



**NUTRITION VALUES FOR ARNOTT'S SWEET BISCUITS : AVERAGE VALUES PER 100g AND PER SERVE. © SEPTEMBER 2015**

*This information is correct as of 7 September 2015. 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	
<b>PLAINS</b>																											
Arno Shortbread	◇	2080	5.9	24.2	14.1	-	-	-	62.8	18.7	2.3	461	-	2	23.8	495	1.4	5.8	3.4	-	-	-	14.9	4.5	0.5	110	
Ginger Nut NSW	★◇	1780	4.8	8.8	4.2	-	-	-	79.5	43.2	2.2	241	-	2	26.4	470	1.3	2.3	1.1	-	-	-	21.0	11.4	0.6	64	
Ginger Nut SA/WA	★	1800	5.5	9.5	4.5	-	-	-	79.2	42.6	1.9	367	-	2	22.7	409	1.2	2.2	1.0	-	-	-	18.0	9.7	0.4	83	
Gingernut QLD	★◇	1870	4.1	11.3	5.4	-	-	-	77.7	39.4	2.1	238	-	2	16.6	310	0.7	1.9	0.9	-	-	-	12.9	6.5	0.3	40	
Gingernut VIC	★◇	1790	4.4	9.0	4.3	-	-	-	80.1	39.0	2.2	176	-	2	17.9	320	0.8	1.6	0.8	-	-	-	14.3	7.0	0.4	32	
Granita	★◇	1870	7.5	19.2	9.3	-	-	-	58.6	18.3	4.1	401	-	2	23.8	445	1.8	4.6	2.2	-	-	-	13.9	4.4	1.0	95	
Malt-O-Milk	★◇	1880	6.0	12.4	5.9	-	-	-	76.2	27.6	2.5	224	-	2	21.3	400	1.3	2.6	1.3	-	-	-	16.2	5.9	0.5	48	
Marie	★★	1860	5.9	12.0	5.7	-	-	-	76.2	21.4	2.8	192	-	3	24.3	452	1.4	2.9	1.4	-	-	-	18.5	5.2	0.7	47	
Milk Arrowroot	★★	1763	6.7	10.5	5.0	-	-	-	72.9	21.3	2.8	261	-	3	24.3	428	1.6	2.6	1.2	-	-	-	17.7	5.2	0.7	63	
Milk Coffee	★◇	1788	6.7	10.7	5.2	-	-	-	73.9	22.8	2.7	276	-	3	25.8	461	1.7	2.8	1.3	-	-	-	19.1	5.9	0.7	71	
Nice	★◇	1890	4.7	13.1	6.3	-	-	-	77.2	36.4	2.4	320	-	2	23.8	450	1.1	3.1	1.5	-	-	-	18.4	8.7	0.6	76	
Scalliwag	★★	1870	5.9	13.5	6.6	-	-	-	73.8	25.5	3.0	241	-	2	20.0	374	1.2	2.7	1.3	-	-	-	14.8	5.1	0.6	48	
Scotch Finger	★	2047	6.6	21.5	12.5	-	-	-	65.8	18.5	2.5	505	-	1	17.9	366	1.2	3.8	2.2	-	-	-	11.8	3.3	0.4	90	
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	5.6	11.3	5.4	-	-	-	76.2	25.1	2.5	293	-	2	20.8	391	1.2	2.4	1.1	-	-	-	15.8	5.2	0.5	61	
Yo Yo	★◇	1924	6.2	15.6	7.9	-	-	-	72.0	23.7	2.1	484	-	2	17.8	342	1.1	2.8	1.4	-	-	-	12.8	4.2	0.4	86	
<b>CREAMS</b>																											
Creamy Chocolate	★	2100	5.5	21.6	10.7	-	-	-	69.8	31.7	2.6	246	-	1	14.7	309	0.8	3.2	1.6	-	-	-	10.3	4.7	0.4	36	
Custard Cream	★	2070	4.2	22.4	10.9	-	-	-	67.7	30.9	1.8	330	-	1	14.7	304	0.6	3.3	1.6	-	-	-	10.0	4.5	0.3	49	
Delta Cream	★	2040	4.6	21.4	10.5	-	-	-	67.2	34.5	2.9	277	-	1	14.7	300	0.7	3.1	1.5	-	-	-	9.9	5.1	0.4	41	
Kingston	◇	2100	4.8	25.5	17.2	-	-	-	61.5	41.2	3.5	528	-	1	13.3	279	0.6	3.4	2.3	-	-	-	8.2	5.5	0.5	70	
Lemon Crisp	◇	2220	4.7	27.8	13.7	-	-	-	64.4	25.1	1.9	515	-	1	13.2	293	0.6	3.7	1.8	-	-	-	8.5	3.3	0.3	68	
