

freedom
FOODS

Barley⁺

It's Time To
Reboot
Your Gut



feel Positively Good⁺

Available exclusively at Coles; find us in the health food aisle.



NUTRITION INFORMATION
Servings per package: 6 Serving Size: 35 g

	Average Quantity Per Serve (35 g)	% DI**	Average Quantity Per 100 g
Energy	546 kJ	6%	1560 kJ
	131 Cal		373 Cal
Protein	3.4 g	7%	9.8 g
Fat, Total	4.1 g	6%	11.7 g
-Saturated	0.5 g	2%	1.4 g
Carbohydrate	15.7 g	5%	44.8 g
-Sugars	4.4 g	5%	12.7 g
Dietary Fibre	8.9 g	30%	25.4 g
-Insoluble	2.0 g		5.8 g
-Soluble	6.6 g		18.8 g
-Beta-glucan	0.8 g		2.3 g
-Resistant	0.3 g		0.8 g
Starch			
Sodium	11 mg	0.5%	31 mg

NUTRITION INFORMATION
Servings per package: 6 Serving Size: 35 g

	Average Quantity Per Serve (35 g)	% DI**	Average Quantity Per 100 g
Energy	511 kJ	6%	1460 kJ
	122 Cal		349 Cal
Protein	2.9 g	6%	8.3 g
Fat, Total	3.0 g	4%	8.6 g
-Saturated	0.4 g	2%	1.2 g
Carbohydrate	16.6 g	5%	47.5 g
-Sugars	5.8 g	6%	16.7 g
Dietary Fibre	8.6 g	29%	24.5 g
-Insoluble	1.8 g		5.2 g
-Soluble	6.4 g		18.4 g
-Beta-glucan	0.7 g		2.1 g
-Resistant	0.3 g		0.9 g
Starch			
Sodium	13 mg	0.5%	36 mg

NUTRITION INFORMATION
Servings per package: 6 Serving Size: 35 g

	Average Quantity Per Serve (35 g)	% DI**	Average Quantity Per 100 g
Energy	536 kJ	6%	1530 kJ
	128 Cal		366 Cal
Protein	3.0 g	6%	8.5 g
Fat, Total	3.3 g	5%	9.5 g
-Saturated	0.7 g	3%	2.0 g
Carbohydrate	17.0 g	5%	48.6 g
-Sugars	5.9 g	7%	16.8 g
Dietary Fibre	9.1 g	30%	26.1 g
-Insoluble	1.6 g		4.5 g
-Soluble	7.2 g		20.6 g
-Beta-glucan	0.7 g		2.1 g
-Resistant	0.4 g		1.0 g
Starch			
Sodium	15 mg	0.7%	43 mg

NUTRITION INFORMATION
Servings per package: 6 Serving Size: 35 g

	Average Quantity Per Serve (35 g)	% DI**	Average Quantity Per 100 g
Energy	546 kJ	6%	1560 kJ
	131 Cal		373 Cal
Protein	3.6 g	7%	10.2 g
Fat, Total	4.2 g	6%	12.1 g
-Saturated	0.6 g	2%	1.6 g
Carbohydrate	15.1 g	5%	43.0 g
-Sugars	2.6 g	3%	7.5 g
Dietary Fibre	9.0 g	30%	25.6 g
-Insoluble	2.2 g		6.3 g
-Soluble	6.4 g		18.3 g
-Beta-glucan	0.8 g		2.4 g
-Resistant	0.4 g		1.0 g
Starch			
Sodium	12 mg	0.5%	33 mg

**Percentage Daily Intakes are based on an average adult diet of 8700 kJ and 30 g of fibre. Your daily intakes may be higher or lower depending on your energy needs.

INGREDIENTS: BARLEYmax™ (Whole Grain Rolled Barley Flakes) (22%), Chicory Root Fibre, Whole Grain Rolled Oats (7%), Brown Rice Syrup, Pepitas, Cranberries (7%), Cranberries, Sugar, Sunflower Oil, Almonds (7%), Canola Oil, Puffed Rice, Humectant (Glycerol), Natural Berry Flavour, Antioxidant (Vitamin E).

**Percentage Daily Intakes are based on an average adult diet of 8700 kJ and 30 g of fibre. Your daily intakes may be higher or lower depending on your energy needs.

INGREDIENTS: BARLEYmax™ (Whole Grain Rolled Barley Flakes) (22%), Chicory Root Fibre, Whole Grain Rolled Oats (15%), Brown Rice Syrup, Pepitas, Pink Lady Apple (7%) (Food Acid (Ascorbic Acid)), Sultanas (Sultanas, Vegetable Oil), Canola Oil, Puffed Rice, Humectant (Glycerol), Cinnamon (0.3%), Natural Apple Flavour, Natural Chai Flavour (0.2%), Antioxidant (Vitamin E).

**Percentage Daily Intakes are based on an average adult diet of 8700 kJ and 30 g of fibre. Your daily intakes may be higher or lower depending on your energy needs.

INGREDIENTS: BARLEYmax™ (Whole Grain Rolled Barley Flakes) (23%), Chicory Root Fibre, Whole Grain Rolled Oats (15%), Brown Rice Syrup, Berries (8%) (Cranberries (6%) (Cranberries, Sugar, Sunflower Oil), Blueberries (2%)), Pepitas, Canola Oil, Puffed Rice, Yoghurt Pieces (4%) (Sugar, Vegetable Fat, Yoghurt Powder, Emulsifier [Soy Lecithin, 492, 476], Acidity Regulator [Citric Acid]), Humectant (Glycerol), Natural Yoghurt Flavour, Natural Blueberry Flavour, Antioxidant (Vitamin E).

