

Far North Wholesalers

Cairns

Ph: (07) 40357777 Fax: (07) 40357799

Townsville

Ph: 0747 734 531 Fax 0747 734 813

Hanly Confectionery

Mackay

Ph: 0749 535 673 Fax: 0749 573 773

Nutritional Information

Details

	Description	per 27g	per 100g	Smiths 27g	Code
	Energy	573kj	2120kj	Original	4032
	Protein	2.3g	8.4g	Salt & Vinegar	4128
	Fat - total	8.6g	31.8g	BBQ	4033
	- saturated	3.0g	11.2g	Twisties	4131
	- trans	0.0g	0.2g	Sour Cream & Chives	4127
	- monounsaturated	4.6g	16.8g		
	Carbohydrate - total	12.4g	45.9g		
	Sugars	0.5g	1.8g	21 per carton	
	Sodium	194mg	719mg	Price per packet - \$0.75	
	Potassium	426mg	1580mg	rrp \$1.00	
	Description	per 30g	per 100g	Red Rock 28g	Code
	Energy	575kj	2053kj	Honey & Soy Chicken	4135
	Protein	2.2g	7.7g	Original Sea Salt	4134
	Fat - total	6.6g	23.4g		
	- saturated	0.9g	3.4g		
	- trans	0.00g	0.1g	21 per carton	
	- monounsaturated	5.1g	18.4g	Price per packet - \$0.75	
	Carbohydrate - total	17.4g	62.0g	rrp \$1.00	
	Sugars	1.1g	4.1g		
	Sodium	152mg	543mg		
	Description	per 28g	per 100g	JJ's Snacks	Code
	Energy	460kj	2281kj	Chicken	JJCS
	Protein	1.6g	7.8g	Salt & Vinegar	JJSV
	Fat - total	6.4g	32.1g	Cheese & Onion	JJCO
	Fat - saturated	2.8g	14.0g	Burger	JJBS
	Carbohydrate	11.4g	56.8g	Pizza	JJPZ
	Sugars	0.5g	2.7g	Cheese Nugget	JJCN
	Sodium	119mg	593mg	30 per carton	
	Potassium	27mg	135mg	price per packet- \$0.92	
				rrp - \$1.30	
	Description	per 25g	per 100g	Shapes	Code
	Energy	510kj	2030kj	Variety Multipacks 300g	ASVM300
	Protein	2.8g	11.3g	12 individual wrapped packs	
	Fat - total	5.9g	23.8g	Price - \$5.01	
	- saturated	2.8g	11.3g	rrp - \$0.80	
	Carbohydrate - total	13.7g	54.8g	size - 25g	
	Sugars	0.4g	1.8g		
	Dietary fibre	0.9g	3.6g		
	Sodium	268mg	1070mg		
	Description	per 25g	per 100g	Tiny Teddy	Code
	Energy	480kj	1920kj	Choc Multipack 250g	ATTCMP
	Protein	2.0g	8.0g	Variety Multipack 250g	ATTVMP
	Fat - total	3.3g	13.4g	10 individual wrapped packs	
	- saturated	1.9g	7.7g	Price - \$4.08	
	Carbohydrate - total	18.5g	74.2g	rrp - \$0.70	
	Sugars	6.5g	26.0g	size - 25g	
	Sodium	98mg	390mg		

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	Description	Per 40g	Per 100g	Golden Days	Code		
	Energy	872kj	2180kj	Sesame Snaps Yoghurt Price - \$20.94 rrp - \$1.50 Qty - 24 units per outer	SSY		
	Protein	4.2g	10.5g				
	Fat - Total	12.2g	30.5g				
	- Saturated	1.8g	4.5g				
	- Monounsaturated	4.5g	11.3g				
	Carbohydrate - Total	20.5g	51.3g				
	- Sugars	15.1g	37.8g				
	Sodium	39.6mg	99mg				
	Description	Per 40g	Per 100g	Golden Days	Code		
	Energy	872kj	2180kj	Sesame Snaps 40g Price - \$16.92 rrp - \$1.30 24 per outer	SSC		
	Protein	4.2g	10.5g				
	Fat - Total	12.2g	30.5g				
	- Saturated	1.8g	4.5g				
	- Trans	<0.001g	<0.01g				
	- Polyunsaturated	5.8g	14.6g				
	- Monounsaturated	4.5g	11.3g				
	Carbohydrate - Total	20.5g	51.3g				
- Sugars	15.1g	37.8g					
Sodium	39.6mg	99mg					
	Description	per 15g	per 100g	Hello Panda 21g	Code		
	Energy	340kj	2268kj	Hello Panda 21g Price - \$35.70 rrp - \$1.00 60 per outer	MHPD		
	Protein	1g	6.7g				
	Fats - total	5g	33.3g				
	Fats - saturated	3g	20g				
	Carbohydrate	9g	60g				
	Sugars	4g	26.7g				
	Sodium	55mg	367mg				
	Cholesterol	0mg	0mg				
	Description	per 15g	per 100g	Ovalteenies	Code		
	Energy	223kj	1488kj	Ovalteenies 15g Price - \$18.17 rrp - \$1.10 24 per outer	NO		
	Protein	1.5g	10.3g				
	Fat - total	<1g	2.0g				
	Fat - saturated	<1g	1.7g				
	Carbohydrate - total	10.9g	72.9g				
	- sugars	10.3g	69.5g				
	Sodium	25mg	175mg				
	Description	per 20g	per 100g			Ricci Licorice	Code
	Energy	280kj	1400kj	Ricci Licorice Twists 110 units per outer Price - \$17.39 rrp - \$0.30	RLT		
	Protein	<1g	3.0g				
	Fat - total	<1g	1.7g				
	- saturated	<1g	0.7g				
	Carbohydrate - total	15.1g	75.6g				
	Sugars	10.2g	51.1g				
	Sodium	35mg	174mg				