Monte Carlo	◇	2060	3.3	22.6	11.4	-	-	-	67.9	37.1	1.8	285	-	1	20.8	428	0.7	4.7	2.4	-	-	-	14.1	7.7	0.4	59	
Orange Slice	★	2030	4.4	20.3	9.9	-	-	-	69.9	35.8	1.7	333	-	1	14.7	298	0.6	3.0	1.4	-	-	-	10.3	5.3	0.2	49	
Shortbread Cream	◇	2210	5.2	26.7	13.1	-	-	-	66.1	27.6	1.8	388	-	1	16.7	369	0.9	4.5	2.2	-	-	-	11.0	4.6	0.3	65	
Twisted Faves Delta Cream Jaffa Choc Orange	★	2040	4.1	21.5	11.0	-	-	-	67.4	34.7	3.3	292	-	1	14.7	300	0.6	3.2	1.6	-	-	-	9.9	5.1	0.5	43	
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	
<b>COOKIES</b>																											
Butternut Snap	◇	2030	4.6	20.6	14.0	-	-	-	67.9	37.5	3.7	536	-	2	23.8	483	1.1	4.9	3.3	-	-	-	16.2	8.9	0.9	128	
Choc Ripple	★	1900	4.7	16.3	7.9	-	-	-	70.1	38.4	3.5	373	-	2	17.8	338	0.8	2.9	1.4	-	-	-	12.5	6.8	0.6	66	
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	47	
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	-	-	-	17.2	9.3	0.5	52	
Farmbake Crunchy Oat & Fruit	★	1970	5.0	18.7	11.5	-	-	-	68.4	36.4	4.5	353	8.0	2	25.0	493	1.3	4.7	2.9	-	-	-	17.1	9.1	1.1	88	
Farmbake Peanut Brownies	★	2050	7.9	22.5	8.7	-	-	-	62.3	27.9	3.3	396	-	2	25.0	513	2.0	5.6	2.2	-	-	-	15.6	7.0	0.8	99	
Mini Chocolate Chip Cookie	◇	2121	5.4	26.6	15.1	-	-	-	60.6	28.1	2.0	305	-	M/P	25.0	530	1.4	6.7	3.8	-	-	-	15.2	7.0	0.5	76	
Premier Chocolate Chip Cookies	◇	2130	5.3	25.4	14.9	-	-	-	63.5	38.0	1.8	231	-	1	14.8	315	0.8	3.8	2.2	-	-	-	9.4	5.6	0.3	34	
Rice Cookies	◇	2180	8.9	28.5	15.8	-	-	-	55.2	28.9	4.1	529	-	3	23.1	504	2.1	6.6	3.6	-	-	-	12.8	6.7	0.9	122	



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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	
<b>CHOCOLATE</b>																											
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	◇	2096	5.5	24.9	14.2	-	-	-	62.1	36.2	3.4	268	-	1	12.5	262	0.7	3.1	1.8	-	-	-	7.8	4.5	0.4	34	
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	◇	2060	5.7	22.3	13.0	-	-	-	65.6	22.2	2.2	453	-	1	17.9	369	1.0	4.0	2.3	-	-	-	11.7	4.0	0.4	81	
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 Weaton Dark	★	2030	6.0	24.1	13.3	-	-	-	57.8	31.3	6.8	340	-	1	12.5	254	0.8	3.0	1.7	-	-	-	7.2	3.9	0.9	43	
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	◇	2190	4.1	28.9	16.2	-	-	-	60.3	43.3	3.5	129	-	1	15.4	337	0.6	4.5	2.5	-	-	-	9.3	6.7	0.5	20	
Tee Vee Snacks Malt Sticks	◇	2030	7.1	20.4	11.8	-	-	-	67.1	37.4	1.9	203	-	8	22.4	455	1.6	4.6	2.6	-	-	-	15.0	8.4	0.4	45	
Tee Vee Snacks Original	★	1970	5.9	18.6	10.5	-	-	-	68.1	35.2	1.7	187	-	4	20.4	402	1.2	3.8	2.1	-	-	-	13.9	7.2	0.3	38	
