

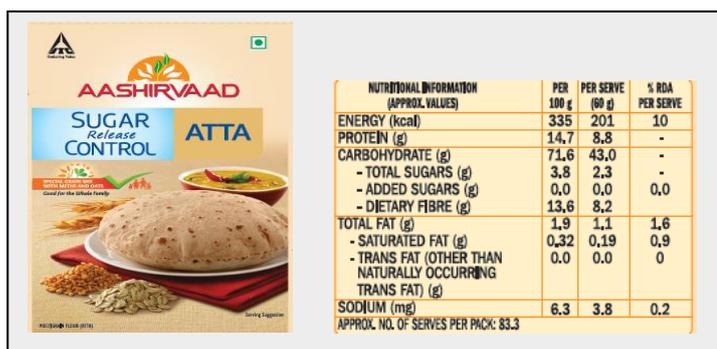


ITC FOODS DIVISION LABELLING STRATEGY

ITC FOODS DIVISION LABELLING STRATEGY

Communicating effectively and transparently with our consumers has always been an integral part of our nutrition strategy of “Help India Eat Better”. Labelling on packaged food product is one of the important ways to achieve the same. It not only tells about the composition of the products but also states about nutritional properties to help our consumers understand how a particular product in right portions can be consumed as part of balanced diet.

We provide nutritional information on all our packs for Energy, Protein, Carbohydrate, Total Sugars, Added sugars, Total fat, saturated fat, trans fat (other than naturally occurring trans-fat), cholesterol, and Sodium; in line with statutory mandates.



NUTRITIONAL INFORMATION (APPROX. VALUES)	PER 100 g	PER SERVE (60 g)	% RDA PER SERVE
ENERGY (kcal)	335	201	1.0
PROTEIN (g)	14.7	8.8	-
CARBOHYDRATE (g)	71.6	43.0	-
- TOTAL SUGARS (g)	3.8	2.3	-
- ADDED SUGARS (g)	0.0	0.0	0.0
- DIETARY FIBRE (g)	13.6	8.2	-
TOTAL FAT (g)	1.9	1.1	1.6
- SATURATED FAT (g)	0.32	0.19	0.9
- TRANS FAT (OTHER THAN NATURALLY OCCURRING TRANS FAT) (g)	0.0	0.0	0
SODIUM (mg)	6.3	3.8	0.2

APPROX. NO. OF SERVES PER PACK: 83.3

In addition, for products, which are designed to deliver on certain specific nutritional benefits, we also give nutritional information about those nutrients like fibre in our Shudh Chakki atta, MP Superior Atta, Select Sharbati Atta, Sugar Release control Atta, Nature Super foods organic atta, Multigrain atta, Farmlite range of biscuits, Power up atta noodles, essential vitamins and minerals like zinc, vitamin A, D, B-vitamins, iron, calcium, in products like Sunfeast Glucose, Marie Light Vita Orange, Marie Light Active, Milk biscuits, Mom’s Magic Fruit & milk, Power up atta noodles, paneer, Aam doi, etc. We also did an extensive mapping of serve sizes across different categories, with respect to dietary recommendations, consumer purchase and consumption behaviour, packaging etc., and developed an all-inclusive approach towards serve sizes. This helped us to keep a rationalized approach across the various categories, thus providing the nutritional deliveries not only 100g but also per serve including % contribution against thresholds for nutrients of concern on per serve.

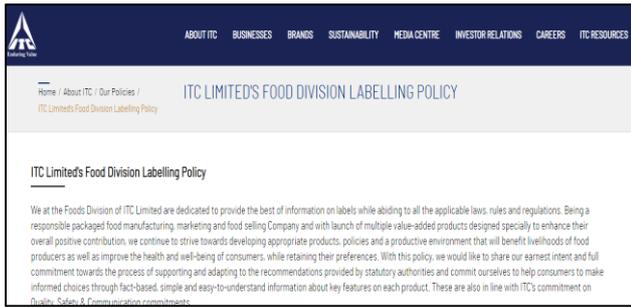
In our endeavour to adopt newer labelling practices to help consumers plan a balanced



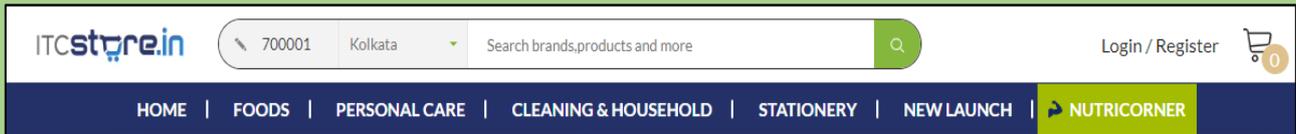
diversified diet, **front-of-pack labelling** for

nutrients has also been put on select products. Few examples include YiPpee pasta, Farmlite oats almond biscuits, Aashirvaad vermicelli,

Aashirvaad multigrain flour, Ready-To-Cook chapati etc. Not only this, ITC also actively engages across industry platforms to provide technical support for development of India’s framework for front-of-pack nutrition labelling.

