

# BOOST<sup>®</sup> SNACK PRODUCTS

# NUTRITION GUIDE

## CASHEW & CACAO PROTEIN BALL

### INGREDIENTS

Cashews (24%), Date Paste, Dark Compound Chocolate Chips (14%) [Sugar, Vegetable Fat, Alkalisied Cocoa Powder, Milk Solids, Emulsifiers (492, 322 From Soy), Salt], Sunflower Kernels, Whey Protein Concentrate (8%) [Whey Protein Concentrate (From Milk), Emulsifier (322 From Soy)], Desiccated Coconut [Coconut, Preservative (223)], Honey, Coconut Oil, Cacao Powder (2.9%). Dark Compound Chocolate Chips Contain 18% Cocoa Solids Minimum.

### ALLERGENS

CONTAINS CASHEWS, MILK, SOY AND SULPHITES. MAY CONTAIN TRACES OF OTHER TREE NUTS, PEANUTS, GLUTEN CEREALS, SESAME SEEDS AND EGG.

Made in Australia

Whey protein is not suitable for children under 15 years of age or pregnant women.



NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 35 g		
	Avg Quantity per Serving	Avg Quantity per 100 g
Energy	714 kJ (171 Cal)	2040 kJ (488 Cal)
Protein	5.1 g	14.5 g
Fat, total	11.1 g	31.6 g
- saturated	5.2 g	14.8 g
Carbohydrate	11.9 g	34.0 g
- sugars	10.5 g	29.9 g
Dietary fibre, total	2.1 g	6.0 g
Sodium	20 mg	56 mg

- Source of Protein
- Source of Fibre

- No Artificial Colours or Flavours
- Suitable for Vegetarians

## WHITE CHOCOLATE PROTEIN BALL

### INGREDIENTS

Unsalted Butter [Cream (From Milk)], Biscuit Crumb [Wheat Flour, Sugar, Vegetable Oil, Golden Syrup, Salt, Natural Vanilla Flavour], Whey Protein Concentrate (13%) [Whey Powder (From Milk), Vegetable Oil, Emulsifier (322 From Soy)], Sweetened Condensed Milk (Milk, Sugar), Vegetable Oil, Almond Meal, Honey, White Compound Chocolate (4%) [Sugar, Vegetable Fat, Milk Solids, Emulsifiers (492, 322 From Soy)], Desiccated Coconut [Coconut, Preservative (223)], Yoghurt Powder (Milk Solids, Cultures), Full Cream Milk Powder, Sesame Seeds, Rolled Oats, Sunflower Kernels, Natural Vanilla Flavour.

### ALLERGENS

CONTAINS MILK, WHEAT, SOY, ALMONDS, SULPHITES, SESAME SEEDS AND OATS. MAY CONTAIN OTHER GLUTEN CEREALS, PEANUTS, OTHER TREE NUTS AND EGG.

Made In Australia.

Whey protein is not suitable for children under 15 years of age or pregnant women.



NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 35 g		
	Avg Quantity per Serving	Avg Quantity per 100 g
Energy	799 kJ 191 (Cal)	2280 kJ 545 (Cal)
Protein	5.5 g	15.6 g
Fat, total	14.3 g	40.9 g
- saturated	9.5 g	27.0 g
Carbohydrate	10.0 g	28.5 g
- sugars	6.6 g	18.7 g
Dietary fibre, total	0.8 g	2.4 g
Sodium	36 mg	102 mg

- Source of Protein
- No Artificial Colours or Flavours
- Suitable for Vegetarians

## CHOCOLATE PROTEIN BALL

### INGREDIENTS

Biscuit Crumb [Wheat Flour, Sugar, Vegetable Oil, Raising Agent (500), Salt], Unsalted Butter [Cream (From Milk), Whey Cream (From Milk), Water], Whey Protein Concentrate (12%) [Whey Protein Concentrate (From Milk), Emulsifier (322 From Soy)], Sweetened Condensed Milk [Milk, Sugar], Desiccated Coconut [Coconut, Preservative (223)], Almond Meal, Alkalisied Cocoa Powder (6%), Vegetable Oil, Honey, Sesame Seeds, Sunflower Kernels, Rolled Oats.

### ALLERGENS

CONTAINS WHEAT, MILK, SOY, ALMONDS, SESAME SEEDS, OATS AND SULPHITES. MAY CONTAIN TRACES OF OTHER GLUTEN CEREALS, OTHER TREE NUTS, PEANUTS AND EGG.

Made in Australia

Whey protein is not suitable for children under 15 years of age or pregnant women.



NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 35 g		
	Avg Quantity per Serving	Avg Quantity per 100 g
Energy	784 kJ (187 Cal)	2240 kJ (536 Cal)
Protein	5.7 g	16.2 g
Fat, total	13.6 g	38.8 g
- saturated	8.5 g	24.4 g
Carbohydrate	10.2 g	29.1 g
- sugars	5.8 g	16.6 g
Dietary fibre, total	1.5 g	4.4 g
Sodium	26 mg	75 mg

- Source of Protein
- No Artificial Colours or Flavours
- Suitable for Vegetarians

## PEANUT BUTTER PROTEIN BALL

### INGREDIENTS

Unsalted Peanut Butter (31%) [Peanuts (100%)], Rolled Oats, Vegetable Oil, Sweetened Dried Cranberries [Cranberries, Sugar, Vegetable Oil], Honey, Dark Compound Chocolate Chips [Sugar, Vegetable Oil, Alkalisied Cocoa Powder, Milk Solids, Emulsifiers (492, 322 From Soy), Salt], Whey Protein Concentrate [Whey (From Milk), Vegetable Oil, Emulsifier (322 From Soy)], Almond Meal, Salt.

### ALLERGENS

CONTAINS PEANUTS, OATS, MILK, ALMONDS AND SOY. MAY CONTAIN TRACES OF OTHER TREE NUTS, OTHER GLUTEN CEREALS, SESAME SEEDS, SULPHITES AND EGG.

Made in Australia

Whey protein is not suitable for children under 15 years of age or pregnant women.



NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 35 g		
	Avg Quantity per Serving	Avg Quantity per 100 g
Energy	791 kJ (189 Cal)	2260 kJ (541 Cal)
Protein	5.4 g	15.5 g
Fat, total	13.5 g	38.5 g
- saturated	5.5 g	15.7 g
Carbohydrate	11.0 g	31.4 g
- sugars	6.7 g	19.2 g
Dietary fibre, total	1.8 g	5.0 g
Sodium	56 mg	160 mg

- Source of Protein
- No Artificial Colours or Flavours
- Suitable for Vegetarians

# BOOST BITES > BERRY

## INGREDIENTS:

Dried Fruit (76%) [Dates, Apricots, Berries (13%) (Cranberries, Goji Berries, Blueberries)], Rice Crisps [Rice Flour, Rice Bran], Sugar, Reduced Fat Desiccated Coconut, Vegetable Oil, Natural Flavour, Preservative (220).

**CONTAINS SULPHITES.**

**MAY CONTAIN TRACES OF GLUTEN CEREALS, SOY AND TREE NUTS.**

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 50 g		
	Avg Quantity per Serving	Avg Quantity per 100 g
Energy	695 kJ (166 Cal)	1390 kJ (333 Cal)
Protein	1.8 g	3.6 g
Fat, total	1.4 g	2.8 g
- saturated	1.2 g	2.3 g
Carbohydrate	34.0 g	68.0 g
- sugars	23.9 g	47.8 g
Dietary fibre, total	4.3 g	8.5 g
Sodium	15 mg	29 mg

- Made with real fruit
- All natural colours and flavours
- Good source of fibre
- Low fat
- Suitable for vegans



# BOOST BITES > APRICOT

## INGREDIENTS:

Dried Fruit (82%) [Dates, Apricots (40%), Currants, Sultanas], Rice Crisps [Rice Flour, Rice Bran], Reduced Fat Desiccated Coconut, Vegetable Oil, Natural Flavour, Preservative (220).

**CONTAINS SULPHITES.**

**MAY CONTAIN TRACES OF GLUTEN CEREALS, SOY AND TREE NUTS.**

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 50 g		
	Avg Quantity per Serving	Avg Quantity per 100 g
Energy	680 kJ (163 Cal)	1360 kJ (325 Cal)
Protein	1.7 g	3.3 g
Fat, total	1.4 g	2.7 g
- saturated	1.2 g	2.4 g
Carbohydrate	33.0 g	66.0 g
- sugars	23.0 g	46.0 g
Dietary fibre, total	4.8 g	9.6 g
Sodium	12 mg	23 mg

- Made with real fruit
- All natural colours and flavours
- Good source of fibre
- Low fat
- Suitable for vegans



# BOOST CHIA CHEW BAR

## INGREDIENTS

Oats, Pumpkin Seeds, Sunflower Seeds, Almonds, Organic Coconut, Corn Syrup, Condensed Milk, Organic Agave Syrup, Canola Oil, Chia Seeds, Sea Salt.

## ALLERGENS

**CONTAINS TREE NUTS, GLUTEN CEREALS AND DAIRY. MAY CONTAIN NATURALLY OCCURRING SHELL, PEANUT AND PIP FRAGMENTS.**

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 40 g		
	Avg Quantity per Serving	Avg Quantity per 100 g
Energy	668 kJ	1670 kJ
Protein	3.76 g	9.4 g
Fat, total	9.04 g	22.6 g
- saturated	3.04 g	7.6 g
Carbohydrate	14.76 g	36.9 g
- sugars	11.96 g	29.9 g
Sodium	18.4 mg	46 mg

- No Preservatives
- No Artificial Ingredients
- Wheat Free

# ROASTED ALMONDS

## INGREDIENTS:

Roasted Almonds

**CONTAINS ALMONDS.**

**MAY CONTAIN PEANUTS, SESAME AND OTHER TREE NUTS.**



NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 60 g		
	Avg Quantity per Serving	Avg Quantity per 100 g
Energy	1540 kJ (368 Cal)	2560 kJ (612 Cal)
Protein	12.5 g	20.8 g
Fat, total	33.9 g	56.5 g
- saturated	2.7 g	4.5 g
- polyunsaturated	8.4 g	14.0 g
- monounsaturated	22.8 g	38.0 g
Carbohydrate	4.5 g	7.5 g
- sugars	2.5 g	4.1 g
Dietary fibre, total	6.0 g	10.0 g
Sodium	LESS THAN 3 mg	LESS THAN 5 mg

- Good source of fibre
- Good source of protein
- No preservatives
- Suitable for vegans

# ORGANIC POPCORN > SEA SALT

## INGREDIENTS

Organic Popcorn (80 %), Organic Sunflower Oil – Hi Oleic, Sea Salt.

