



Wonder Smooth Wholemeal + Iron

Wonder Wholemeal + Iron is packed FULL of fibre and baked with smooth wholegrain flour to be as smooth as white bread, and give your kids all the goodness in the soft bread they love.

FIBRE

- ◆ Wonder Wholemeal + Iron contains 6.5g fibre per 100g – that's 4.6g per 2 slice serve!
- ◆ 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

PRODUCT BENEFITS

- ◆ **Wholegrain:** Made with wholegrains
- ◆ **Smooth:** Smooth as white bread texture
- ◆ **Iron:** For optimum mental performance
- ◆ **Thiamin B1:** Helps supply energy within the body
- ◆ **Niacin B3:** Helps release energy from food
- ◆ **Vitamin B6:** Helps the body use proteins
- ◆ **Protein:** Provides the building blocks for muscle growth

HOW IS WONDER SO HIGH IN FIBRE? HI-MAIZE

Hi-maize is a completely natural and unique form of dietary fibre milled from specially grown corn that helps give Wonder White more fibre than regular mixed grain bread*. Hi-maize is a rich source of resistant starch, which is a pre-biotic that helps fuel healthy bacteria in the digestive system.

INGREDIENTS

Contains wheat and soy as indicated in bold type

Wholemeal flour (58%), water, **wheat** gluten, yeast, hi-maize** (2.4%), iodised salt, vegetable oil, vinegar, **soy** flour, emulsifiers (471, 472e, 481), mineral salt (calcium carbonate), food acid (citric), vitamins (niacin, vitamin E, thiamin, folate), mineral (iron).

Made in a plant that also produces products containing sesame seeds.

NUTRITIONAL INFORMATION – WHOLEMEAL + IRON SANDWICH

Servings per package: 10 (18 SLICES AND 2 CRUSTS)

Serving size: 70g (2 SLICES)

	QUANTITY PER SERVING		QUANTITY PER 100g		%▲ DI PER SERVE	% RDI † PER SERVE
ENERGY	665	kJ	950	kJ	8%	
PROTEIN	7.2	g	10.3	g	14%	
FAT, TOTAL	1.9	g	2.7	g	3%	
- saturated	0.4	g	0.5	g	1%	
CARBOHYDRATE	25.5	g	36.4	g	8%	
- sugars	1.7	g	2.4	g	2%	
DIETARY FIBRE, TOTAL	4.6	g	6.5	g	15%	
- soluble	0.7	g	1.0	g		
- insoluble	3.9	g	5.5	g		
- resistant starch	1.2	g	1.7	g		
SODIUM	329	mg	470	mg	14%	
IRON	4.2	mg	6.0	mg		35%
THIAMIN	0.4	mg	0.6	mg		35%
NIACIN	3.5	mg	5.0	mg		35%

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

**Hi-maize™ starch is a maize cornflour milled only from a unique Australian developed maize with a high dietary fibre content.

† % Recommended Dietary Intake (Australia / NZ)

* Source: Food Australia, June 1996.

COUNTRY OF ORIGIN

- ◆ Made in Australia