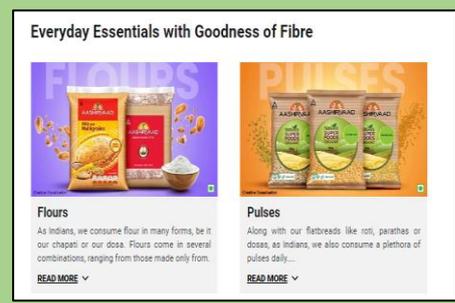


To further streamline the labelling on our food products, keeping in mind the consumer needs & statutory requirements, we have published our **Labelling policy** on ITC portal. This policy firms up our commitment to transparently communicate with our consumers, to help them make informed food choices.



We also firmly believe in transparently sharing the **nutritional information** through the **digital platforms**. We have given nutritional information on ITC store.in, our individual brand webpages like itcmasterchef.com and online shopping platforms like amazon. With growing digital footprint and as more and more consumers access the digital space, ITC has also launched a new interface on ITC store.in i.e. "Nutricorner".

NUTRICORNER is integrated on ITC store, to enhance the consumer experience, by giving easy to navigate shopping tabs, where product listing is done by their nutritional goodness. Nutricorner home page has product listings based on different nutritional benefits - proteins, micronutrients, immunity & fibre. Along with list of products, each page has important science-based information about the importance of nutrients and how to integrate the same in daily diet.



Being a responsible, packaged food manufacturing company, we always strive towards developing appropriate products, policies and a productive environment that benefit livelihoods of food producers as well as support the health and well-being of consumers, while retaining their preferences. Our food products, including the value-added ones, along with truthful, transparent, easily available critical product information, ensures our consumers enjoy varied food choices as part of diversified balanced diet.

In addition to the above-mentioned initiatives, we also share here the nutritional information for the products that are not sold on digital platforms to enable our consumers to make informed choices.



5" Punjabi Papad 200gm

Nutritional Information (approx. values)	Per 100 g	Per Serve (10 g)	%RDA Per Serve
Energy (kcal)	296	29	1.5
Protein (g)	20.7	2.0	-
Carbohydrate (g)	52.3	5.1	-
- Total Sugars (g)	1.8	0.2	-
- Added Sugars (g)	0.0	0.0	0.0
Total fat (g)	0.4	0.04	0.1
- Trans fat (other than naturally occurring trans fat) (g)	0.0	0.0	0.0
- Saturated fat (g)	0.0	0.0	0.0
Sodium (mg)	2729.6	273.0	13.7
Approx. No. of serves per pack - 20			

9" Super plain Papad.



Nutritional Information (approx. values)	Per 100 g	Per Serve (10 g)	%RDA Per Serve
Energy (kcal)	305	31	1.6
Protein (g)	19.8	2.0	-
Carbohydrate (g)	55.1	5.5	-
- Total Sugars (g)	2.6	0.3	-
- Added Sugars (g)	0.0	0.0	0.0
Total fat (g)	0.6	0.1	0.1
- Trans fat (other than naturally occurring trans fat) (g)	0.0	0.0	0.0
- Saturated fat (g)	0.2	0.02	0.1
Sodium (mg)	2314.9	231.5	11.6
Approx. No. of serves per pack - 100			

Rs 10, 5" Masala Papad.



Nutritional Information (approx. values)	Per 100 g	Per Serve (10 g)	%RDA Per Serve
Energy (kcal)	299	30	1.5
Protein (g)	20.6	2.1	-
Carbohydrate (g)	53.4	5.3	-
- Total Sugars (g)	3.6	0.4	-
- Added Sugars (g)	0.0	0.0	0.0
Total fat (g)	0.3	0.03	0.04
- Trans fat (other than naturally occurring trans fat) (g)	0.0	0.0	0.0
- Saturated fat (g)	0.0	0.0	0.0
Sodium (mg)	2573.3	257.3	12.9
Approx. No. of serves per pack - 3			

