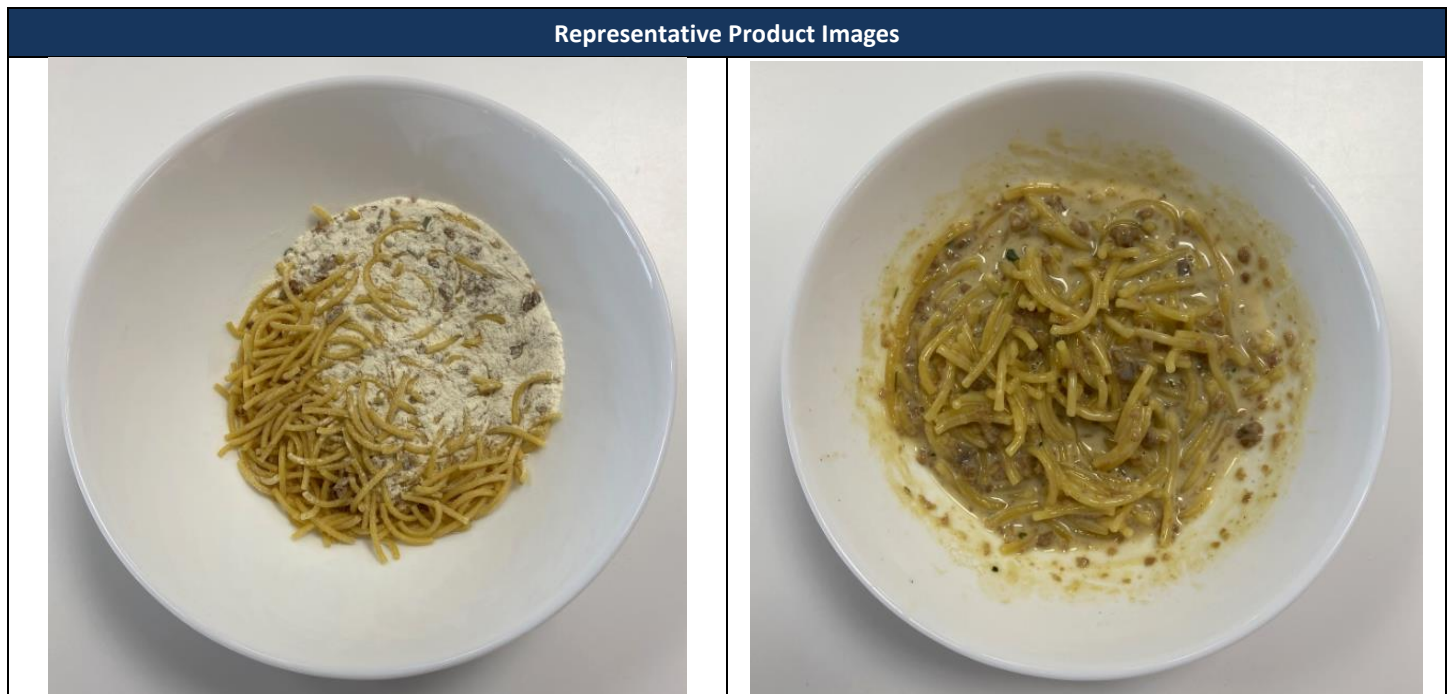


PRP-06-TEC-034		Product Information Document		THE 1:1 DIET	
V1.2	14/11/2023	MRP CARBONARA FLAVOUR PASTA		by CambridgeWeight Plan	

