



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

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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	★★	1880	9.8	15.0	3.9	-	-	-	65.7	3.0	4.6	884	-	25.0	470	2.5	3.8	1.0	-	-	-	16.4	0.7	1.2	221		
Country Cheese	★ ◇	1790	11.0	14.2	4.4	-	-	-	61.9	5.1	3.0	1320	3	15.0	269	1.6	2.1	0.7	-	-	-	9.3	0.8	0.5	198		
Harvest Wheat	★ ◇	2020	11.0	21.2	4.3	-	-	-	59.2	7.2	5.3	917	5	25.0	505	2.7	5.3	1.1	-	-	-	14.8	1.8	1.3	229		
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	★ ◇	2050	6.6	24.6	5.8	-	-	-	59.2	6.1	2.8	661	5	15.0	308	1.0	3.7	0.9	-	-	-	8.9	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	3.2	490	6	25.0	488	1.9	4.6	1.0	-	-	-	16.5	1.5	0.8	123		
Poppy & Sesame Cracker	★★	1940	8.1	21.9	4.5	-	-	-	56.1	2.1	5.2	836	5	21.7	421	1.7	4.8	1.0	-	-	-	12.2	0.5	1.1	181		
Sao	★ ◇	1900	12.0	16.6	6.2	-	-	-	62.1	0.5	3.5	750	3	25.8	490	3.1	4.3	1.6	-	-	-	16.0	0.1	0.9	193		
Savoy 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		
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	4.8	1110	3	19.2	376	1.9	3.9	0.9	-	-	-	11.4	0.2	0.9	213		
Supreme Cracker	★	1980	9.8	19.7	17.4	-	-	-	62.4	0.1	3.3	699	2	20.0	396	2.0	3.9	3.5	-	-	-	12.5	0.0	0.7	140		
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	★★ ◇	1570	7.3	1.6	0.2	0.0	0.8	0.6	80.4	0.9	2.1	889	2	12.5	196	0.9	0.2	0.0	0.0	0.1	0.1	10.1	0.1	0.3	111		
Cruskits Light	★★ ◇	1590	11.3	1.2	0.3	0.0	0.6	0.2	77.5	3.7	4.1	849	2	11.4	181	1.3	0.1	0.0	0.0	0.1	0.0	8.8	0.4	0.5	97		
Cruskits Original	★★	1740	10.6	8.3	5.1	-	-	-	71.8	3.4	3.8	787	2	12.5	218	1.3	1.0	0.6	-	-	-	9.0	0.4	0.5	98		
Cruskits Rice	★★★	1590	7.4	0.9	0.4	0.0	0.2	0.3	83.4	0.9	0.9	607	2	11.9	189	0.9	0.1	0.0	0.0	0.0	0.0	9.9	0.1	0.1	72		
Cruskits Rye	★★★★	1560	9.0	1.2	0.1	0.0	0.9	0.3	76.7	2.1	7.6	643	2	11.9	186	1.1	0.1	0.0	0.0	0.1	0.0	9.1	0.3	0.9	77		
Salada Wholemeal	★★ ◇	1620	11.5	7.7	3.5	0.1	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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	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		
SHAPES																											
Shapes BBQ	★★	2030	9.5	22.3	5.6	-	-	-	60.1	0.9	3.4	708	-	25.0	508	2.4	5.6	1.4	-	-	-	15.0	0.2	0.9	177		
Shapes Cheddar	★◇	2000	12.7	21.5	7.2	-	-	-	56.6	1.6	3.2	764	-	25.0	500	3.2	5.4	1.8	-	-	-	14.2	0.4	0.8	191		
Shapes Cheese & Bacon	★★	1960	13.7	18.0	4.1	-	-	-	60.9	0.6	3.3	776	-	25.0	490	3.4	4.5	1.0	-	-	-	15.2	0.1	0.8	194		
Shapes Chicken Crimpy	★◇	1960	8.2	19.7	4.1	-	-	-	63.0	7.1	3.0	958	-	25.0	490	2.0	4.9	1.0	-	-	-	15.8	1.8	0.8	240		
Shapes Chicken Drumstick	★	1950	6.2	21.5	4.2	-	-	-	60.3	7.8	2.8	1620	-	25.0	488	1.6	5.4	1.0	-	-	-	15.1	2.0	0.7	405		
Shapes Nacho Cheese	★★	1920	12.9	17.3	4.6	-	-	-	60.8	1.4	3.0	822	-	25.0	480	3.2	4.3	1.2	-	-	-	15.2	0.3	0.8	206		
Shapes Pizza	★★	2070	10.7	22.7	5.3	-	-	-	59.9	1.9	3.3	564	-	25.0	518	2.7	5.7	1.3	-	-	-	15.0	0.5	0.8	141		
Shapes Savoury	★◇	2000	12.8	20.8	6.0	-	-	-	57.9	0.4	3.6	959	-	25.0	500	3.2	5.2	1.5	-	-	-	14.5	0.1	0.9	240		
Shapes Light & Crispy Tasty Cheddar & Chives	★★◇	1870	7.8	14.6	1.9	0.0	1.9	10.8	68.6	2.2	3.8	847	-	20.0	374	1.6	2.9	0.4	0.0	0.4	2.2	13.7	0.4	0.8	169		