Rs 10, 5" Sada papad



Nutritional Information (approx. values)	Per 100 g	Per Serve (10 g)	%RDA Per Serve
Energy (kcal)	293	29	1.5
Protein (g)	18.5	1.9	-
Carbohydrate (g)	53.9	5.4	-
- Total Sugars (g)	2.8	0.3	-
- Added Sugars (g)	0.0	0.0	0.0
Total fat (g)	0.4	0.04	0.1
- Trans fat (other than naturally occurring trans fat) (g)	0.0	0.0	0.0
- Saturated fat (g)	0.0	0.0	0.0
Sodium (mg)	2856.6	285.7	14.3
Approx. No. of serves per pack - 3			

9" Sada papad



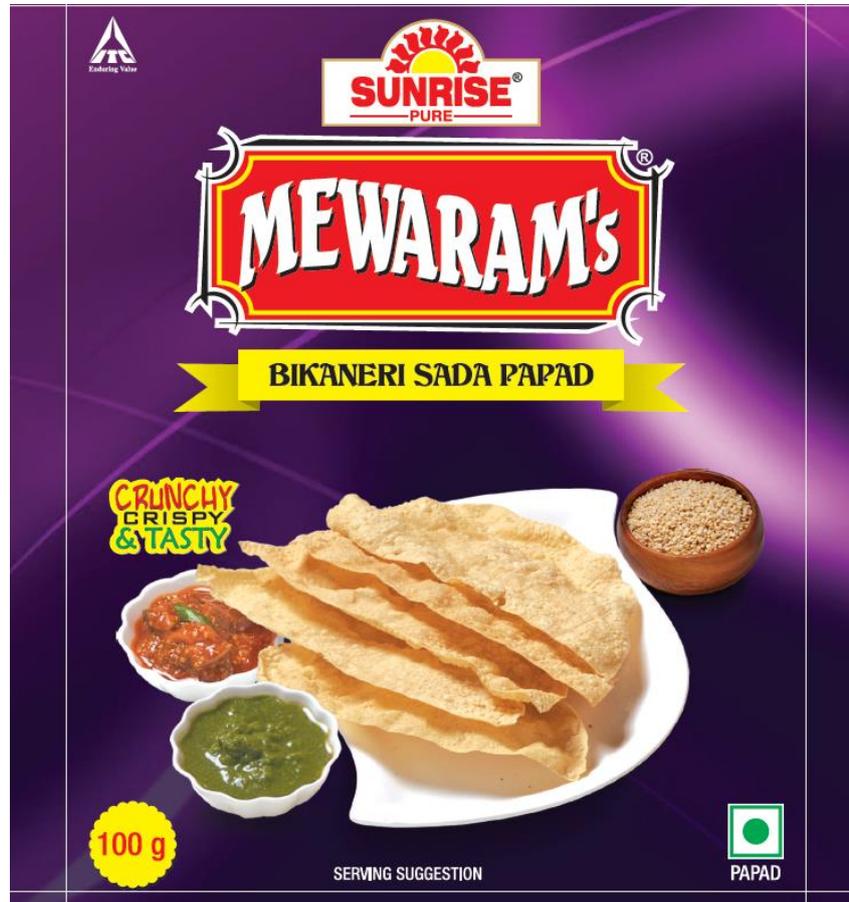
Nutritional Information (approx. values)	Per 100 g	Per Serve (10 g)	%RDA Per Serve
Energy (kcal)	293	29	1.5
Protein (g)	18.5	1.9	-
Carbohydrate (g)	53.9	5.4	-
- Total Sugars (g)	2.8	0.3	-
- Added Sugars (g)	0.0	0.0	0.0
Total fat (g)	0.4	0.04	0.1
- Trans fat (other than naturally occurring trans fat) (g)	0.0	0.0	0.0
- Saturated fat (g)	0.0	0.0	0.0
Sodium (mg)	2856.6	285.7	14.3
Approx. No. of serves per pack - 50			

9" Sada papad.



Nutritional Information (approx. values)	Per 100 g	Per Serve (10 g)	%RDA Per Serve
Energy (kcal)	293	29	1.5
Protein (g)	19.2	1.9	-
Carbohydrate (g)	52.7	5.3	-
- Total Sugars (g)	2.2	0.2	-
- Added Sugars (g)	0.0	0.0	0.0
Total fat (g)	0.4	0.04	0.1
- Trans fat (other than naturally occurring trans fat) (g)	0.0	0.0	0.0
- Saturated fat (g)	0.0	0.0	0.0
Sodium (mg)	2512.6	251.3	12.6
Approx. No. of serves per pack - 100			

