PRP-06-TEC-034 Product Information Document		THE 1:1 DIET	
V1.2	15/01/2024	MRP MIXED BERRY PORRIDGE	by <b>Cambridge</b> Weight Plan



## **Product Summary Information**

Product Name Mixed Berry Porridge											
Product	: Descriptive	Name		Raspberry and cranberry flavour skimmed milk and multi-wholegrain porridge mix. With sweeteners. Meal replacement for weight control.							
Energy p	er 100g:	1565 kJ/3	70 kcal En	ergy per por	tion: 845	kJ/200	kcal	Sh	elf Life:	12 m	nonths
Pac	king Format	(s)	7 X 54g $e$ or	21 X 54g e							
Summary Allergen Statement (amend as appropriate)  Product Type  Product Type  Product Contains: Milk, Soya, Oat, Wheat, Barley, Spelt, Rye (gluten). Not suitable for people 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	ode Recipe Code		Recipe Revision		sion	Revision Date			
19019099			190190	•			1			28/06/2023	

Representative	Product Images
Product Image Pending	Product Image Pending

Organoleptic/Sensory Description					
Appearance	Thick porridge, visible oats				
Aroma	Fruity, berries, sweet, oats				
Flavour	Fruity, berries, 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	Mixed Berry Porridge				
Descriptive Name	Raspberry and cranberry 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		
	Multipack / carton	7 X 54 g e	weight in brackets		
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 rolled oats 23%, Wholegrain oat flour, Multigrain flour (durum wheat semolina, barley flour, oat flour, spelt flour, rye flour), Pea protein, Berry pieces (cranberry, raspberry), Milk protein, Soya lecithin, Flavouring, 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 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 chloride, Salt, Magnesium oxide, Potassium phosphate, Calcium carbonate, Sweeteners (acesulfame K, sucralose).				
Allergen Advice	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.				
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.				
<b>Lot Mark</b> 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.	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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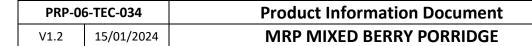
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Nutrition Information		per 100g	per 54g serving	%RI per 100g/54g
Energy	kJ	1565	845	
	kcal	370	200	
Fat <sup>1,2</sup>	g	6.6	3.5	
Of which Saturates	g	1.1	0.6	
Mono-unsaturates	g	1.6	0.9	
Polyunsaturates	g	2.2	1.2	
Carbohydrate	g	52	28	
Of which Sugars	g	17	9.0	
Starch	g	30	16	
Fibre	g	5.9	3.2	
Protein	g	23	13	
Salt	g	1.0	0.5	
Vitamin A	μg	677	366	85/46
Vitamin D	μg	6.2	3.4	124/67
Vitamin E	mg	8.6	4.7	72/39
Vitamin K	μg	61	33	82/44
Vitamin C	mg	82	44	102/55
Thiamin	mg	1.4	0.8	129/70
Riboflavin	mg	1.3	0.7	94/51
Niacin	mg	12	6.4	74/40
Vitamin B6	mg	1.1	0.6	77/42
Folic acid	μg	159	86	79/43
Vitamin B12	μg	2.2	1.2	87/47
Biotin	μg	39	21	79/42
Pantothenic acid	mg	4.9	2.6	81/44
Potassium	mg	1081	584	54/29
Chloride	mg	719	388	90/49
Calcium	mg	555	300	69/37
Phosphorus	mg	502	271	72/39
Magnesium	mg	288	156	77/42
Iron	mg	9.6	5.2	68/37
Zinc	mg	7.4	4.0	74/40
Copper	mg	0.7	0.4	74/40
Manganese	mg	1.4	0.8	70/38
Selenium	μg	38	20	69/37
Chromium	μg	24	13	60/32
Molybdenum	μg	32	17	63/34
lodine	μg	203	110	135/73

<sup>&</sup>lt;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.

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





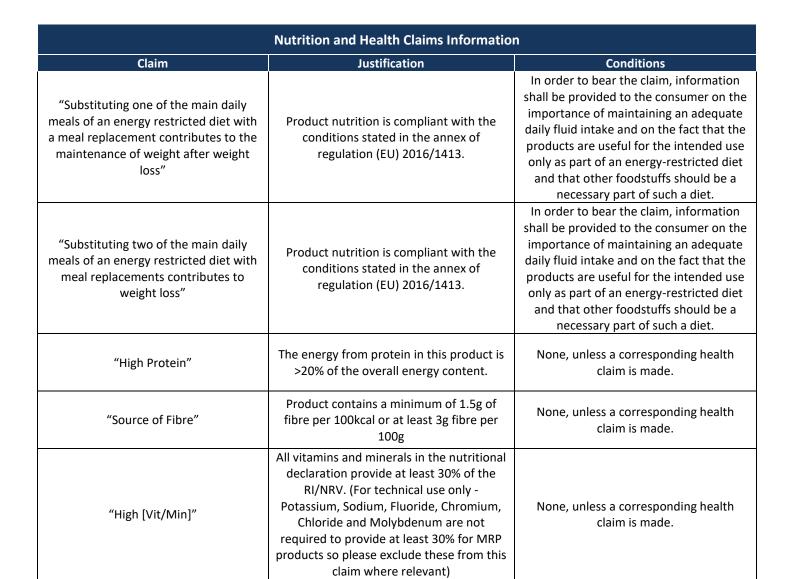
Compound Vitamin and Mineral Mixture – Ingredient Details				
Ingredient	mg/100g in product recipe	mg/portion in product recipe		
Maltodextrin	266.331	143.819		
Vitamin C [Ascorbic acid]	115.200	62.208		
Ferrous Fumarate	24.000	12.960		
Vitamin B3 Nicotinamide	16.978	9.168		
Vitamin E [dl-α tocopheryl 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-phylloquinone]	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		

THE 1:1 DIET	Non-Mandatory Information	
by <b>Cambridge</b> Weight Plan'	Non-Managery 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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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	Issue Date
1.0	First issue of revised product recipe.	18/07/2023
1.1	Ingredient list updated.	30/07/2023
1.2	Design brief content added.	15/01/2024

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