PRP-06-TEC-034		Product Information Document	THE 1:1 DIET
V1.2	25/03/2024	MRP GOLDEN SYRUP PORRIDGE	by Cambridge Weight Plan



Product Summary Information

Pi	Product Name Golden Syrup Flavour Porridge										
Product Descriptive Name Golden syrup flavour skimmed milk and m replacement for weight control.				d multi-	-whole	grain porri	dge mix. W	th sweetener	s. Meal		
Energy p	er 100g:	1569 kJ/3	71 kcal End	ergy per por	tion: 847	kJ/200	kcal	Sho	elf Life:	12 m	nonths
Pac	king Format	(s)	7 X 54g e or	21 X 54g e							
(amen	_	rgen Statement appropriate) Product contains: Milk, Soya, Oat, Wheat, Barley, Spelt, Rye (gluten). Not suitable for people was peanut, tree nut or sesame seeds allergy. Meal replacement				eople with					
					Category (✓)						
Shake	Smoothie	Soup	Porridge	Dessert	Savoury Meal	Bite	s	Bar	Snack	Water Flavouring	Other
			✓								
CN Code HS Code				Recipe Code		R	ecipe Revi	sion	Revision	Date	
19019099 190190				362911A 1 28/06			28/06/2	2023			

Representative Product Images					
Product Image Pending	Product Image Pending				

Organoleptic/Sensory Description					
Appearance	Thick porridge, visible oats				
Aroma	Golden syrup, sweet, oats				
Flavour	Golden syrup, sweet, oats				
Texture	Thick, smooth, and creamy				
Sound	Thick porridge				

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Mandatory Particulars As per Regulation (EU) No 1169/2011 of 25/11/2011

Product Name	Golden Syrup Flavour Porridge			
Descriptive Name	Golden syrup flavour skimmed milk and multi-wholegrain porridge mix. With sweeteners. Meal replacement for weight control.			
Serving size / pack size	Individual serving	54 g e 21 X 54 g e	For multipack include number x weight / volume, e mark and total weight in brackets	
Ingredient list Capitalise first letter, except when text in brackets. Allergens in bold. Check QUID, additives, flavouring. (Justify text left)	Multipack / carton 7 X 54 g Θ Ingredients: Skimmed milk powder, Wholegrain rolled oats 23%, Wholegrain oat flour, Pea protein, Flavouring, Multigrain flour (durum wheat semolina, barley flour, oat flour, spelt flour, rye flour), Milk protein, Soya lecithin, Powdered cellulose, Conjugated linoleic acid powder (conjugated linoleic acid, corn syrup solids, modified starch, antioxidants (sodium ascorbate, mixed tocopherols, ascorbyl palmitate)), 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-phylloquinone], sodium molybdate, sodium selenite, D-biotin, vitamin D3 [cholecalciferol], vitamin B12 [cyanocobalamin]), Potassium phosphate, Magnesium oxide, Potassium chloride, Calcium carbonate, Salt, 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	e-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 Z00ml 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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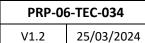
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Nutrition Information		per 100g	per 54g serving	%RI per 100g/54g
Energy	kJ	1569	847	
	kcal	371	200	
Fat ^{1,2}	g	6.8	3.6	
Of which Saturates	g	1.1	0.6	
Mono-unsaturates	g	1.6	0.9	
Polyunsaturates	g	2.3	1.2	
Carbohydrate	g	53	29	
Of which Sugars	g	15	8.0	
Starch	g	33	18	
Fibre	g	6.0	3.2	
Protein	g	24	13	
Salt	g	0.8	0.4	
Vitamin A	μg	865	467	108/58
Vitamin D	μg	7.4	4.0	148/80
Vitamin E	mg	12	6.3	97/52
Vitamin K	μg	80	43	107/58
Vitamin C	mg	109	59	136/74
Thiamin	mg	1.9	1.0	170/92
Riboflavin	mg	1.6	0.9	117/63
Niacin	mg	16	8.5	99/53
Vitamin B6	mg	1.4	0.8	102/55
Folic acid	μg	213	115	107/58
Vitamin B12	μg	2.6	1.4	104/56
Biotin	μg	52	28	103/56
Pantothenic acid	mg	6.3	3.4	105/57
Potassium	mg	955	516	48/26
Chloride	mg	510	275	64/34
Calcium	mg	474	256	59/32
Phosphorus	mg	504	272	72/39
Magnesium	mg	215	116	57/31
Iron	mg	10	5.4	71/39
Zinc	mg	7.6	4.1	76/41
Copper	mg	0.8	0.4	76/41
Manganese	mg	1.4	0.8	70/38
Selenium	μg	39	21	71/38
Chromium	μg	25	14	62/34
Molybdenum	μg	33	18	66/35
lodine	μg	203	110	135/73