4" Sada papad



Nutritional Information (approx. values)	Per 100 g	Per Serve (10 g)	%RDA Per Serve
Energy (kcal)	293	29	1.5
Protein (g)	19.2	1.9	-
Carbohydrate (g)	52.7	5.3	-
- Total Sugars (g)	2.2	0.2	-
- Added Sugars (g)	0.0	0.0	0.0
Total fat (g)	0.4	0.04	0.1
- Trans fat (other than naturally occurring trans fat) (g)	0.0	0.0	0.0
- Saturated fat (g)	0.0	0.0	0.0
Sodium (mg)	2512.6	251.3	12.6
Approx. No. of serves per pack - 10			

7" Sada papad



Nutritional Information (approx. values)	Per 100 g	Per Serve (10 g)	%RDA Per Serve
Energy (kcal)	293	29	1.5
Protein (g)	18.5	1.9	-
Carbohydrate (g)	53.9	5.4	-
- Total Sugars (g)	2.8	0.3	-
- Added Sugars (g)	0.0	0.0	0.0
Total fat (g)	0.4	0.04	0.1
- Trans fat (other than naturally occurring trans fat) (g)	0.0	0.0	0.0
- Saturated fat (g)	0.0	0.0	0.0
Sodium (mg)	2856.6	285.7	14.3
Approx. No. of serves per pack - 20			

7" Masala papad



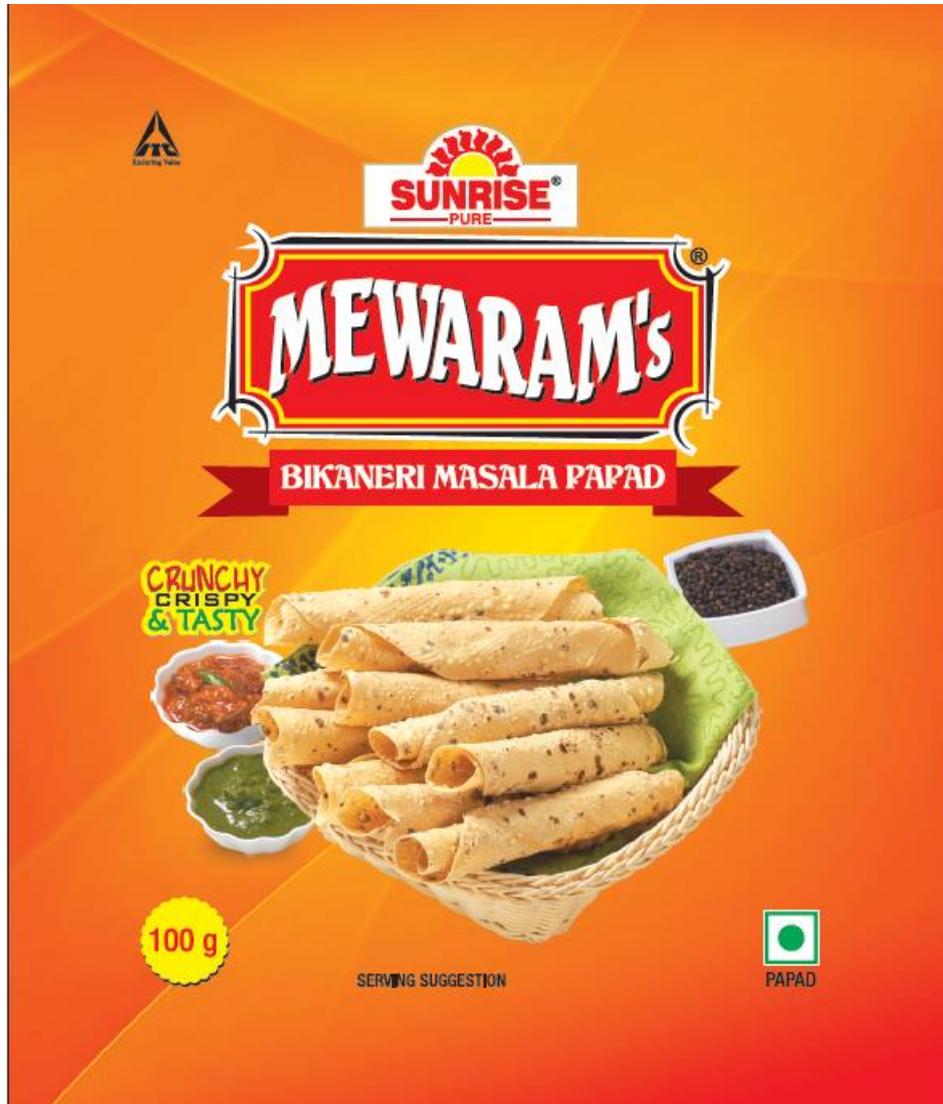
Nutritional Information (approx. values)	Per 100 g	Per Serve (10 g)	%RDA Per Serve
Energy (kcal)	295	29	1.5
Protein (g)	19.6	2.0	-
Carbohydrate (g)	50.9	5.1	-
- Total Sugars (g)	2.3	0.2	-
- Added Sugars (g)	0.0	0.0	0.0
Total fat (g)	1.4	0.1	0.1
- Trans fat (other than naturally occurring trans fat) (g)	0.0	0.0	0.0
- Saturated fat (g)	0.3	0.03	0.1
Sodium (mg)	2519.4	251.9	12.6
Approx. No. of serves per pack - 20			