<b>THE 1:1 DIET</b> by CambridgeWeight Plan	<b>Product Summary Information</b>
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<b>Product Name</b>		Carbonara Flavour Pasta								
<b>Product Descriptive Name</b>		Carbonara flavour spaghetti and textured soya protein mix. Meal replacement for weight control.								
<b>Energy per 100g:</b>	1579 kJ/374 kcal	<b>Energy per portion:</b>	853 kJ/202 kcal	<b>Shelf Life at Launch:</b>	12 months					
<b>Summary Allergen Statement</b>		Product contains: <b>Wheat, Soya, Milk, Sulphites</b> . Not suitable for people with peanut, tree nut or sesame seed allergy.								
<b>Product Type</b>		Meal replacement								
<b>Category (✓)</b>										
Shake	Smoothie	Soup	Porridge	Dessert	Savoury Meal	Bites	Bar	Snack	Water Flavouring	Other
					✓					
<b>CN Code</b>		<b>HS Code</b>		<b>Recipe Code</b>		<b>Recipe Revision</b>		<b>Revision Date</b>		
19023090		190230		Pending		1		Pending		







Organoleptic/Sensory Description	
<b>Appearance</b>	Pasta and soya mince with creamy yellow sauce
<b>Aroma</b>	Cheese and milk, pasta, meaty
<b>Flavour</b>	Cheese and milk, pasta, meaty
<b>Texture</b>	Smooth sauce with firm pasta and soya mince

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V1.2	14/11/2023	MRP CARBONARA FLAVOUR PASTA		by CambridgeWeight Plan <sup>®</sup>	

<b>THE 1:1 DIET</b> by CambridgeWeight Plan <sup>®</sup>	<b>Mandatory Particulars</b> As per Regulation (EU) No 1169/2011 of 25/11/2011
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<b>Product Name</b>	Carbonara Flavour Pasta		
<b>Descriptive Name</b>	Carbonara flavour spaghetti and textured soya protein mix. Meal replacement for weight control.		
<b>Serving size / pack size</b>	Individual serving	54g e	For multipack include number x weight / volume, e mark and total weight in brackets
	Multipack / carton	7 X 54g e 18 X 54g e	
<b>Ingredient list</b>	<b>Ingredients:</b> Pre-cooked spaghetti ( <b>wheat</b> ) 46%, Skimmed <b>milk</b> powder, Carbonara seasoning (maltodextrin, mozzarella cheese powder ( <b>milk</b> ), salt, onions, spices (garlic, pepper, nutmeg, turmeric), natural flavouring, yeast extract, sunflower oil, parsley, caramelised sugar) 12%, Textured <b>soya</b> protein ( <b>soya</b> flour, colour: <b>sulphite</b> -ammonia caramel), <b>Milk</b> protein, Conjugated linoleic acid powder (conjugated linoleic acid, corn syrup solids, modified starch, antioxidant: sodium ascorbate), Refined <b>soya</b> oil, Powdered cellulose, <b>Soya</b> lecithin, Potassium chloride, Potassium phosphate, Compound vitamin and mineral mixture (maltodextrin, vitamin C [ascorbic acid], ferrous fumarate, vitamin B3 [nicotinamide], vitamin E [dl-α tocopheryl acetate], calcium D-pantothenate, zinc oxide, copper gluconate, manganese sulphate, vitamin B1 [thiamine hydrochloride], vitamin B6 [pyridoxine hydrochloride], vitamin A [retinol acetate], vitamin B2 [riboflavin], folic acid, potassium iodate, chromic chloride, vitamin K [α-phyloquinone], sodium molybdate, sodium selenite, D-biotin, vitamin D3 [cholecalciferol], vitamin B12 [cyanocobalamin]), Calcium carbonate, Magnesium oxide, Glucose syrup, Black pepper.		
<b>Allergen Advice</b>	For allergens, including cereals containing gluten, <b>see ingredients in bold</b> . Not suitable for people with peanut, tree nut or sesame seeds allergy. Suitable for vegetarians.		
<b>Storage Instructions</b>	Store in a cool dry place away from direct sources of heat.		
<b>Preparation</b>	Pour the contents of your sachet into deep microwavable bowl. Add 110ml hot water and microwave on full power for 2 minutes. Stir thoroughly and allow to cool sufficiently before eating, as IT WILL BE VERY HOT. †Microwave timings are based on a 900W (cat E) microwave. Check manufacturer's instructions for other wattage.		
<b>Instructions for use</b>	Once prepared, do not store or re-heat.		
<b>Name and address of FBO</b>	Manufactured in the UK by Cambridge Weight Plan Ltd, NN17 5LU.		
<b>Country of Origin Statement</b>	N/A		
<b>Advisory Statements</b>	N/A		
<b>Lot Mark Non-Varnish Area</b>	Space required for printing Date of Manufacture, Best Before, Lot mark and time. Format: 'L' to denote lot batch, followed by packing shop order and sequence number, e.g., L123456-1 and time.		