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.

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



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Compound Vitamin and Mineral Mixture – Ingredient Details			
Ingredient	mg/100g in product recipe	mg/portion in product recipe	
Maltodextrin	305.171	164.793	
Vitamin C [Ascorbic acid]	132.000	71.280	
Ferrous Fumarate	27.500	14.850	
Vitamin B3 Nicotinamide	19.454	10.505	
Vitamin E [dl-α tocopheryl acetate]	14.300	7.722	
Calcium D-Pantothenate	7.772	4.197	
Zinc Oxide	7.150	3.861	
Copper Gluconate	4.538	2.450	
Manganese Sulphate	2.750	1.485	
Vitamin B1 [Thiamin hydrochloride]	2.200	1.188	
Vitamin B6 [Pyridoxine hydrochloride]	2.039	1.101	
Vitamin B2 [Riboflavin]	1.677	0.906	
Vitamin A [Retinol acetate]	1.270	0.686	
Folic Acid	0.265	0.143	
Potassium Iodate	0.179	0.097	
Chromic Chloride	0.143	0.077	
Vitamin K [α-phylloquinone]	0.089	0.048	
Sodium Molybdate	0.089	0.048	
Sodium Selenite	0.080	0.043	
D-Biotin	0.067	0.036	
Vitamin D3 [Cholecalciferol]	0.008	0.004	
Vitamin B12 [Cyanocobalamin]	0.002	0.001	

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Non-Mandatory Information

Vegetarian Status	Suitable for vegetarians.
Vegan Status	Not suitable for vegans.
Halal Status	Product is halal certified.
Ingredients Appropriate for Pictorial Representation	Oats 23% A QUID will be required for any of these ingredients which are shown pictorially on the packaging or supporting marketing materials.

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Nutrition and Health Claims Information Claim Justification **Conditions** In order to bear the claim, information shall be provided to the consumer on the "Substituting one of the main daily importance of maintaining an adequate meals of an energy restricted diet with Product nutrition is compliant with the daily fluid intake and on the fact that the a meal replacement contributes to the conditions stated in the annex of products are useful for the intended use maintenance of weight after weight regulation (EU) 2016/1413. only as part of an energy-restricted diet loss" and that other foodstuffs should be a necessary part of such a diet. In order to bear the claim, information shall be provided to the consumer on the "Substituting two of the main daily importance of maintaining an adequate Product nutrition is compliant with the meals of an energy restricted diet with daily fluid intake and on the fact that the conditions stated in the annex of meal replacements contributes to products are useful for the intended use regulation (EU) 2016/1413. weight loss" only as part of an energy-restricted diet and that other foodstuffs should be a necessary part of such a diet. None, unless a corresponding health The energy from protein in this product is "High Protein" >20% of the overall energy content. claim is made. Product contains a minimum of 3g of fibre None, unless a corresponding health "High Fibre" per 100kcal or at least 6g fibre per 100g claim is made. All vitamins and minerals in the nutritional declaration provide at least 30% of the RI/NRV. (For technical use only -Potassium, Sodium, Fluoride, Chromium, None, unless a corresponding health "High [Vit/Min]" Chloride and Molybdenum are not claim is made. required to provide at least 30% for MRP products so please exclude these from this claim where relevant)

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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Revision	Reason for Revision	
1.0	First issue of revised product recipe.	18/07/2023
1.1	Design brief content added.	15/01/2024
1.2	Ingredient list updated (CLA).	25/03/2024

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