9" Super Plain Papad



Nutritional Information (approx. values)	Per 100 g	Per Serve (10 g)	%RDA Per Serve
Energy (kcal)	305	31	1.6
Protein (g)	19.8	2.0	-
Carbohydrate (g)	55.1	5.5	-
- Total Sugars (g)	2.6	0.3	-
- Added Sugars (g)	0.0	0.0	0.0
Total fat (g)	0.6	0.1	0.1
- Trans fat (other than naturally occurring trans fat) (g)	0.0	0.0	0.0
- Saturated fat (g)	0.2	0.02	0.1
Sodium (mg)	2314.9	231.5	11.6
Approx. No. of serves per pack - 50			

4" Masala Papad



Nutritional Information (approx. values)	Per 100 g	Per Serve (10 g)	%RDA Per Serve
Energy (kcal)	284	29	1.5
Protein (g)	19.0	1.9	-
Carbohydrate (g)	50.7	5.1	-
- Total Sugars (g)	2.1	0.2	-
- Added Sugars (g)	0.0	0.0	0.0
Total fat (g)	0.6	0.1	0.1
- Trans fat (other than naturally occurring trans fat) (g)	0.0	0.0	0.0
- Saturated fat (g)	0.2	0.02	0.1
Sodium (mg)	2397.2	239.7	12.0
Approx. No. of serves per pack - 10			

MINT-O FRESH MAX



Nutritional Information (approx. values)	per 100 g	per serve (3.5 g)	%RDA per serve
Energy (kcal)	398	14	0.7
Protein (g)	0.1	0.0	-
Carbohydrate (g)	99.5	3.5	-
- Total Sugars (g)	77.4	2.7	-
- Added Sugars (g)	75.1	2.6	5.2
Total fat (g)	0.0	0.0	0.0
Sodium (mg)	7.4	0.3	0.02

MINT-O FRESH ULTRA



Nutritional Information (approx. values)	per 100 g	per serve (3.5 g)	%RDA per serve
Energy (kcal)	398	14	0.7
Protein (g)	0.1	0.0	-
Carbohydrate (g)	99.5	3.5	-
- Total Sugars (g)	82.1	2.9	-
- Added Sugars (g)	75.2	2.6	5.2
Total fat (g)	0.0	0.0	0.0
Sodium (mg)	79.7	2.8	0.1

MINT-O FRESH PREMIUM



Nutritional Information (approx. values)	per 100 g	per serve (3.5 g)	%RDA per serve
Energy (kcal)	398	14	0.7
Protein (g)	0.1	0.0	-
Carbohydrate (g)	99.5	3.5	-
- Total Sugars (g)	76.8	2.7	-
- Added Sugars (g)	75.1	2.6	5.2
Total fat (g)	0.0	0.0	0.0
Sodium (mg)	8.1	0.3	0.02

MINT-O GOL ORANGE



Nutritional Information (approx. values)	per 100 g	per serve (3.5 g)	%RDA per serve
Energy (kcal)	383	13	0.7
Protein (g)	0.0	0.0	-
Carbohydrate (g)	95.0	3.3	-
- Total Sugars (g)	75.0	2.6	-
- Added Sugars (g)	73.8	2.6	5.2
Total fat (g)	0.3	0.01	0.01
Sodium (mg)	142.9	5.0	0.3

MINT-O GOL MINT



Nutritional Information (approx. values)	per 100 g	per serve (3.5 g)	%RDA per serve
Energy (kcal)	383	13	0.7
Protein (g)	0.0	0.0	-
Carbohydrate (g)	95.0	3.3	-
- Total Sugars (g)	75.0	2.6	-
- Added Sugars (g)	74.7	2.6	5.2
Total fat (g)	0.3	0.01	0.01
Sodium (mg)	14.1	0.5	0.03

GUM ON SPEARMINT



Nutritional Information (approx. values)	per 100 g	per serve (2.7 g)	%RDA per serve
Energy (kcal)	400	11	0.6
Protein (g)	0.1	0.0	-
Carbohydrate (g)	89.3	2.4	-
- Total Sugars (g)	66.6	1.8	-
- Added Sugars (g)	66.1	1.8	3.6
Total fat (g)	4.7	0.1	0.1
- Trans fat (other than naturally occurring trans fat) (g)	0.01	0.0	0.0
- Saturated fat (g)	4.3	0.1	0.5
- Cholesterol (mg)	0.0	0.0	-
Sodium (mg)	9.9	0.3	0.02

