

PRP-06-TEC-034		Product Information Document	THE 1:1 DIET by CambridgeWeight Plan [®]
V1.2	13/03/2024	MRP APPLE & CINNAMON PORRIDGE	

THE 1:1 DIET by CambridgeWeight Plan [®]	Product Summary Information
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Product Name			Apple and Cinnamon Flavour Porridge							
Product Descriptive Name			Apple and cinnamon flavour skimmed milk and multi-wholegrain porridge mix. With sweeteners. Meal replacement for weight control.							
Energy per 100g:		1550 kJ/370 kcal	Energy per portion:		840 kJ/200 kcal	Shelf Life:		15 months		
Packing Format(s)			7 X 54g e or 21 X 54g e							
Summary Allergen Statement (amend as appropriate)			Product contains: Milk, Soya, Oat, Wheat, Barley, Spelt, Rye (gluten). Not suitable for people with peanut, tree nut or sesame seeds allergy.							
Product Type			Meal replacement							
Category (✓)										
Shake	Smoothie	Soup	Porridge	Dessert	Savoury Meal	Bites	Bar	Snack	Water Flavouring	Other
			✓							
CN Code		HS Code		Recipe Code		Recipe Revision		Revision Date		
19019099		190190		362531A		1		28/06/2023		

Representative Product Images	
Product Image Pending	Product Image Pending

Organoleptic/Sensory Description	
Appearance	Thick porridge, visible oats
Aroma	Apple, cinnamon, oats
Flavour	Apple, cinnamon, oats
Texture	Thick, smooth, and creamy
Sound	Thick porridge

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THE 1:1 DIET by CambridgeWeight Plan [®]	Mandatory Particulars	
	As per Regulation (EU) No 1169/2011 of 25/11/2011	

Product Name	Apple and Cinnamon Flavour Porridge		
Descriptive Name	Apple and cinnamon flavour skimmed milk and multi-wholegrain porridge mix. With sweeteners. Meal replacement for weight control.		
Serving size / pack size	Individual serving	54 g e	For multipack include number x weight / volume, e mark and total weight in brackets
	Multipack / carton	21 X 54 g e 7 X 54 g e	
Ingredient list Capitalise first letter, except when text in brackets. Allergens in bold . Check QUID, additives, flavouring. (Justify text left)	Ingredients: Skimmed milk powder, Wholegrain oat flour, Wholegrain rolled oats 25%, Pea protein, Multigrain flour (durum wheat semolina, barley flour, oat flour, spelt flour, rye flour), Milk protein, Flavouring, Soya lecithin, 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]), Potassium phosphate, Potassium chloride, Conjugated linoleic acid powder (conjugated linoleic acid, corn syrup solids, modified starch, antioxidant: sodium ascorbate), Salt, Calcium carbonate, Magnesium oxide, Sweeteners (acesulfame K, sucralose).		
Allergen Advice	For allergens, including cereals containing gluten, see ingredients in bold . Not suitable for people with peanut, tree nut or sesame seeds allergy. Suitable for vegetarians.		
Storage Instructions	Store in a cool dry place away from direct sources of heat.		
Preparation	Pour the contents of your sachet into a deep microwavable bowl. Add 200ml hot water and stir thoroughly. Microwave† on full power for 30 seconds. Stir and microwave again for another 30 seconds. Stir and allow to cool as IT WILL BE VERY HOT. †Microwave timings are based on a 900W (cat E) microwave. Check manufacturer’s instructions for other wattage.		
Instructions for use	Once prepared, do not store or re-heat.		
Name and address of FBO	Manufactured in the UK by Cambridge Weight Plan Ltd, NN17 5LU.		
Country of Origin Statement	Made using oats of UK, EU and Non-EU origin.		
Advisory Statements	None.		
Health Mark	None.		
Lot Mark Non-Varnish Area	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			
 Grab your bowl.	 Add 200ml of hot water along with your porridge mix.	 Stir well. Microwave for 30 secs. Stir. Repeat. Stand for 1 min.	 Your yummy porridge is ready! Don't reheat.
Grab your bowl.	Add 200 ml of hot water along with your porridge mix.	Stir well. Microwave for 30 seconds. Stir. Repeat. Stand for 1 minute.	Your yummy porridge is ready! Don't reheat.

