3	25		
Tim Tam Messina Black Forest	◇	1990	4.1	22.3	12.4	-	-	-	63.1	44.1	2.9	145	-	1	19.4	386	0.8	4.3	2.4	-	-	-	12.2	8.6	0.6	28		
Tim Tam Messina Choc Mint	◇	2160	4.5	27.3	15.0	-	-	-	61.7	41.9	2.9	158	-	1	17.8	384	0.8	4.9	2.7	-	-	-	11.0	7.5	0.5	28		
Tim Tam Messina Salted Caramel & Vanilla	◇	2180	4.5	27.1	15.0	-	-	-	63.9	43.7	1.5	195	-	1	17.8	388	0.8	4.8	2.7	-	-	-	11.4	7.8	0.3	35		
Tim Tam Messina White Chocolate & Lychee	◇	2270	4.9	30.5	21.6	-	-	-	61.4	42.5	1.3	141	-	1	17.8	404	0.9	5.4	3.8	-	-	-	10.9	7.6	0.2	25		
Arnott's Bites Caramel Crown	◇	2120	5.8	26.5	17.0	-	-	-	60.7	52.6	1.3	143	-	2	17.0	360	1.0	4.5	2.9	-	-	-	10.3	8.9	0.2	24		
Arnott's Bites Mint Slice	◇	2330	5.1	33.8	19.3	-	-	-	57.8	46.0	1.1	128	-	2	17.0	396	0.9	5.7	3.3	-	-	-	9.8	7.8	0.2	22		
Arnott's Bites Tim Tam	◇	2310	5.5	33.5	19.7	-	-	-	56.6	50.2	1.4	137	-	2	17.0	393	0.9	5.7	3.4	-	-	-	9.6	8.5	0.2	23		



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FANCY																											
Fun Sticks Choc	★◇	1970	4.7	18.1	7.9	-	-	-	70.3	33.6	3.2	240	-	M/P	18.0	355	0.8	3.3	1.4	-	-	-	12.7	6.0	0.6	43	
Fun Sticks Vanilla	★◇	1970	3.1	18.1	7.7	-	-	-	71.8	32.5	3.1	245	-	M/P	18.0	355	0.6	3.3	1.4	-	-	-	12.9	5.8	0.6	44	
Honey Jumbles	★◇	1610	4.3	4.6	2.0	-	-	-	80.0	49.2	1.6	252	-	2	20.8	335	0.9	0.9	0.4	-	-	-	16.6	10.2	0.3	52	
Hundreds & Thousands	★◇	1710	4.1	8.0	4.0	-	-	-	78.4	45.8	1.6	229	-	2	16.6	284	0.7	1.3	0.7	-	-	-	13.0	7.6	0.3	38	
Iced Vo Vo	★	1760	3.6	11.6	7.6	-	-	-	73.6	44.1	2.5	205	-	1	13.1	231	0.5	1.5	1.0	-	-	-	9.6	5.8	0.3	27	
Lattice	◇	2160	11.2	27.3	22.8	-	-	-	55.3	11.9	3.5	390	-	2	20.0	432	2.2	5.5	4.6	-	-	-	11.1	2.4	0.7	78	
Raspberry Shortcake	★◇	1840	4.1	17.3	9.4	-	-	-	65.8	32.1	2.3	168	-	1	15.6	287	0.6	2.7	1.5	-	-	-	10.3	5.0	0.4	26	
Tic Toc	★◇	1810	4.6	12.8	6.2	-	-	-	73.0	38.8	1.8	220	-	2	17.8	322	0.8	2.3	1.1	-	-	-	13.0	6.9	0.3	39	
Tina Wafer	◇	2180	2.8	26.0	12.9	-	-	-	68.4	44.2	1.8	53	-	2	16.7	364	0.5	4.3	2.2	-	-	-	11.4	7.4	0.3	9	
Triple Wafer	◇	2180	3.0	25.6	12.7	-	-	-	68.6	43.4	1.8	55	-	2	14.3	312	0.4	3.7	1.8	-	-	-	9.8	6.2	0.3	8	
Venetian	◇	2180	4.5	27.8	20.1	-	-	-	62.1	37.6	2.2	380	2.0	1	12.5	273	0.6	3.5	2.5	-	-	-	7.8	4.7	0.3	47	
FRUIT																											
Full O' Fruit	★★◇	1480	4.6	5.7	2.9	-	-	-	68.0	44.8	4.6	141	54.0	2	20.0	296	0.9	1.1	0.6	-	-	-	13.6	9.0	0.9	28	
Snack Right Fruit Pillow Wild Berry	★★◇	1590	4.1	7.4	2.4	0.0	1.5	3.5	70.7	43.5	5.1	240	39.5	2	33.4	531	1.4	2.5	0.8	0.0	0.5	1.2	23.6	14.5	1.7	80	
Snack Right Fruit Slice Sultana	★★◇	1500	5.3	2.9	0.7	0.0	0.8	1.4	73.7	50.5	6.1	150	56.0	3	30.0	450	1.6	0.9	0.2	0.0	0.2	0.4	22.1	15.2	1.8	45	
Snack Right Fruit Slice Sultana & Chocolate	★★	1670	5.2	9.5	5.2	0.0	0.7	3.6	70.8	51.3	5.0	128	42.0	2	25.0	418	1.3	2.4	1.3	0.0	0.2	0.9	17.7	12.8	1.3	32	
Spicy Fruit Roll	★◇	1580	4.0	6.4	3.3	-	-	-	74.7	52.5	1.1	168	45.0	2	33.4	528	1.3	2.1	1.1	-	-	-	25.0	17.5	0.4	56	
Tiny Teddy																											
Tiny Teddy & Spotty Dog Chocolate Chip	★★	1850	6.9	13.7	6.9	-	-	-	70.1	26.4	4.6	287	-	M/P	23.0	426	1.6	3.2	1.6	-	-	-	16.1	6.1	1.1	66	
Tiny Teddy Chocolate	★★	1850	7.4	13.3	6.3	-	-	-	70.6	25.8	4.4	333	-	M/P	25.0	463	1.9	3.3	1.6	-	-	-	17.7	6.5	1.1	83	
Tiny Teddy Chocolate Chip	★◇	1930	8.5	14.3	7.6	-	-	-	71.7	26.6	4.3	330	-	M/P	25.0	483	2.1	3.6	1.9	-	-	-	17.9	6.7	1.1	83	
Tiny Teddy Half Coat Milk Chocolate	★◇	1960	6.8	18.2	10.3	-	-	-	66.4	32.4	4.9	321	-	M/P	25.0	490	1.7	4.6	2.6	-	-	-	16.6	8.1	1.2	80	
Tiny Teddy Honey	★◇	1860	6.9	13.4	7.1	-	-	-	71.3	25.1	4.5	346	-	M/P	25.0	465	1.7	3.4	1.8	-	-	-	17.8	6.3	1.1	87	
Tiny Teddy Hundreds & Thousands	★◇	1840	4.9	12.5	6.7	-	-	-	73.9	29.5	4.6	291	-	M/P	21.0	386	1.0	2.6	1.4	-	-	-	15.5	6.2	1.0	61	
Tiny Teddy Goes to the Zoo	★◇	1840	5.1	13.0	6.9	-	-	-	72.9	27.1	4.4	292	-	M/P	21.0	386	1.1	2.7	1.4	-	-	-	15.3	5.7	1.0	61	