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	Description	per 20g	per 100g	CTC Yogurt	Code
	Energy	254kj	1270kj	Yoghurt Frogs 1.5kg price - \$25.56 rrp - \$0.15 260 per outer	CYJF
	Protein	1.1g	5.7g		
	Fat total	<1g	<1g		
	Saturated	<1g	<1g		
	Carbohydrates	14.1g	70.6g		
	Sugar	10.3g	51.9g		
	Sodium	18mg	91mg		
	Description	per 9.5g	per 100g	CTC Fini Filled Bars	Code
	Energy	145kj	1524kj	Fini Filled Bars Yogurt Price - \$23.59 rrp - \$0.20 200 per outer	CFFBY
	Protein	0.23g	2.4g		
	Total carbohydrates	7.97g	83.89g		
	Sugars	3.96g	41.7g		
	Total fat	0.22g	2.36g		
	Saturated fat	0.11g	1.2g		
	Sodium	12.7mg	133.7mg		
	Description	per 25g	per 100g	Ajitas Vege Chips	Code
	energy	482kj	1931kj	BBQ Sweet & Sour Price - \$0.56 rrp - \$0.70 Qty - 40 pkts per carton	VB25 VSS25
	protein	0.4g	1.6g		
	fats - total	4.6g	18.4g		
	carbohydrates	17.4g	69.5g		
	sugars	2.3g	9.0g		
	dietary fibre	0.7g	2.9g		
	cholesterol	0.0mg	0.0mg		
sodium	191mg	764mg			
	Description	per serve	100g	Grainwaves 40g	Code
	Energy	803kj	2010kj	Original Sour Cream & Chives Sweet Chilli & Sour Cream 18 units per carton Price - \$1.36 rrp - \$1.85	4765 4764 4766
	Protein	2.8g	7.0g		
	Fat - total	9.0g	22.4g		
	- saturated	1.6g	4.0g		
	Carbohydrate - total	25.1g	62.7g		
	Sugars	2.9g	7.3g		
	Dietary fibre	2.4g	6.0g		
Sodium	235mg	587mg			

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	Description	per 15g		Dori Yogurt Sticks	Code
	Calories	2%		Dori Yogurt Sticks	DYS
	Carbohydrates	3%		price - \$3.25	
	Proteins	0g		rrp - \$0.10	
	Sodium	0g		50 units per outer	
	Description	per 15g		CTC Natural Pops 12g	Code
	Calories	2%		Strawberry	CYP
	Carbohydrates	3%		price - \$5.92	
	Proteins	0g		rrp - \$0.25	
	Sodium	0g			
	Description	per 20g	per 100g	Nutella	Code
	Energy	442kj	2210kj	Nutella Snack Packs 20g	FNS12
	Protein	1.5g	7.5g	Price - \$61.15	
	Fat	6.1g	30.7g	rrp - \$0.60	
	Saturated fat	1.3g	6.3g	144 units per outer	
	Carbohydrate				
	Total	11.8g	59.2g		
	Sugar	11.0g	55.2g		
	Sodium	10mg	48mg		
	Description	per serve	per 100g	CTC Drops 25g	Code
	Energy	47kj	1730kj	Eucalyptus	CED
	Protein	<1g	<1g	Butter Menthol	CBM
	Fat - total	<1g	2g	60 units per outer	
	Fat - saturated	nil	nil	Price - \$26.53	
	Carbohydrates			rrp - \$0.70	
	Total	2.6g	97g		
	Sugars	2.2g	81g		
	Sodium	<2mg	32mg		
	Description	per 35g	per 100g	CTC Fruca Sticks	Code
	Energy	76kj	1730kj	Strawberry	CFSST
	Protein	0.05g	1.1g	Orange	CFSOR
	Fat	0.33g	7.4g	Blueberry	CFSB
	Saturated	0.31g	7.1g	Mixed	CFSM
	Carbohydrates	3.69g	83.9g	Price - \$19.15	
	Sugars	2.45g	55.6g	rrp - \$0.10	
	Sodium	0mg	0mg	300 units per outer	