GUM ON STRAWBERRY



Nutritional Information (approx. values)	per 100 g	per serve (2.7 g)	%RDA per serve
Energy (kcal)	402	11	0.6
Protein (g)	0.1	0.0	-
Carbohydrate (g)	87.0	2.3	-
- Total Sugars (g)	69.0	1.9	-
- Added Sugars (g)	64.2	1.7	3.4
Total fat (g)	6.0	0.2	0.3
- Trans fat (other than naturally occurring trans fat) (g)	0.01	0.0	0.0
- Saturated fat (g)	5.5	0.1	0.5
- Cholesterol (mg)	0.0	0.0	-
Sodium (mg)	9.6	0.3	0.02

CANDYMAN FANTASTIK- WAFER BISCUITS



Nutritional Information (approx. values)	per 100 g	per serve (9 g)	%RDA per serve
Energy (kcal)	489	44	2.2
Protein (g)	5.0	0.5	
Carbohydrate (g)	70.9	6.4	
- Total Sugars (g)	48.3	4.3	
- Added Sugars (g)	45.1	4.1	8.2
Total fat (g)	20.6	1.9	2.8
- Trans fat (other than naturally occurring trans fat) (g)	0.1	0.01	0.5
- Saturated fat (g)	11.6	1.0	4.5
- Cholesterol (mg)	0.9	0.1	
Sodium (mg)	114.2	10.3	0.5

CANDYMAN FRUITEE FUN (3 in 1)



Nutritional Information (approx. values)	per 100 g	per serve (3.3 g)	%RDA per serve
Energy (kcal)	397	13	0.7
Protein (g)	0.1	0.0	-
Carbohydrate (g)	97.9	3.2	-
- Total Sugars (g)	75.9	2.5	-
- Added Sugars (g)	75.7	2.5	5.0
Total fat (g)	0.5	0.02	0.03
- Trans fat (other than naturally occurring trans fat) (g)	0.0	0.0	0.0
- Saturated fat (g)	0.2	0.01	0.05
Sodium (mg)	66.0	2.2	0.1

CANDYMAN CRÈME LACTO



Nutritional Information (approx. values)	per 100 g	per serve (3.9 g)	%RDA per serve
Energy (kcal)	416	15	0.8
Protein (g)	1.4	0.1	-
Carbohydrate (g)	90.2	3.3	-
- Total Sugars (g)	71.6	2.6	-
- Added Sugars (g)	67.1	2.5	5.0
Total fat (g)	5.5	0.2	0.3
- Trans fat (other than naturally occurring trans fat) (g)	0.01	0.0	0.0
- Saturated fat (g)	2.8	0.1	0.5
- Cholesterol (mg)	1.2	0.04	-
Sodium (mg)	95.1	3.5	0.2

CANDYMAN TOFFICHOO



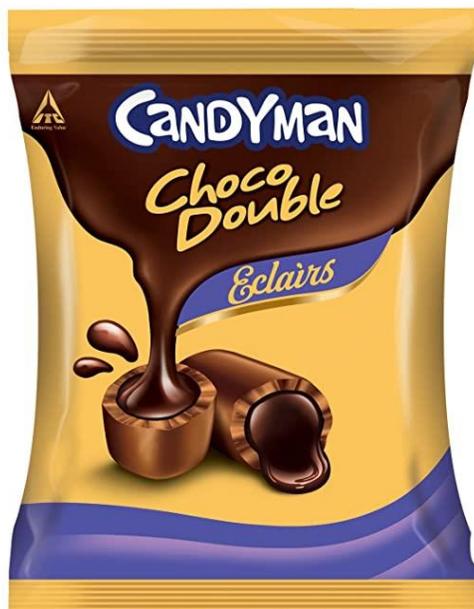
Nutritional Information (approx. values)	per 100 g	per serve (2.4 g)	%RDA per serve
Energy (kcal)	412	10	0.5
Protein (g)	0.3	0.01	-
Carbohydrate (g)	91.1	2.2	-
- Total Sugars (g)	67.7	1.6	-
- Added Sugars (g)	67.3	1.6	3.2
Total fat (g)	5.1	0.1	0.1
- Trans fat (other than naturally occurring trans fat) (g)	0.01	0.0	0.0
- Saturated fat (g)	2.7	0.06	0.3
- Cholesterol (mg)	0.8	0.02	-
Sodium (mg)	159.1	3.8	0.2

