



PRP-06-TEC-034		Product Information Document	THE 1:1 DIET by CambridgeWeight Plan <sup>®</sup>
V2.2	18/03/2024	MRP BREAKFAST SMOOTHIE	

<b>THE 1:1 DIET</b> by CambridgeWeight Plan <sup>®</sup>	Product Summary Information
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Product Name		Breakfast Smoothie									
Product Descriptive Name		Strawberry and banana flavour, skimmed milk, yoghurt and oat smoothie mix. With sweeteners. Meal replacement for weight control.									
Energy per 100g:		1575kJ/373 kcal		Energy per portion:		851 kJ/202 kcal		Shelf Life at Launch:		9 months	
Summary Allergen Statement		Product contains: <b>Milk, Soya &amp; Oats</b> (gluten). May also contain gluten from wheat and other cereals. 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		
1901909990		1901909990			363940A		1		07/11/2022		

Representative Product Images	
	

Organoleptic/Sensory Description	
Appearance	Pale yellow, creamy shake with strawberry pieces and oats
Aroma	Banana & strawberry, sweet
Flavour	Strong presence of banana & strawberry with oats and other sweet notes
Texture	Thick, creamy, strawberry & oats pieces
Sound	N/A





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<b>THE 1:1 DIET</b> by CambridgeWeight Plan®	<b>Mandatory Particulars</b> As per Regulation (EU) No 1169/2011 of 25/11/2011
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Product Name	Breakfast Smoothie		
Descriptive Name	Strawberry and banana flavour, skimmed milk, yoghurt and oat smoothie mix. With sweeteners. Meal replacement for weight control.		
Serving size / pack size	Individual serving	54g e	For multipack include number x weight / volume, e mark and total weight in brackets
	Multipack / carton	21 X 54g e 7 X 54g e	
Ingredient list	<b>Ingredients:</b> Skimmed <b>milk</b> powder, Wholegrain rolled <b>oats</b> 7.5%, Skimmed <b>milk</b> yoghurt powder 5.6%, <b>Soya</b> flour, Strawberry pieces 3.0%, Glucose Syrup, Powdered cellulose, Thickener: guar gum, <b>Soya</b> lecithin, Refined fractionated palm oil, Flavouring, Refined <b>soya</b> oil, Maltodextrin, Conjugated linoleic acid powder (conjugated linoleic acid, corn syrup solids, modified starch, antioxidant: sodium ascorbate), Compound vitamin and mineral mixture (maltodextrin, vitamin C [ascorbic acid], ferrous fumarate, vitamin E [dl-α tocopheryl acetate], vitamin B3 [nicotinamide], vitamin A [retinol acetate], copper gluconate, zinc oxide, manganese sulphate, D-biotin, calcium D-pantothenate, chromic chloride, folic acid, vitamin D3 [cholecalciferol], vitamin K [α-phyloquinone], sodium molybdate, vitamin B6 [pyridoxine hydrochloride], vitamin B1 [thiamine hydrochloride], potassium iodate, sodium selenite), Stabiliser: carrageenan, Magnesium oxide, Potassium chloride, Sweeteners (acesulfame K, sucralose), <b>Milk</b> protein, Colour: beta-carotene.		
Allergen Advice	For allergens, including cereals containing gluten, <b>see ingredients in bold</b> . May also contain gluten from wheat and other cereals. Not suitable for people with peanut, tree nut or sesame seeds allergy.		
Storage Instructions	Store in a cool dry place away from direct sources of heat.		
Preparation	Pour 227ml of cold water into a container and add sachet contents. Using a blender or whisk, mix until smooth or shake vigorously in a Cambridge Weight Plan® Drink shaker for 45-60 seconds.		
Instructions for use	Consume within 15 minutes.		
Name and address of FBO	Manufactured in the UK by Cambridge Weight Plan Ltd, NN17 5LU.		
Country of Origin Statement	Made using UK, EU and Non-EU Milk.		
Advisory Statements	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			
 <p>Grab your shaker, jug or bowl.</p>	 <p>Add 227ml of cold water along with your smoothie mix.</p>	 <p>Shake, whisk or blend (for a smoother texture) for 45 secs.</p>	 <p>Your tasty smoothie is ready!</p>
Grab your shaker, jug or bowl.	Add 227ml of cold water along with your smoothie mix.	Shake, whisk or blend (for a smoother texture) for 45 secs.	Your tasty smoothie is ready!

