



Wonder White LowerGI

Wonder White LowerGI is packed FULL of fibre and has a lower GI value than most white breads to give your kids the goodness in the white bread they love.

FIBRE

- ◆ Wonder White LowerGI contains 6.4g fibre per 100g – that's 4.5g per 2 slice
- ◆ Fibre helps maintain a healthy digestive system and keeps you feeling fuller for longer

CONTAINS

- ◆ No artificial preservatives – no 282
- ◆ No added sugar
- ◆ No artificial colours

LOWER GI

- ◆ **GI = 59 (medium)** compared to regular white breads which are typically rated as high as GI 70⁴
- ◆ **Energy** : LowerGI foods help sustain energy levels
- ◆ **Protein**: Provides the building blocks for muscle growth
- ◆ **Heart Health**: Foods that contain a lower GI may help maintain a healthy heart

HOW IS WONDER LOWER IN GI?

Wonder White LowerGI is baked with natural wheat fibre so it's packed FULL of fibre and has a lower GI than regular mixed white breads. This means energy levels are more sustained than higher GI foods as energy is released gradually.

INGREDIENTS

Contains wheat, milk and soy as indicated in bold type. Wheat flour, water, yeast, wheat fibre (5.0%), wheat gluten, skim milk powder, vinegar, iodised salt, vegetable oil, soy flour, emulsifiers (481, 471, 472e), mineral salt (calcium carbonate), vitamins (thiamin, folic acid).

Made in a plant that also produces products containing Sesame Seeds.

NUTRITIONAL INFORMATION – VITAMINS & MINERALS SANDWICH

Servings per package: 10 (18 slices and 2 crusts)

Serving size: 70g (2 slices)

	QUANTITY PER SERVING	QUANTITY PER 100g	%▲DI PER SERVE
ENERGY	645 kJ	921 kJ	7%
PROTEIN	7.0 g	10.0 g	14%
FAT, TOTAL	1.3 g	1.9 g	2%
- saturated	Less than 1 g	Less than 1 g	<1%
CARBOHYDRATE	25.9 g	37.0 g	8%
- sugars	2.2 g	3.1 g	2%
DIETARY FIBRE	4.5 g	6.4 g	15%
SODIUM	252 mg	360 mg	11%

All specified values are averages

▲PERCENTAGE DAILY INTAKES ARE BASED ON AN AVERAGE ADULT DIET OF 8700KJ. YOUR DAILY INTAKES MAY BE HIGHER OR LOWER DEPENDING ON YOUR ENERGY NEEDS

* Source: Food Australia, June 1996.

⁴GI=59 (medium) average GI derived by independent testing. The GI is a ranking of carbohydrates according to their effect on blood glucose.

COUNTRY OF ORIGIN

- ◆ Made in Australia