Wagon Wheels Double Choc	★	1880	4.2	18.1	12.0	-	-	-	65.4	41.6	3.0	113	-	1	48.0	902	2.0	8.7	5.8	-	-	-	31.4	20.0	1.4	54	
Wagon Wheels Original	★	1800	3.8	15.6	11.0	-	-	-	67.2	43.7	2.1	112	-	1	48.0	864	1.8	7.5	5.3	-	-	-	32.3	21.0	1.0	54	
Wagon Wheels Original Mini	★	1810	3.6	15.8	11.2	-	-	-	67.2	43.4	2.4	114	-	1	25.0	453	0.9	4.0	2.8	-	-	-	16.8	10.9	0.6	29	
Tim Tam Chewy Caramel	◇	2090	4.9	23.9	13.5	-	-	-	65.6	46.2	1.0	194	-	1	19.4	405	1.0	4.6	2.6	-	-	-	12.7	9.0	0.2	38	
Tim Tam Classic Dark	◇	2160	4.4	26.5	14.4	-	-	-	64.3	42.4	1.8	153	-	1	18.3	395	0.8	4.8	2.6	-	-	-	11.8	7.8	0.3	28	
Tim Tam Double Coat	◇	2200	5.3	27.8	15.8	-	-	-	63.0	46.5	1.0	144	-	1	22.2	488	1.2	6.2	3.5	-	-	-	14.0	10.3	0.2	32	
Tim Tam Original	◇	2180	4.8	27.0	14.9	-	-	-	64.4	44.2	1.1	160	-	1	18.3	399	0.9	4.9	2.7	-	-	-	11.8	8.1	0.2	29	
Tim Tam White	◇	2270	4.9	30.3	20.5	-	-	-	62.2	44.4	0.9	140	-	1	18.3	415	0.9	5.5	3.8	-	-	-	11.4	8.1	0.2	26	
Tim Tam Choc Brownie Treat Pack	◇	2150	5.0	26.2	14.7	-	-	-	63.5	45.2	2.3	160	-	1	18.3	393	0.9	4.8	2.7	-	-	-	11.6	8.3	0.4	29	
Tim Tam Choc Orange Treat Pack	◇	2180	4.1	26.9	14.7	-	-	-	64.1	44.2	3.2	149	-	1	18.3	399	0.7	4.9	2.7	-	-	-	11.7	8.1	0.6	27	
Tim Tam Double Choc Vanilla	◇	2190	4.8	27.7	15.4	-	-	-	62.9	46.4	1.8	150	-	1	21.2	464	1.0	5.9	3.3	-	-	-	13.3	9.8	0.4	32	
Tim Tam Original Treat Pack	◇	2180	4.8	27.0	14.9	-	-	-	64.4	44.2	1.1	160	-	1	18.3	399	0.9	4.9	2.7	-	-	-	11.8	8.1	0.2	29	
Tim Tam Raspberry White Choc Treat Pack	◇	2180	5.1	28.8	19.5	-	-	-	62.7	43.5	1.4	148	-	1	18.3	399	0.9	5.3	3.6	-	-	-	11.5	8.0	0.3	27	
Tim Tam Salted Caramel Treat Pack	◇	2050	4.4	23.5	13.5	-	-	-	64.2	44.1	1.4	311	-	1	19.4	398	0.9	4.6	2.6	-	-	-	12.5	8.6	0.3	60	
Tim Tam Turkish Delight Treat Pack	◇	1970	4.4	21.7	12.1	-	-	-	63.4	45.4	1.9	149	-	1	19.4	382	0.8	4.2	2.4	-	-	-	12.3	8.8	0.4	29	
Tim Tam Peanut Butter	◇	2190	6.0	28.3	15.6	-	-	-	60.6	41.3	1.9	253	-	1	18.3	401	1.1	5.2	2.8	-	-	-	11.1	7.6	0.3	46	
Tim Tam Red Velvet	◇	2190	4.8	27.4	15.3	-	-	-	63.6	45.1	1.5	138	-	1	18.3	401	0.9	5.0	2.8	-	-	-	11.6	8.3	0.3	25	
Tim Tam Choc Raspberry	◇	2150	4.3	27.0	14.9	-	-	-	62.0	43.0	3.2	159	-	1	18.3	393	0.8	4.9	2.7	-	-	-	11.3	7.9	0.6	29	
Tim Tam Salted Caramel	◇	2040	4.4	23.4	13.4	-	-	-	64.0	43.8	1.3	295	-	1	19.0	388	0.8	4.4	2.5	-	-	-	12.2	8.3	0.2	56	
Tim Tam Coconut Cream	◇	2210	4.9	29.0	17.6	-	-	-	60.9	42.9	2.3	156	-	1	18.3	404	0.9	5.3	3.2	-	-	-	11.2	7.8	0.4	29	