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	Description	per serve	100g	Sun Health Sesame Snacks	Code
	Energy	883kj	2207kj	Sesame Snacks 40g	SSS
	Protein	4.4g	11.1g	24 units per outer	
	Fat - total	11.4g	28.4g	Price - \$17.88	
	- saturated	3.5g	8.8g	rrp - \$1.05	
	Carbohydrate - total	24.3g	60.7g		
	Sugars	14.1g	35.2g		
	Dietary fibre	1.5g	3.8g		
	Sodium	3.1mg	7.8mg		
	Description	per serve	100g	Sun Healthy Mixed Slices	Code
	Energy	830kj	1660kj	contains	SHES
	Protein	4.3g	8.6g	Premium Fruit & Nut	
	Fat - Total	7.2g	14.3g	Macadamia & Apricot	
	- Saturated	0.9g	1.8g	Premium Nut	
	Carbohydrates	28.9g	57.7g	Yogurt Macadamia & Apricot	
	Sugars	16.4g	32.8g	Yogurt Almond & Apricot	
	Sodium	6mg	12mg	Lite Slice 98% fat free	
	Fibre	1.8g	3.7g	28 units per outer	
			Price - \$49.95		
			rrp - \$2.50		
	Description	per serve	100g	Be Natural Asst Bars	Code
	energy	1020kj		contains	SGN
	protein	4.3g		Almond & Apricot	
	fat - total	14.8g		Sesame Nut Split	
	carbohydrate	22.1g		Yogurt Almond & Apricot	
				Nut Delight	
	sugars	13.7g		Fruit & Nut	
	dietary fibre	3.9g		28 units per outer	
	sodium	15mg		Price - \$57.72	
			rrp - \$2.85		
	Description	per serve	100g	Be Natural Singles	Code
	Energy	1190kj		Nut Delight	SGNN
	Protein	9.7g		Almond & Apricot	SGNA15
	Fat - Total	20.8g		Sesame Nut Split	SGNSN
	- Saturated	3.7g		Yogurt Almond & Apricot	SGNAY15
	Carbohydrates	13.5g		Fruit & Nut	SGNF
	Sugars	8.5g		Sunflower & Pepita	SGNP15
	Sodium	25mg		Yogurt Fruit & Nut	SGNFY
	Fibre	3.3g		15 units per outer	
			Price - \$30.03		
			rrp - \$2.85		
	Description	per serve	100g	Sunibrite Slices Singles 90g	Code
	Energy	1810kj	2010kj	Apricot Muesli	SAS12
	Protein	4.6g	5.1g	Apricot Yogurt Muesli	SAYS
	Fat - Total	22.5g	25g	Muesli	SMS12
	- Saturated	18.5g	20.5g	Strawberry Muesli	SSM
	Carbohydrates	51.8g	57.6g	Slim n Trim Banana	SSTB
	Sugars	36.2g	40.2g	Slim n Trim Muesli	SSTM
	Sodium	194mg	215mg	12 units per outer	
	Fibre	2.7g	3.0g	Price - \$32.14	
			rrp - \$3.25		

Farmer's Sales

Cairns

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Green Original 500ml	GCLG500																																																					
Mango 500ml	GCLM500																																																					
Red 500ml	GCLR12																																																					
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Far I