Preparation Instructions			
 <b>Grab your bowl.</b>	 Add 110ml of hot water along with your carbonara mix.	 Stir well. Microwave for 2 mins. Stir.	 Your tasty carbonara is ready! Don't reheat.
Grab your bowl.	Add 110ml of hot water along with your carbonara mix.	Stir well. Microwave for 2 minutes. Stir.	Your tasty carbonara is ready! Don't reheat.

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Nutrition Information		per 100g	per 54g serving	%RI per 100g/54g
Energy	kJ	1579	853	
	kcal	374	202	
Fat <sup>1,2</sup>	g	5.6	3.0	
Of which Saturates	g	1.3	0.7	
Mono-unsaturates	g	0.4	0.2	
Polyunsaturates	g	1.5	0.8	
Carbohydrate	g	55	30	
Of which Sugars	g	15	7.8	
Starch	g	32	17	
Fibre	g	4.8	2.6	
Protein	g	23.5	13	
Salt	g	1.7	0.9	
Vitamin A	µg	642	347	80/43
Vitamin D	µg	5.2	2.8	104/56
Vitamin E	mg	8.5	4.6	71/38
Vitamin K	µg	52	28	69/37
Vitamin C	mg	83	45	104/56
Thiamin	mg	1.3	0.7	121/66
Riboflavin	mg	1.2	0.6	84/46
Niacin	mg	11.4	6.2	72/39
Vitamin B6	mg	1.0	0.6	73/39
Folic acid	µg	176	95.0	88/47
Vitamin B12	µg	1.9	1.1	78/42
Biotin	µg	38	21	76/41
Pantothenic acid	mg	4.6	2.5	76/41
Potassium	mg	1252	676	63/34
Chloride	mg	586	316	73/40
Calcium	mg	462	249	58/31
Phosphorus	mg	340	211	56/30
Magnesium	mg	224	121	60/32
Iron	mg	8.4	4.5	60/32
Zinc	mg	6.0	3.3	60/33
Copper	mg	0.8	0.4	79/42
Manganese	mg	1.3	0.7	67/36
Selenium	µg	36	19	65/35
Chromium	µg	24	13	59/32
Molybdenum	µg	31	17	61/33
Iodine	µg	169	91.1	113/61

<sup>1</sup>This product is compliant with Commission Regulation (EU) No 2019/649 which stipulates that the trans-fat content of food intended for the final consumer and food intended for supply to retail shall not exceed 2 grams per 100 grams of fat. This limit excludes trans-fats which occur naturally in fats of animal origin.

<sup>2</sup> In compliance with EU Regulation 2016/1413 this product contains at least 1g of linoleic acid per portion.