## ALLERGENS

MAY CONTAIN TRACES OF MILK

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 25 g		
	Avg Quantity per Serving	Avg Quantity per 100 g
Energy	496 kJ	1987 kJ
Protein	1.8 g	7.2 g
Fat, total	6.2 g	24.6 g
- saturated	0.6 g	2.3 g
- trans	<0.1 g	<0.1 g
- polyunsaturated	1.4 g	5.4 g
- monounsaturated	4.2 g	16.9 g
Cholesterol	0 mg	0 mg
Carbohydrate	12.4 g	49.9 g
- sugars	0.2 g	0.9 g
Dietary fibre, total	3.3 g	13.3 g
Sodium	90 mg	360 mg
Gluten	Nil detected	Nil detected

- Gluten Free
- Certified Organic
- Suitable for Vegans
- Cholesterol Free
- Source of Fibre
- No Preservatives
- No Artificial Colours or Flavours



# ORGANIC POPCORN > LIGHTLY SALTED, SLIGHTLY SWEET

## INGREDIENTS

Organic Popcorn (63 %), Organic Sunflower Oil – Hi Oleic, Organic Raw Cane Sugar, Sea Salt.

## ALLERGENS

MAY CONTAIN TRACES OF MILK

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 40 g		
	Avg Quantity per Serving	Avg Quantity per 100 g
Energy	812 kJ	2030 kJ
Protein	2.1 g	5.2 g
Fat, total	8.9 g	22.4 g
- saturated	0.8 g	2.1 g
- trans	<0.1 g	<0.1 g
- polyunsaturated	1.5 g	3.7 g
- monounsaturated	6.6 g	16.6 g
Cholesterol	0 mg	0 mg
Carbohydrate	24.5 g	61.6 g
- sugars	6.5 g	16.2 g
Dietary fibre, total	3.3 g	8.2 g
Sodium	109 mg	272 mg
Gluten	Nil detected	Nil detected

- Gluten Free
- Certified Organic
- Suitable for Vegans
- Cholesterol Free
- Source of Fibre
- No Preservatives
- No Artificial Colours or Flavours

# BANANA BREAD

## INGREDIENTS

Banana (39 %), Wheat Flour, Water, Egg, Sugar, Canola Oil, Raising Agents (450, 500).



## ALLERGENS

CONTAINS WHEAT AND EGGS.

MAY CONTAIN TRACES OF TREE NUTS AND MILK.

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 140 g		
	Avg Quantity per Serving	Avg Quantity per 100 g
Energy	1270 kJ (303 Cal)	907 kJ (217 Cal)
Protein	7.3 g	5.2 g
Fat, total	7.3 g	5.2 g
- saturated	0.8 g	0.6 g
Carbohydrate	51.1 g	36.5 g
- sugars	16.7 g	11.9 g
Dietary fibre, total	2.9 g	2.1 g

- No Preservatives
- No Artificial Colours
- Source of Protein
- Source of Fibre

# MT BOGONG WALKABOUT MIX

## INGREDIENTS

Dried Cranberries (Cranberries, Sugar, Sunflower Oil), Roasted Macadamias, Pistachios, Almonds, Muscatel Grapes With Seeds, Belgian Dark Chocolate (Cocoa, Sugar, Cocoa Butter, Emulsifier: Soya Lecithin, Natural Vanilla), Pumpkin Kernels, Sunflower Kernels, Sea Salt, Macadamia Oil.



## ALLERGENS

CONTAINS TREE NUTS AND DAIRY.

NUTRITION INFORMATION		
Servings per package: 1		
Serving size: 35 g		
	Avg Quantity per Serving	Avg Quantity per 100 g
Energy	726 kJ (173 Cal)	2075 kJ (495 Cal)
Protein	4.6 g	13.1 g
Fat, total	12.2 g	34.8 g
- saturated	2.6 g	7.3 g
- trans	0 g	0 g
- polyunsaturated	3.0 g	8.7 g
- monounsaturated	6.5 g	18.5 g
Cholesterol	0 mg	0 mg
Carbohydrate	12.9 g	36.9 g
- sugars	12.5 g	35.7 g
Dietary fibre, total	2.3 g	6.7 g
Sodium	27.3 mg	77.9 mg
Potassium	205.8 mg	588 mg

- Gluten Free
- Source of Fibre
- Source of Potassium
- No Additives
- No Preservatives