

LOSELEY

“Essential Facts”

“Nutritional Information”

Nutritional Information for Loseley Products

Guideline Daily Amounts

Each day	Men	Women
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

Product	Energy	Protein	Carbohydrate	Fat
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

Product	Energy	Protein	Carbohydrate	Fat
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

Product	Energy	Protein	Carbohydrate	Fat
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

Product	Energy	Protein	Carbohydrate	Fat
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**