

PRP-06-TEC-034		Product Information Document		THE 1:1 DIET by CambridgeWeight Plan [®]
V1.1	26/07/2023	MRP CHERRY & STRAWBERRY SMOOTHIE		

THE 1:1 DIET by CambridgeWeight Plan [®]	Product Summary Information
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Product Name	Cherry & Strawberry Flavour Smoothie									
Product Descriptive Name	Cherry and strawberry flavour, skimmed milk and yoghurt smoothie mix. With sweeteners. Meal replacement for weight control.									
Energy per 100g:	1585 kJ/375 kcal	Energy per portion:	856 kJ/203 kcal	Shelf Life at Launch: 15 months						
Summary Allergen Statement	Product contains: Milk and Soya . 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	365811A	1	28/06/2023						

Representative Product Images	





Organoleptic/Sensory Description	
Appearance	Pale pink, smooth creamy shake with dark red bits
Aroma	Cherry & Strawberry, sweet
Flavour	Strong presence of Cherry & Strawberry with other sweet notes
Texture	Thick, creamy

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 by CambridgeWeight Plan [®]	Mandatory Particulars As per Regulation (EU) No 1169/2011 of 25/11/2011
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Product Name	Cherry & Strawberry Flavour Smoothie		
Descriptive Name	Cherry and strawberry flavour, skimmed milk and yoghurt 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	7 X 54g e 21 X 54g e	
Ingredient list	Ingredients: Skimmed milk powder, Skimmed milk yoghurt powder 8.3%, Powdered cellulose, Soya flour, Glucose syrup, Milk protein, Thickeners (guar gum, carrageenan), Sour cherry powder 2.3%, Refined fractionated palm oil, Soya lecithin, Conjugated linoleic acid powder (conjugated linoleic acid, corn syrup solids, modified starch, antioxidant: sodium ascorbate), Refined soya oil, Maltodextrin, Strawberry juice powder 0.6%, 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), Flavour enhancer: potassium chloride, Flavouring, Colour: beetroot powder, Magnesium oxide, Sweeteners (acesulfame K, sucralose).		
Allergen Advice	For allergens, see ingredients in bold . May also contain gluten from wheat and other cereals. 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 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 milk, cherries and strawberries of UK, EU and Non-EU origin.		
Advisory Statements	N/A		
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 shaker, jug or bowl.	 Add 227ml of cold water along with your smoothie mix.	 Shake, whisk or blend for 45 secs.	 Your tasty smoothie is ready! Drink within 15 mins.
Grab your shaker, jug or bowl.	Add 227ml of cold water along with your smoothie mix.	Shake, whisk or blend for 45 secs.	Your tasty smoothie is ready! Drink within 15 mins.

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Nutrition Information		per 100g	per 54g serving	%RI per 100g/54g
Energy	kJ	1585	856	
	kcal	375	203	
Fat ^{1,2}	g	6.7	3.6	
Of which Saturates	g	2.1	1.1	
Mono-unsaturates	g	1.2	0.7	
Polyunsaturates	g	1.7	0.9	
Carbohydrate	g	46	25	
Of which Sugars	g	39	21	
Starch	g	1.0	0.5	
Fibre	g	7.8	4.2	
Protein	g	28	15	
Salt	g	1.1	0.6	
Vitamin A	µg	758	409	95/51
Vitamin D	µg	6.8	3.7	137/74
Vitamin E	mg	7.4	4.0	62/33
Vitamin K	µg	47	26	63/34
Vitamin C	mg	58	31	73/39
Thiamin	mg	0.8	0.4	69/37
Riboflavin	mg	0.8	0.4	56/30
Niacin	mg	9.7	5.2	61/33
Vitamin B6	mg	0.8	0.4	56/30
Folic acid	µg	111	60.0	56/30
Vitamin B12	µg	1.8	1.0	71/38
Biotin	µg	35	19	70/38
Pantothenic acid	mg	3.3	1.8	56/30
Potassium	mg	1632	881	82/44
Chloride	mg	984	531	123/66
Calcium	mg	900	486	112/61
Phosphorus	mg	705	381	101/54
Magnesium	mg	209	113	56/30
Iron	mg	12	6.6	88/47
Zinc	mg	7.1	3.8	71/38
Copper	mg	0.8	0.4	80/43
Manganese	mg	1.6	0.9	82/44
Selenium	µg	49	26	89/48
Chromium	µg	30	16	76/41
Molybdenum	µg	44	24	88/48
Iodine	µg	308	166	205/111

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	412.072	222.519
Vitamin C [Ascorbic acid]	91.403	49.357
Ferrous Fumarate	36.000	19.440
Vitamin B3 [Nicotinamide]	13.800	7.452
Vitamin E [dl-α tocopheryl acetate]	10.800	5.832
Zinc Oxide	5.100	2.754
Copper Gluconate	5.073	2.739
Manganese Sulphate	4.691	2.533
Calcium D-Pantothenate	2.580	1.393
Vitamin A [Retinol acetate]	0.975	0.527
Vitamin B6 [Pyridoxine hydrochloride]	0.900	0.486
Vitamin B1 [Thiamin hydrochloride]	0.824	0.445
Potassium Iodate	0.174	0.094
Chromic Chloride	0.154	0.083
Folic Acid	0.144	0.078
Sodium Molybdate	0.096	0.052
Sodium Selenite	0.072	0.039
Vitamin K [α-phyloquinone]	0.069	0.037
D-Biotin	0.043	0.023
Vitamin D3 [Cholecalciferol]	0.004	0.002

THE 1:1 DIET by CambridgeWeight Plan [®]	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>Yoghurt (8.3%), Cherries (2.3%).</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.

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Revision	Reason for Revision	Issue Date
1.0	New issue for revised product recipe.	12/07/2023
1.1	Nutritional information updated.	26/07/2023

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