Cairns

Ph: (07) 4

Townsville

Ph: 0747 734 531 Fax 0747 734 813



Wholesalers

0357799

Hanly Confectionery

Mackay

Ph: 0749 535 673 Fax: 0749 573 773

Nutritional Information

Details

	Description	250ml	100ml	Golden Circle Tetra 100% juice	Code
	Energy	508kj	203kj	Apple	GCAT250
	Protein	2.0g	0.8g	Apple & Blackcurrant	GCABC250
	Fat - total	0.8g	0.3g	Apple & Mango	GCAMT250
	- saturated	0g	0g	Orange	GCOT250
	Carbohydrates	26.3g	10.5g	Pineapple	GCPAT250
	Sugars	23.8g	9.5g	Tropical	GCTT250
	Sodium	18mg	7mg	qty - 24 units per carton Price - \$25.43 rrp - \$1.60 FOCIS APPROVED GREEN	
	Description	250ml	100ml	P&N Poptops 5% juice	Code
	Energy	468kj	187kj	Forest Fruits	PTFF
	Protein	<1g	<1g	Orange	PTO
	Fat - total	<1g	<1g	Apple	PTA
	- saturated	0g	0g	Cool Blue	PTCB
	Carbohydrates	27.5g	11.0g	Price - \$17.6	
	Sugars	27.5g	11.0g	rrp - \$1.20	
	Sodium	25mg	10mg	qty - 24 units per carton	
	Description	per serve	100ml	Extra Juicy 250ml Tetra	Code
	Energy	480kj	192kj	Apple	EJA250
	Protein	>1g	>1g	Apple Blackcurrant	EJAB250
	Fat - total	>1g	>1g	Apple Mango & Banana	EJAMB250
	- saturated	0g	0g	Brekky	EJB250
	Carbohydrate - total	28.3g	11.3g	Orange	EJO250
	Sugars	27.5g	11.0g	24 units per carton	
	Dietary Fibre	>1g	>1g	Price - \$18.08	
	Sodium	20mg	8mg	rrp - \$1.20 FOCIS APPROVED GREEN	
	Description	per serve	100ml	Extra Juicy 400ml PET Bottle	Code
	Energy	700kj	175kj	Apple	EJA400
	Protein	>1g	>1g	Apple Blackcurrant	EJAB400
	Fat - total	>1g	>1g	Apple/Strawberry & Guava	EJASG400
	- saturated	0g	0g	Orange	EJO400
	Carbohydrate - total	41.2g	10.3g	Orange/Mango	EJOM400
	Sugars	40g	10g	12 units per carton	
	Dietary Fibre	>1g	>1g	Price - \$21.04	
	Sodium	32mg	8mg	rrp - \$2.80	
	Description	per serve	100ml	Jelly Pencils	Code
	Energy			Jelly Pencils	UJP
	Protein			100 units per carton	
	Fat - total			Price - \$8.58	
	- saturated			rrp - \$0.15	
	Carbohydrate - total				
	Sugars				
	Dietary Fibre				
	Sodium				



Nutritional Information

Details

	Description	per serve	100ml	Up & Go 350ml	Code
	Energy	1120kj	320kj	Banana	SUGB
	Protein	12.6g	3.6g	Chocolate	SUGC
	Carbohydrates	38.5g	11g	Vanilla	SUGV
	Sugars	25.9g	7.4g	Strawberry	SUGS
	Fat - total	5.3g	3.6g	12 units per carton	
	- saturated	.7g	.2g	Price - \$27.73	
	Fibre	5.3g	1.5g	rrp - \$3.15	
	Sodium	210mg	60mg		
	Description	per serve	100ml	Up & Go 250ml School	Code
	Energy	800kj	320kj	Chocolate 250ml	SUGC250
	Protein	9.0g	3.6g	Strawberry 250ml	SUGS250
	Fat - Total	3.8g	1.5g	12 units per carton	
	- Saturated	.5g	.2g	Price - \$13.92	
	Carbohydrates	27.5g	11.0g	rrp - \$1.75	
	Sugars	18.5g	7.4g		
	Sodium	150mg	60mg	FOCIS APPROVED GREEN	
	Fibre	3.8g	1.5g		
	Description	per serve	100ml	Up & Go Vive	Code
	Energy	800kj	320kj	Vive Wild Berry	SUGVW
	Protein	9.0g	3.6g	Vive Banana	SUGVB
	Fat - Total	3.8g	1.5g	12 units per carton	
	- Saturated	.5g	.2g	Price - \$20.85	
	Carbohydrates	27.5g	11.0g	rrp - \$2.60	
	Sugars	18.5g	7.4g		
	Sodium	150mg	60mg	FOCIS APPROVED GREEN	
	Fibre	3.8g	1.5g		
	Description	per serve	100ml	Juiced Up 250ml/24	Code
	Energy	490kj	196kj	Apple/Blackcurrant	JUAB
	Protein	1.0g	1.0g	Orange	JUO
	Fat - Total	1.0g	1.0g	Orange/Mango	JUOM
	- Saturated	0.0g	0.0g	Price - \$31.19	
	Carbohydrates	29g	11.6g	rrp - \$2.00	
	Sugars	28.0g	11.2g	24 units per carton	
	Sodium	7.5mg	3.0mg	FOCIS APPROVED AMBER	
	Fibre	100mg	40mg		
	Description	200ml	100ml	Nu Water 600ml	Code
	Energy			Nu Water 600ml	NUW
	Protein			24 units per carton	
	Fat - Total			Price - \$16.90	
	- Saturated			rrp - \$2.00	
	Carbohydrates				
	Sugars				
	Sodium				

wild berry



