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Kellogg's Fruit N Fibre - Information

So long, misery guts - Hello happy guts! 'Fruit 'n Fibre is high in wheat bran fibre which is a superior fibre, that fuels a happy gut for a healthy you** fuelling a happy gut and a happy life. Kellogg's Fruit 'n Fibre is made with delicious whole wheat flakes and raisins, coconut, banana, apple and hazelnuts. *NDNS 2018. **Wheat bran fibre is a superior fibre in relation to its efficacy in accelerating intestinal transit and has the most scientific evidence. 10g wheat bran fibre daily contributes to acceleration of intestinal transit. Fruit 'n Fibre contains 2.8g per serving. Enjoy as part of a healthy diet and lifestyle. *Please always check the label of the pack you receive as there may be differences from the information you read on site due to stock changeover

TFS Product Code: 024454
Suppliers Product Code:
Information Last Updated: 04/02/2025
Date Produced: 21/03/2026

Allergy Information

Key: Contains | May Contain

Sesame, Gluten, Crustaceans, Eggs, Lupin, Nuts, Milk, Celery, Sulphur Dioxide, Soya, Cereal, Peanuts, Fish, Molluscs, Mustard

Nutritional Information

Serving Unit:	100g or 100ml
Energy (kcal)	380.00
Energy (kJ)	1603.00
Protein (g)	8.00
Carb (g)	69.00
Of Which Sugars (g)	24.00
Fat (g)	6.00
Of Which Saturates (g)	3.50
Fibre (g)	9.00
Salt (g)	1.00

Dietary Information

Key: Suitable for

Kosher, Vegetarian, Halal, Vegan

Please Note: This information has been supplied by manufacturers and other third parties to Thompsons Food Service Ltd. Whilst we take steps to ensure the information is correct and regularly updated, we give no warranty and no guarantee to the accuracy of this information. Product information and ingredients may change; please always read product labels carefully in addition to this document for accurate information and consider changes to ingredients when products have been substituted.

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Ingredients

WHOLEWHEAT (69%), dried fruit and hazelnuts (26%) (raisins, sultanas, coconut, banana {banana, coconut oil, sugar}, apple, HAZELNUTS), sugar, BARLEY MALT EXTRACT, salt, niacin, iron, vitamin B6, riboflavin, thiamin, folic acid, vitamin D, vitamin B12

Handling Information

Directions for Use

Eat as directed

Storage Instructions

Store in a cool dry place.

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