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Circulation: Technical Record Sheets Folder

Nutrition Information		per 100g	per 54g serving	%RI per 100g/54g
Energy	kJ	1550	840	
	kcal	370	200	
Fat ^{1,2}	g	6.8	3.7	
Of which Saturates	g	1.7	0.9	
Mono-unsaturates	g	1.8	1.0	
Polyunsaturates	g	2.1	1.1	
Carbohydrate	g	52	28	
Of which Sugars	g	14	7.6	
Starch	g	32	17	
Fibre	g	5.0	2.7	
Protein	g	23	13	108/58 148/80 97/52 107/58 136/74 170/92 117/63 99/53 102/55 107/58 104/56 103/56 105/57 55/30 102/55 61/33 75/40 56/30 89/48 92/50 95/51 88/48 87/47 80/43 82/44 149/81
Salt	g	1.0	0.6	
Vitamin A	µg	865	467	
Vitamin D	µg	7.4	4.0	
Vitamin E	mg	12	6.3	
Vitamin K	µg	80	43	
Vitamin C	mg	109	59	
Thiamin	mg	1.9	1.0	
Riboflavin	mg	1.6	0.9	
Niacin	mg	16	8.5	
Vitamin B6	mg	1.4	0.8	
Folic acid	µg	213	115	
Vitamin B12	µg	2.6	1.4	
Biotin	µg	52	28	
Pantothenic acid	mg	6.3	3.4	
Potassium	mg	1101	595	
Chloride	mg	816	441	
Calcium	mg	484	262	
Phosphorus	mg	524	283	
Magnesium	mg	212	114	
Iron	mg	13	6.7	
Zinc	mg	9.2	5.0	
Copper	mg	0.9	0.5	
Manganese	mg	1.8	1.0	
Selenium	µg	48	26	
Chromium	µg	32	17	
Molybdenum	µg	41	22	
Iodine	µg	224	120	

¹This 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.

² 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	360.657	194.755
Vitamin C [Ascorbic acid]	156.000	84.240
Ferrous Fumarate	32.500	17.550
Vitamin B3 Nicotinamide	22.991	12.415
Vitamin E [dl-α tocopheryl acetate]	16.900	9.126
Calcium D-Pantothenate	9.185	4.960
Zinc Oxide	8.450	4.563
Copper Gluconate	5.363	2.896
Manganese Sulphate	3.250	1.755
Vitamin B1 [Thiamin hydrochloride]	2.600	1.404
Vitamin B6 [Pyridoxine hydrochloride]	2.410	1.301
Vitamin B2 [Riboflavin]	1.982	1.070
Vitamin A [Retinol acetate]	1.501	0.811
Folic Acid	0.313	0.169
Potassium Iodate	0.211	0.114
Chromic Chloride	0.169	0.091
Vitamin K [α-phyloquinone]	0.106	0.057
Sodium Molybdate	0.106	0.057
Sodium Selenite	0.094	0.051
D-Biotin	0.079	0.043
Vitamin D3 [Cholecalciferol]	0.009	0.005
Vitamin B12 [Cyanocobalamin]	0.003	0.002

	Non-Mandatory Information
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Vegetarian Status	Suitable for vegetarians.
Vegan Status	Not suitable for vegans.
Halal Status	Product is halal certified.
Ingredients Appropriate for Pictorial Representation	<i>Oats 25%</i> <i>A QUID will be required for any of these ingredients which are shown pictorially on the packaging or supporting marketing materials.</i>

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.

Revision	Reason for Revision	Issue Date
1.0	First issue of revised product recipe.	17/07/2023
1.1	Design brief content added.	15/01/2024
1.2	%RI figures for vitamin B12, Biotin and Pantothenic Acid corrected.	13/03/2024