Compound Vitamin and Mineral Mixture – Ingredient Details		
Ingredient	mg/100g in product recipe	mg/portion in product recipe
Maltodextrin	266.331	143.819
Vitamin C [Ascorbic acid]	115.200	62.208
Ferrous Fumarate	24.000	12.960
Vitamin B3 [Nicotinamide]	16.978	9.168
Vitamin E [dl-α tocopheryl acetate]	12.480	6.739
Calcium D-pantothenate	6.782	3.662
Zinc Oxide	6.240	3.370
Copper Gluconate	3.960	2.138
Manganese Sulphate	2.400	1.296
Vitamin B1 [Thiamin Hydrochloride]	1.920	1.037
Vitamin B6 [Pyridoxine hydrochloride]	1.779	0.961
Vitamin B2 [Riboflavin]	1.464	0.790
Vitamin A [Retinol acetate]	1.109	0.599
Folic Acid	0.231	0.125
Potassium Iodate	0.156	0.084
Chromic Chloride	0.125	0.067
Vitamin K [α-phyloquinone]	0.078	0.042
Sodium Molybdate	0.078	0.042
Sodium Selenite	0.070	0.038
D-Biotin	0.059	0.032
Vitamin D3 [Cholecalciferol]	0.007	0.004
Vitamin B12 [Cyanocobalamin]	0.002	0.001

 by CambridgeWeight Plan <sup>®</sup>	Non-Mandatory Information
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<b>Vegetarian Status</b>	Suitable for vegetarians.
<b>Vegan Status</b>	Not suitable for vegans.
<b>Halal Status</b>	Product is not halal certified.
<b>Ingredients Appropriate for Pictorial Representation</b>	<i>Spaghetti, Mozzarella, onions, garlic, black pepper, nutmeg, turmeric</i> A QUID will be required for any of these ingredients which are shown pictorially on the packaging or supporting marketing materials.

Nutrition and Health Claims Information		
Claim	Justification	Conditions
“Substituting one of the main daily meals of an energy restricted diet with a meal replacement contributes to the maintenance of weight after weight loss”	Product nutrition is compliant with the conditions stated in the annex of regulation (EU) 2016/1413.	In order to bear the claim, information shall be provided to the consumer on the importance of maintaining an adequate daily fluid intake and on the fact that the products are useful for the intended use only as part of an energy-restricted diet and that other foodstuffs should be a necessary part of such a diet.
“Substituting two of the main daily meals of an energy restricted diet with meal replacements contributes to weight loss”	Product nutrition is compliant with the conditions stated in the annex of regulation (EU) 2016/1413.	In order to bear the claim, information shall be provided to the consumer on the importance of maintaining an adequate daily fluid intake and on the fact that the products are useful for the intended use only as part of an energy-restricted diet and that other foodstuffs should be a necessary part of such a diet.
“High Protein”	The energy from protein in this product is >20% of the overall energy content.	None, unless a corresponding health claim is made.
“Source of Fibre”	Product contains a minimum of 1.5g of fibre per 100kcal or at least 3g fibre per 100g	None, unless a corresponding health claim is made.
“High [Vit/Min]”	All vitamins and minerals in the nutritional declaration provide at least 30% of the RI/NRV. (For technical use only - Potassium, Sodium, Fluoride, Chromium, Chloride and Molybdenum are not required to provide at least 30% for MRP products so please exclude these from this claim where relevant)	None, unless a corresponding health claim is made.

Micro-Profile			
Organism	Target	Accept	Reject
Aerobic colony count	< 1,000 c.f.u /g	< 10,000 c.f.u /g	> 10,000 c.f.u /g
Staphylococcus Aureus	< 20 c.f.u /g	< 100 c.f.u /g	> 100 c.f.u /g
Salmonella	Absent in 25g	Absent in 25g	Present in 25g

Heavy Metal Limits			
Lead (Pb)	Less than 0.30 mg per Kg	Mercury (Hg)	Less than 0.02 mg per Kg
Cadmium (Cd)	Less than 0.05 mg per Kg	Arsenic (As)	Less than 0.20 mg per Kg

Microbiological standard (c.f.u = colony forming units). Total aflatoxins: less than 5 microgram per kilogram.

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 by CambridgeWeight Plan <sup>®</sup>	<b>Version Control</b> (Technical Use Only)
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Revision	Reason for Revision	Issue Date
1.0	Number of sachets per carton updated and missing content added.	11/07/2023
1.1	Images for preparation instructions and missing premix breakdown data added.	06/09/2023
1.2	Product photos added.	14/11/2023

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