

NUTRITION[#] INFORMATION	Per 100g
Energy	130 Kcal
Fibre	1.1 g
Carbohydrates	14 g

Here, you can see the quantities of various nutrients in the product such as Energy, Fats, Sugar, Protein etc. Typically, the nutrition information is given per 100g/ml of the product; in some cases per serve information may also be indicated.

NUTRITIONAL COMPASS™

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Good Food, Good Life™



Nestlé®

Good Question

This is the box, where we highlight issues impacting consumption of the product which is important to consumers.

Good to Remember

This box provides tips, advice and information related to the product. For e.g. how can Nestlé products be included as part of a balanced diet.

Good to Talk

Our consumer service experts are always delighted to answer your queries about our products. You can mail or call us and we promise to get back to you as soon as we can.

Good to Know

Here we talk about the benefits of a particular nutrient that the product contains. It also tells you how much of your daily recommended intake of that nutrient is provided by a single serving of the product.