Shapes Light & Crispy Sweet Chilli & Sour Cream	★★◇	1860	7.7	14.6	2.0	0.0	2.0	10.6	68.4	3.5	4.0	771	-	20.0	372	1.5	2.9	0.4	0.0	0.4	2.1	13.7	0.7	0.8	154		
Shapes Light & Crispy Honey BBQ Chicken	★★◇	1870	7.6	14.5	2.0	0.0	1.9	10.6	69.0	3.1	3.8	803	-	20.0	374	1.5	2.9	0.4	0.0	0.4	2.1	13.8	0.6	0.8	161		
Shapes Light & Crispy Balsamic Vinegar & Sea Salt	★★◇	1850	7.4	14.4	1.9	0.0	2.0	10.6	68.5	2.7	3.8	885	-	20.0	370	1.5	2.9	0.4	0.0	0.4	2.1	13.7	0.5	0.8	177		
Shapes Light & Crispy Lime & Cracked Pepper	★★◇	1930	7.7	15.7	2.0	0.0	2.7	11.0	69.9	1.0	4.0	773	-	20.0	386	1.5	3.1	0.4	0.0	0.5	2.2	14.0	0.2	0.8	155		
Shapes Light & Crispy Sour Cream & Chives	★★◇	1940	7.8	16.0	2.1	0.0	2.7	11.2	69.5	2.9	3.9	766	-	20.0	388	1.6	3.2	0.4	0.0	0.5	2.2	13.9	0.6	0.8	153		
Shapes Extreme Salt & Vinegar	★★◇	1820	7.3	14.5	2.3	-	-	-	69.2	0.3	3.9	757	-	20.0	364	1.5	2.9	0.5	-	-	-	13.8	0.1	0.8	151		
Shapes Extreme Peri Peri Chicken	★★	1820	7.5	14.5	2.3	-	-	-	68.9	1.4	4.0	818	-	20.0	364	1.5	2.9	0.5	-	-	-	13.8	0.3	0.8	164		
Shapes Extreme Sweet & Sticky BBQ Ribs	★★◇	1820	7.8	14.5	2.2	-	-	-	69.5	2.0	3.9	767	-	20.0	364	1.6	2.9	0.4	-	-	-	13.9	0.4	0.8	153		
Shapes Extreme Chilli	★★◇	1820	7.5	14.5	2.3	-	-	-	69.6	2.4	4.0	665	-	20.0	364	1.5	2.9	0.5	-	-	-	13.9	0.5	0.8	133		
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 Basil Pesto & Parmesan	★★	1860	8.9	14.4	2.6	-	-	-	67.1	2.5	3.9	830	-	20.0	372	1.8	2.9	0.5	-	-	-	13.4	0.5	0.8	166		
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 Dijon Mustard & Honey	★★◇	1820	8.4	14.3	2.5	-	-	-	68.0	3.5	3.8	794	-	20.0	364	1.7	2.9	0.5	-	-	-	13.6	0.7	0.8	159		
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 Prehistoric Pizza	★★★★	1970	7.9	20.9	2.2	-	-	-	57.8	4.4	9.1	433	M/P	18.0	355	1.4	3.8	0.4	-	-	-	10.4	0.8	1.6	78		
Shapes Goes Under the Sea Cheese	★★★★◇	1960	7.7	20.8	2.2	-	-	-	58.1	4.1	9.0	540	M/P	18.0	353	1.4	3.7	0.4	-	-	-	10.5	0.7	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	1.6	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	483	2	38.0	646	5.2	3.8	0.5	0.0	1.2	1.9	22.5	2.5	4.3	184	
Lunch Slices Poppy, Rye & Barley	★★★★◇	1660	13.5	8.3	1.0	0.1	2.6	4.3	60.8	6.6	11.6	485	2	38.0	631	5.1	3.2	0.4	0.0	1.0	1.6	23.1	2.5	4.4	184	
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	57.8	5.7	11.9	482	2	38.0	646	5.5	3.8	0.5	0.0	1.4	1.9	22.0	2.2	4.5	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	
Vita-Weat Cheddar & Chives Rice Cracker	★★	1950	8.8	12.6	1.9	0.3	3.3	7.3	77.1	2.5	2.8	887	-	22.5	439	2.0	2.8	0.4	0.1	0.7	1.7	17.3	0.6	0.6	200	
Vita-Weat Lime & Black Pepper Rice Cracker	★★	1960	8.2	12.6	1.7	0.3	3.3	7.3	78.8	3.5	2.3	845	-	22.5	441	1.8	2.8	0.4	0.1	0.8	1.6	17.7	0.8	0.5	190	
Vita-Weat Multigrain Rice Cracker	★★	1960	8.8	12.8	1.7	0.3	3.5	7.5	77.0	0.6	3.0	871	-	22.5	441	2.0	2.9	0.4	0.1	0.8	1.7	17.3	0.1	0.7	196	
Vita-Weat Plain Rice Cracker	★★	1920	9.5	12.1	1.7	0.3	3.8	6.4	75.8	0.5	3.1	873	-	22.5	432	2.1	2.7	0.4	0.1	0.9	1.5	17.1	0.1	0.7	196	
Vita-Weat Sweet Chilli & Sour Cream Rice Cracker	★★	1960	8.5	12.8	1.9	0.3	3.3	7.4	78.0	3.1	2.4	854	-	22.5	441	1.9	2.9	0.4	0.1	0.7	1.7	17.5	0.7	0.5	192	