



BIG M[®] CHOCOLATE 600ML CARTON

NUTRITION INFORMATION			
SERVINGS PER PACK: 1		SERVING SIZE: 600mL	
	AVE. QTY PER SERVE	% DAILY INTAKE [#] PER SERVE	AVE. QTY. PER 100ML
ENERGY	1758 kJ	20 %	293 kJ
PROTEIN	19.2 g	38 %	3.2 g
FAT, TOTAL	10.8 g	15 %	1.8 g
- SATURATED	7.2 g	30 %	1.2 g
CARBOHYDRATE	60.6 g	20 %	10.1 g
- SUGARS	59.4 g	66 %	9.9 g
SODIUM	252 mg	11 %	42 mg
CALCIUM	696 mg	87 % RDI*	116 mg

[#]PERCENTAGE DAILY INTAKES ARE BASED ON AN AVERAGE ADULT DIET OF 8700KJ. YOUR DAILY INTAKES MAY BE HIGHER OR LOWER DEPENDING ON YOUR ENERGY NEEDS. *RECOMMENDED DIETARY INTAKE

BIG M[®] STRAWBERRY 600ML CARTON

NUTRITION INFORMATION			
SERVINGS PER PACK: 1		SERVING SIZE: 600mL	
	AVE. QTY. PER SERVE	% DAILY INTAKE [#] PER SERVE	AVE. QTY. PER 100mL
ENERGY	1674 kJ	19 %	279 kJ
PROTEIN	18.6 g	37 %	3.1 g
FAT, TOTAL	10.8 g	15 %	1.8 g
- SATURATED	7.2 g	30 %	1.2 g
CARBOHYDRATE	56.4 g	18 %	9.4 g
- SUGARS	55.8 g	62 %	9.3 g
SODIUM	246 mg	11 %	41 mg
CALCIUM	714 mg	89 % RDI*	119 mg

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BIG M® ICED COFFEE 600ML CARTON

NUTRITION INFORMATION			
SERVINGS PER PACK: 1		SERVING SIZE: 600mL	
	AVE. QTY. PER SERVE	% DAILY INTAKE [#] PER SERVE	AVE. QTY. PER 100mL
ENERGY	1632 kJ	19 %	272 kJ
PROTEIN	19.2 g	38 %	3.2 g
FAT, TOTAL	10.8 g	15 %	1.8 g
- SATURATED	7.2 g	30 %	1.2 g
CARBOHYDRATE	53.4 g	17 %	8.9 g
- SUGARS	52.8 g	59 %	8.8 g
SODIUM	270 mg	12 %	45 mg
CALCIUM	714 mg	89 % RDI [*]	119 mg

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BIG M® BANANA 600ML CARTON

NUTRITION INFORMATION			
SERVINGS PER PACK: 1		SERVING SIZE: 600mL	
	AVE. QTY. PER SERVE	% DAILY INTAKE [#] PER SERVE	AVE. QTY. PER 100mL
ENERGY	1614 kJ	19 %	269 kJ
PROTEIN	18.6 g	37 %	3.1 g
FAT, TOTAL	10.8 g	15 %	1.8 g
- SATURATED	7.2 g	30 %	1.2 g
CARBOHYDRATE	52.8 g	17 %	8.8 g
- SUGARS	52.2 g	58 %	8.7 g
SODIUM	246 mg	11 %	41 mg
CALCIUM	714 mg	89 % RDI [*]	119 mg

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BIG M® EGG FLIP 600ML CARTON

NUTRITION INFORMATION			
SERVINGS PER PACK: 1		SERVING SIZE: 600mL	
	AVE. QTY. PER SERVE	% DAILY INTAKE[#] PER SERVE	AVE. QTY. PER 100mL
ENERGY	2094 kJ	24 %	349 kJ
PROTEIN	19.2 g	38 %	3.2 g
FAT, TOTAL	20.4 g	29 %	3.4 g
- SATURATED	13.2 g	55 %	2.2 g
CARBOHYDRATE	59.4 g	19 %	9.9 g
- SUGARS	59.4 g	66 %	9.9 g
SODIUM	252 mg	11 %	42 mg
CALCIUM	714 mg	89 % RDI[*]	119 mg

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