CANDYMAN MASALA TADKA



Nutritional Information (approx. values)	per 100 g	per serve (8 g)	%RDA per serve
Energy (kcal)	373	30	1.5
Protein (g)	0.3	0.02	-
Carbohydrate (g)	92.6	7.4	-
- Total Sugars (g)	76.0	6.1	-
- Added Sugars (g)	71.4	5.7	11.4
Total fat (g)	0.1	0.01	0.01
Sodium (mg)	1000.4	80.0	4.0

CANDYMAN CHOCO DOUBLE ECLAIRS



Nutritional Information (approx. values)	per 100 g	per serve (3.5 g)	%RDA per serve
Energy (kcal)	433	15	0.8
Protein (g)	2.3	0.1	-
Carbohydrate (g)	82.2	2.9	-
- Total Sugars (g)	59.2	2.1	-
- Added Sugars	55.6	1.9	3.8
Total fat (g)	10.6	0.4	0.6
- Trans fat (other)	0.01	0.0	0.0
- Saturated fat	5.1	0.2	0.9
- Cholesterol	0.9	0.03	-
Sodium (mg)	245.4	8.6	0.4

CANDYMAN ECLAIRS



Nutritional Information (approx. values)	per 100 g	per serve (2.4 g)	%RDA per serve
Energy (kcal)	424	10	0.5
Protein (g)	0.7	0.02	-
Carbohydrate (g)	85.3	2.0	-
- Total Sugars (g)	61.6	1.5	-
- Added Sugars (g)	56.9	1.4	2.8
Total fat (g)	8.9	0.2	0.3
- Trans fat (other than naturally occurring trans fat) (g)	0.01	0.0	0.0
- Saturated fat (g)	3.5	0.08	0.4
- Cholesterol (mg)	1.8	0.04	-
Sodium (mg)	240.7	5.8	0.3

CANDYMAN FRUITEE FUN



Nutritional Information	per 100 g	per serve (2.5 g)	%RDA per serve
Energy (kcal)	384	10	0.5
Protein (g)	0.0	0.0	-
Carbohydrate (g)	96.0	2.4	-
- Total Sugars (g)	71.0	1.8	-
- Added Sugars	71.0	1.8	3.6
Total fat (g)	0.0	0.0	0.0
Sodium (mg)	58.9	1.5	0.1

JELIMALS SPACE RUNNER SPACE



Jelimals Jelly Bears

Nutritional information (approx. values): Per 100 g (% RDA per serve - 11.2 g); Energy 327 kcal (1.8%), Protein 0.2 g, Carbohydrate 81.5 g, Total Sugars 68.8 g, Added Sugars 64.9 g (14.6%), Total Fat 0.0 g (0.0%), Sodium 193.8 mg (1.1%), \$Vitamin C 160.7 mg (45.0%), #Zinc 12.1 mg (15.0%) The values within brackets indicate %RDA per serve (11.2 g). *Basis RDA for 10-12 Years, ICMR 2010 - For Vit C and Zinc

Jelimals Yummy Space Jellies

Strawberry: Nutritional information (approx. values): Per 100 g (% RDA per serve - 7.6 g); Energy 327 kcal (1.2%), Protein 0.2 g, Carbohydrate 81.5 g, Total Sugars 68.8 g, Added Sugars 64.6 g (9.8%), Total Fat 0.0 g (0.0%), Sodium 127.4 mg (0.5%), \$Vitamin C 157.9 mg (30.0%), #Zinc 17.8 mg (15.0%) The values within brackets indicate %RDA per serve (7.6 g). *Basis RDA for 10-12 Years, ICMR 2010 - For Vit C and Zinc

Green Mango: Nutritional information (approx. values): Per 100 g (% RDA per serve - 7.6 g); Energy 321 kcal (1.2%), Protein 0.2 g, Carbohydrate 80.0 g, Total Sugars 68.8 g, Added Sugars 64.6 g (9.8%), Total Fat 0.0 g (0.0%), Sodium 133.2 mg (0.5%), \$Vitamin C 157.9 mg (30.0%), #Zinc 17.8 mg (15.0%) The values within brackets indicate %RDA per serve (7.6 g). *Basis RDA for 10-12 Years, ICMR 2010 - For Vit C and Zinc

JELIMALS SPACE ADVENTURE PACK



Jelimals Jelly Bears

Nutritional information (approx. values): Per 100 g (% RDA per serve - 11.2 g);

Energy 327 kcal (1.8%), Protein 0.2 g, Carbohydrate 81.5 g, Total Sugars 68.8 g, Added Sugars 64.9 g (14.6%), Total Fat 0.0 g (0.0%), Sodium 193.8 mg (1.1%), \$Vitamin C 160.7 mg (45.0%), #Zinc 12.1 mg (15.0%)

The values within brackets indicate %RDA per serve (11.2 g).