**Percentage Daily Intakes are based on an average adult diet of 8700 kJ and 30 g of fibre. Your daily intakes may be higher or lower depending on your energy needs.

INGREDIENTS: BARLEYmax™ (Whole Grain Rolled Barley Flakes) (23%), Chicory Root Fibre, Seeds (19%) (Pepitas (7.7%), Sunflower Seeds (4.4%), Linseed (2.6%), Sesame Seeds (1.2%), Tefl Seeds (1.2%), Poppy Seeds (1.2%), Chia Seeds (0.7%)), Whole Grain Rolled Oats (15%), Brown Rice Syrup, Canola Oil, Puffed Rice, Humectant (Glycerol), Cinnamon, Natural Vanilla Flavour, Antioxidant (Vitamin E).



NUTRITION INFORMATION
Servings per package: 8 Serving Size: 50 g

	Per Serve (50 g)	% DI**	Per Serve with 1/2 cup skim milk	Per 100 g
Energy	820 kJ	9%	1044 kJ	1640 kJ
	196 Cal		250 Cal	391 Cal
Protein	5.8 g	12%	11.0 g	11.5 g
Fat, Total	5.3 g	8%	5.4 g	10.5 g
-Saturated	0.6 g	3%	0.7 g	1.2 g
Carbohydrate	24.2 g	8%	31.9 g	48.5 g
-Sugars	6.4 g	7%	13.9 g	12.7 g
Dietary Fibre	13.3 g	44%	14.0 g	26.6 g
-Insoluble	6.1 g		6.1 g	12.2 g
-Soluble	6.4 g		6.4 g	12.7 g
-Beta-glucan	2.4 g		2.4 g	4.8 g
-Resistant	0.9 g		0.9 g	1.7 g
Starch				
Sodium	8 mg	0.3%	70 mg	15 mg
Glycemic Index (GI) - Low 49				

NUTRITION INFORMATION
Servings per package: 8 Serving Size: 50 g

	Per Serve (50 g)	% DI**	Per Serve with 1/2 cup skim milk	Per 100 g
Energy	800 kJ	9%	1024 kJ	1600 kJ
	191 Cal		245 Cal	383 Cal
Protein	6.1 g	13%	11.4 g	12.3 g
Fat, Total	5.2 g	8%	5.4 g	10.5 g
-Saturated	0.9 g	3%	1.0 g	1.8 g
Carbohydrate	23.2 g	7%	30.8 g	46.3 g
-Sugars	6.2 g	5%	13.9 g	12.4 g
Dietary Fibre	13.4 g	45%	13.4 g	26.8 g
-Insoluble	7.2 g		7.2 g	14.3 g
-Soluble	5.5 g		5.5 g	10.9 g
-Beta-glucan	2.3 g		2.3 g	4.5 g
-Resistant	0.8 g		0.8 g	1.6 g
Starch				
Sodium	10 mg	0.2%	72 mg	20 mg
Glycemic Index (GI) - Low 40				

NUTRITION INFORMATION
Servings per package: 10 Serving Size: 50 g

	Per Serve (50 g)	% DI**	Per Serve with 1/2 cup skim milk	Per 100 g
Energy	745 kJ	9%	969 kJ	1490 kJ
	178 Cal		232 Cal	356 Cal
Protein	6.3 g	13%	11.6 g	12.6 g
Fat, Total	3.0 g	4%	3.1 g	5.9 g
-Saturated	0.6 g	3%	0.7 g	1.2 g
Carbohydrate	26.9 g	9%	34.6 g	53.8 g
-Sugars	1.8 g	2%	9.5 g	3.6 g
Dietary Fibre	9.0 g	30%	9.0 g	18.0 g
-Insoluble	5.6 g			11.2 g
-Soluble	2.7 g			5.4 g
-Beta-glucan	2.5 g			5.0 g
-Resistant	0.7 g			1.4 g
Starch				
Sodium	4 mg	0.2%	66 mg	7 mg
Glycemic Index (GI) - Low 47				

**Percentage Daily Intakes are based on an average adult diet of 8700 kJ and 30 g of fibre. Your daily intakes may be higher or lower depending on your energy needs.

INGREDIENTS: BARLEYmax™ (Whole Grain Rolled Barley Flakes) (65%), Whole Grain Rolled Oats (7%), Brown Rice Syrup, Cranberries (6%) (Cranberries, Sugar, Humectant [Glycerol], Sunflower Oil), Seeds (5%) (Linseed, Buckwheat, Sunflower Seeds), Nuts (4%) (Almonds (2.6%), Hazelnuts (1.2%), Pecans (0.2%)), Coconut Sugar, Chicory Root Fibre, Cinnamon, Natural Berry Flavour, Antioxidant (Vitamin E).

**Percentage Daily Intakes are based on an average adult diet of 8700 kJ and 30 g of fibre. Your daily intakes may be higher or lower depending on your energy needs.

INGREDIENTS: BARLEYmax™ (Whole Grain Rolled Barley Flakes) (73%), Whole Grain Rolled Oats (9%), Pink Lady Apple (5%) (Food Acid [Ascorbic Acid]), Macadamias (3.5%), Coconut Sugar, Canola Oil, Sultanas, Pepitas (2%), Sunflower Seeds (2%), Natural Apple Flavour, Antioxidant (Vitamin E).

**Percentage Daily Intakes are based on an average adult diet of 8700 kJ and 30 g of fibre. Your daily intakes may be higher or lower depending on your energy needs.

INGREDIENTS: BARLEYmax™ (Whole Grain Rolled Barley Flakes) (51%), Whole Grain Rolled Oats (49%).

Our fully qualified dietitians are here to provide general nutrition information about Barley+.

Please email us at nutritioncare@barleyplus.com.au