

**LOSELEY**

**“Essential Facts”**

**“Nutritional Information”**

**Nutritional Information for Loseley Products**

**Guideline Daily Amounts**

<b>Each day</b>	<b>Men</b>	<b>Women</b>
Calories	2500	2000
Fat	95g	70g

This is a guide for healthy adults as recommended by health professionals. Individual needs vary depending on age and activity levels.

**RDA** is the Recommended Daily Amount for adults

**Loseley Cottage Cheese**

Typical Values per 100g

<b>Product</b>	<b>Energy</b>	<b>Protein</b>	<b>Carbohydrate</b>	<b>Fat</b>
William Pear	436KJ/106kcal	7.6g	7.6g	5.2g
English Farmhouse Cheddar & Onion	581KJ/141kcal	10.6g	3.1g	9.8g
Sundried Tomato, Olives & Basil	524KJ/127kcal	8.8g	4.1g	8.4g
Natural	469KJ/115kcal	9.4g	2.9g	7.1g

**Additional Information**

**William Pear: Produced in factory that handles nuts  
Contains cows milk**

**English**

**Farmhouse : Produced in factory that handles nuts**

**Cheddar & Contains cows milk**

**Onion**

**Sundried****Tomato, : Produced in factory that handles nuts****Olives & Contains cows milk****Basil May contain olive stones or parts of stones****Natural : Produced in factory that handles nuts****Contains cows milk****Loseley Luxury Layered Yoghourt**

Typical values per 100g

<b>Product</b>	<b>Energy</b>	<b>Protein</b>	<b>Carbohydrate</b>	<b>Fat</b>
Madagascar Vanilla & Champagne Rhubarb	548KJ/130kcal	4.6g	18.9g	4.0g
Maple Toffee & English Fudge	694KJ/165kcal	4.8g	22.5g	6.2g
Tangy Lemon & Lemon Curd	727KJ/173kcal	5.1g	25.6g	5.6g

**Additional Information****Madagascar****Vanilla & : Contains milk****Champagne****Rhubarb****Maple Toffee : Contains milk, Soya****& English****Fudge****Tangy****Lemon : Contains milk, Egg****& Lemon****Curd**

- All yoghourts are produced in a factory that handle nut ingredients
- All suitable for vegetarians
- All gluten free

### **Loseley Low Fat Set Yoghourt**

Typical values per 100g

<b>Product</b>	<b>Energy</b>	<b>Protein</b>	<b>Carbohydrate</b>	<b>Fat</b>
Natural	234KJ/55kcal	5.9g	7.4g	0.2g
Vanilla	430KJ/102kcal	5.4g	16.0g	1.8g
Strawberry	430KJ/102kcal	5.4g	16.0g	1.8g
Lemon	430KJ/102kcal	5.4g	16.0g	1.8g

### **Additional Information (all)**

- **Contain cows milk**
- **Gluten Free**
- **Suitable for Vegetarians**

### **Loseley Rich and Creamy Yoghourt Glass Jars**

Typical values per 100g

<b>Product</b>	<b>Energy</b>	<b>Protein</b>	<b>Carbohydrate</b>	<b>Fat</b>
Caramelised Pear & Creamy Fudge	591KJ/140kcal	4.9g	18.1g	5.3g
Raspberries & Jersey Cream	560KJ/133kcal	5.0g	17.0g	5.0g
Strawberries & Jersey Cream	543KJ/129kcal	5.0g	16.1g	5.0g
Natural	507KJ/121kcal	6.4g	10.7g	5.8g

### **Additional Information**

- **Suitable for Vegetarians**
- **Contains cows milk**
- **Gluten Free**
- **Produced in a factory that handle nut ingredients**