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Nutrition Information		per 100 g	per 54 g serving	%RI per 100 g/54 g
Energy	kJ	1575	851	
	kcal	373	202	
Fat <sup>1,2</sup>	g	6.6	3.6	
Of which Saturates	g	1.8	0.9	
Mono-unsaturates	g	1.3	0.7	
Polyunsaturates	g	2.0	1.1	
Carbohydrate	g	49	26	
Of which Sugars	g	39	21	
Starch	g	5.8	3.1	
Fibre	g	5.4	2.9	
Protein	g	27	15	
Salt	g	1.1	0.6	
Vitamin A	µg	651	352	81/44
Vitamin D	µg	6.5	3.5	130/70
Vitamin E	mg	6.7	3.6	56/30
Vitamin K	µg	42	23	56/30
Vitamin C	mg	44	24	56/30
Thiamin	mg	0.62	0.33	56/30
Riboflavin	mg	0.78	0.42	56/30
Niacin	mg	8.9	4.8	56/30
Vitamin B6	mg	0.78	0.42	56/30
Folic acid	µg	111	60.0	56/30
Vitamin B12	µg	1.8	0.99	73/40
Biotin	µg	29	16	58/31
Pantothenic acid	mg	3.3	1.8	56/30
Potassium	mg	1492	806	75/40
Chloride	mg	853	461	107/58
Calcium	mg	906	490	113/61
Phosphorus	mg	708	383	101/55
Magnesium	mg	220	119	59/32
Iron	mg	9.3	5.0	66/36
Zinc	mg	6.1	3.3	61/33
Copper	mg	0.62	0.33	62/33
Manganese	mg	1.3	0.68	63/34
Selenium	µg	42	23	76/41
Chromium	µg	23	13	58/31
Molybdenum	µg	34	19	69/37
Iodine	µg	312	169	208/112

<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	309.054	166.889
Vitamin C [Ascorbic acid]	68.552	37.018
Ferrous Fumarate	27.000	14.580
Vitamin B3 [Nicotinamide]	10.350	5.589
Vitamin E [dl-α tocopheryl acetate]	8.100	4.374
Zinc Oxide	3.825	2.066
Copper Gluconate	3.805	2.055
Manganese Sulphate	3.518	1.900
Calcium D-Pantothenate	1.935	1.045
Vitamin A [Retinol acetate]	0.731	0.395
Vitamin B6 [Pyridoxine hydrochloride]	0.675	0.365
Vitamin B1 [Thiamin hydrochloride]	0.618	0.334
Potassium Iodate	0.131	0.070
Chromic Chloride	0.115	0.062
Folic Acid	0.108	0.058
Sodium Molybdate	0.072	0.039
Sodium Selenite	0.054	0.029
Vitamin K [α-phyloquinone]	0.052	0.028
D-Biotin	0.032	0.017
Vitamin D3 [Cholecalciferol]	0.003	0.002

<b>THE 1:1 DIET</b> by CambridgeWeight Plan®	<b>Non-Mandatory Information</b>
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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 halal certified.
<b>Ingredients Appropriate for Pictorial Representation</b>	<i>Milk, Oats, Yoghurt, Strawberries</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.	None, unless a corresponding health claim is made.

### Micro-Profile

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

### Heavy Metal Limits

<b>Lead (Pb)</b>	Less than 0.30 mg per Kg	<b>Mercury (Hg)</b>	Less than 0.02 mg per Kg
<b>Cadmium (Cd)</b>	Less than 0.05 mg per Kg	<b>Arsenic (As)</b>	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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THE 1:1 DIET by CambridgeWeight Plan <sup>®</sup>	Version Control (Technical Use Only)	

Revision	Reason for Revision	Issue Date
1.0	First launch of new recipe (new CLA).	
2.0	Recipe amended to accommodate alternative guar gum.	12/12/2022
2.1	Updated to new format.	16/07/2023
2.2	Compound Vitamin and Mineral Mixture – Ingredient Details table updated.	18/03/2024

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