Tim Tam Choccolicious Bites Dark Chocolate	◇	2310	5.3	32.6	19.0	-	-	-	56.9	44.3	1.3	93	-	2	17.0	393	0.9	5.5	3.2	-	-	-	9.7	7.5	0.2	16	
Tim Tam Choccolicious Bites Goopy Caramel	◇	2110	5.8	26.5	16.7	-	-	-	60.2	51.9	1.3	145	-	2	17.4	367	1.0	4.6	2.9	-	-	-	10.5	9.0	0.2	25	
Tim Tam Choccolicious Bites Original	◇	2330	5.4	33.7	20.0	-	-	-	57.5	50.1	1.4	134	-	2	17.0	396	0.9	5.7	3.4	-	-	-	9.8	8.5	0.2	23	



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<b>FANCY</b>																											
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	★◇	1630	4.1	4.8	2.1	-	-	-	80.7	49.7	1.3	255	-	2	20.8	339	0.9	1.0	0.4	-	-	-	16.8	10.3	0.3	53	
Hundreds & Thousands	★◇	1740	4.1	8.7	4.1	-	-	-	78.9	44.4	1.4	244	-	3	24.9	433	1.0	2.2	1.0	-	-	-	19.6	11.1	0.3	61	
Iced Vo Vo	★	1730	3.4	11.7	7.5	-	-	-	72.2	43.9	2.3	205	-	1	13.1	227	0.4	1.5	1.0	-	-	-	9.5	5.8	0.3	27	
Lattice	◇	2160	11.2	27.3	22.8	-	-	-	55.3	11.9	2.4	390	-	2	20.0	432	2.2	5.5	4.6	-	-	-	11.1	2.4	0.5	78	
Raspberry Shortcake	★	1840	3.7	17.4	9.2	-	-	-	65.9	32.3	1.7	170	-	1	15.6	287	0.6	2.7	1.4	-	-	-	10.3	5.0	0.3	27	
Tic Toc	★◇	1810	4.6	12.8	6.2	-	-	-	73.0	38.8	1.6	220	-	2	17.8	322	0.8	2.3	1.1	-	-	-	13.0	6.9	0.3	39	
Tina Wafer	◇	2180	2.9	26.0	12.9	-	-	-	68.3	44.1	1.5	54	-	2	16.7	364	0.5	4.3	2.2	-	-	-	11.4	7.4	0.3	9	
Triple Wafer	◇	2190	3.6	26.0	13.0	-	-	-	67.9	43.4	1.5	65	-	2	14.3	313	0.5	3.7	1.9	-	-	-	9.7	6.2	0.2	9	
Venetian	◇	2190	4.4	28.1	20.2	-	-	-	62.4	37.7	2.0	384	-	1	12.5	274	0.5	3.5	2.5	-	-	-	7.8	4.7	0.3	48	
<b>FRUIT</b>																											
Full O' Fruit	★★◇	1540	5.5	5.4	2.3	-	-	-	72.5	48.0	3.4	135	56.0	2	20.0	308	1.1	1.1	0.5	-	-	-	14.5	9.6	0.7	27	
Snack Right Fruit Pillow Wild Berry	★★◇	1586	4.1	7.4	2.4	0.0	1.5	3.5	70.7	43.5	5.1	240	36.0	2	33.4	530	1.4	2.5	0.8	0.0	0.5	1.2	23.6	14.5	1.7	80	
Snack Right Fruit Slice Sultana	★★◇	1490	5.3	2.9	0.7	0.0	0.8	1.4	73.7	50.5	4.9	150	56.0	3	30.0	447	1.6	0.9	0.2	0.0	0.2	0.4	22.1	15.2	1.5	45	
Snack Right Fruit Slice Sultana & Chocolate	★◇	1668	6.0	9.5	5.2	0.0	0.7	3.6	69.7	50.1	3.8	137	42.0	2	25.0	417	1.5	2.4	1.3	0.0	0.2	0.9	17.4	12.5	1.0	34	
Spicy Fruit Roll	★★	1550	4.1	6.1	2.9	-	-	-	72.2	49.1	3.5	172	45.0	2	33.4	518	1.4	2.0	1.0	-	-	-	24.1	16.4	1.2	57	
<b>Tiny Teddy</b>																											
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	★◇	1860	6.3	12.3	6.6	-	-	-	73.8	29.1	4.5	291	-	M/P	23.0	428	1.4	2.8	1.5	-	-	-	17.0	6.7	1.0	67	
Tiny Teddy Moo Milky Vanilla	★★	1860	7.3	14.0	7.2	-	-	-	69.4	23.7	5.0	305	-	M/P	21.0	391	1.5	2.9	1.5	-	-	-	14.6	5.0	1.0	64	