*Basis RDA for 10-12 Years, ICMR 2010 - For Vit C and Zinc

Jelimals Yummy Space Jellies

Strawberry

Nutritional information (approx. values): Per 100 g (% RDA per serve - 7.6 g);

Energy 327 kcal (1.2%), Protein 0.2 g, Carbohydrate 81.5 g, Total Sugars 68.8 g, Added Sugars 64.6 g (9.8%), Total Fat 0.0 g (0.0%), Sodium 127.4 mg (0.5%), \$Vitamin C 157.9 mg (30.0%), #Zinc 17.8 mg (15.0%)

The values within brackets indicate %RDA per serve (7.6 g).

*Basis RDA for 10-12 Years, ICMR 2010 - For Vit C and Zinc

Green Mango

Nutritional information (approx. values): Per 100 g (% RDA per serve - 7.6 g);

Energy 321 kcal (1.2%), Protein 0.2 g, Carbohydrate 80.0 g, Total Sugars 68.8 g, Added Sugars 64.6 g (9.8%), Total Fat 0.0 g (0.0%), Sodium 133.2 mg (0.5%), \$Vitamin C 157.9 mg (30.0%), #Zinc 17.8 mg (15.0%)

The values within brackets indicate %RDA per serve (7.6 g).

*Basis RDA for 10-12 Years, ICMR 2010 - For Vit C and Zinc

JELIMALS YUMMY SPACE JELLIES



Green Mango

Nutritional Information (approx. values)	per 100 g	per serve (7.6 g)	%RDA per serve
Energy (kcal)	321	24	1.2
Protein (g)	0.2	0.0	-
Carbohydrate (g)	80.0	6.1	-
- Total Sugars (g)	68.8	5.2	-
- Added Sugars (g)	64.6	4.9	9.8
Total fat (g)	0.0	0.0	0.0
Sodium (mg)	133.2	10.1	0.5
^{\$}Vitamin C	157.9	12.0	30.0
[#]Zinc	17.8	1.35	15.0
*Basis RDA for 10-12 years, ICMR 2010 - For Vit C and Zinc			

Strawberry

Nutritional Information (approx. values)	per 100 g	per serve (7.6 g)	%RDA per serve
Energy (kcal)	327	25	1.2
Protein (g)	0.2	0.0	-
Carbohydrate (g)	81.5	6.2	-
- Total Sugars (g)	68.8	5.2	-
- Added Sugars (g)	64.6	4.9	9.8
Total fat (g)	0.0	0.0	0.0
Sodium (mg)	127.4	9.7	0.5
^{\$}Vitamin C	157.9	12.0	30.0
[#]Zinc	17.8	1.35	15.0
*Basis RDA for 10-12 years, ICMR 2010 - For Vit C and Zinc			

JELIMALS TASTY SPARKLES



Nutritional Information (approx. values)	per 100 g	per serve (10 g)	%RDA per serve
Energy (kcal)	351	35	1.8
Protein (g)	0.0	0.0	-
Carbohydrate (g)	87.8	8.8	-
- Total Sugars (g)	73.6	7.4	-
- Added Sugars (g)	73.6	7.4	14.7
Total fat (g)	0.0	0.0	0.0
Sodium (mg)	225.6	22.6	1.1
^{\$}Vitamin C (mg)	120.3	12.0	30.0
[#]Zinc (mg)	13.5	1.35	15.0
*Basis RDA for 10-12 years, ICMR 2010 - For Vit C and Zinc			

JELIMALS NUTRITION +



Nutritional Information (approx. values)	per 100 g	per serve (5.6 g)	%RDA per serve	
			7-9 yr.	10-12 yr.
Energy (kcal)	348	19	1.0	
Protein (g)	0.3	0.01	-	
Carbohydrate (g)	86.6	4.8	-	
- Total Sugars (g)	70.4	3.9	-	
- Added Sugars (g)	63.2	3.5	7.1	
Total fat (g)	0.0	0.0	0.0	
Sodium (mg)	178.6	10.0	0.5	
			# %RDA per serve	
Zinc (mg)	80.4	4.5	56.3	50.0
Vitamin C (mg)	357.1	20.0	50.0	50.0
Vitamin A (µg)	5357.1	300.0	50.0	50.0
Vitamin D (µg)	89.3	5.0	50.0	50.0
Vitamin B12 (µg)	8.93	0.5	50.0	50.0
# Basis ICMR RDA, 2010				