



## organic apple snacks

All Ages  
from **12** months

- ✓ CERTIFIED ORGANIC
- ✓ GLUTEN FREE
- ✓ 100% FRUIT
- ✓ NO ADDED SUGAR
- ✓ MADE IN AUSTRALIA
- ✓ RESEALABLE POUCH

*A pure start to life..*

### Nutrition Information

Servings per package: 2 Serve size: 10g	Average Quantity	
	Per 10g	Per 100g
Energy	149.4kJ	1494kJ
Protein	0.2g	1.7g
Fat, total	0.05g	0.5g
Carbohydrate		
- total	7.9g	79.4g
- sugars (natural)	7.5g	75g
Dietary Fibre		
- total	1.2g	12.1g
Calcium	1.2mg	12mg
Potassium	65mg	650mg
Sodium	1.3mg	13mg
Zinc	0.01mg	0.1mg
Vitamin C	2.5mg	25mg

Nutritional figures are averages and may vary with ingredient variety and season.

INGREDIENTS: Organic and biodynamic apples.

Total organic ingredient = 100%

### Allergens

Our fruit snacks share a packing line with our cereals so may contain traces of gluten.

**NOT RECOMMENDED FOR INFANTS UNDER THE AGE OF 12 MONTHS.**

Our Apple Snacks are 100% fruit and nothing else. Our special drying method slowly removes moisture in the fruit without removing any of the great fruit taste, leaving you with crisp, bite-sized pieces, perfect for a between meals snack! With NO preservatives or sulphur, you can be sure you're enjoying the natural goodness of organic fruit.

**Q. What is the recommended intake for Bellamy's fruit snacks i.e how many packets a week is ok for my child?**

**A.** Our 20gram pouches of Apple Snacks are the equivalent of 2 small apples, which is almost the same as the recommended daily intake of fruit for your child. The current recommendation for adults and children is to consume a minimum of 2 serves of fruit and 5 serves of vegetables every day. There is no recommended maximum, although too much of anything is not good for a balanced diet. Many Australian adults and children do not eat enough fruit or vegetables. Children aged 4 - 7 years have recommended daily intakes of 1 - 2 serves of fruit, and 2 - 4 serves of vegetables.

**Q. Are they the same as eating a fresh apple or pear?**

**A.** All we have done is remove the water. Testing results demonstrate the dried pieces have very similar nutrition to fresh pieces. Snap drying fruit may create higher concentration of sugar, but in the same way, other beneficial nutrients, such as vitamins, minerals and fibre, are also concentrated.

Still unsure? Simply serve our fruit snacks with a glass of water.

**Q. Does the processing of the fruit remove all the goodness?**

**A.** No. The process is a gentle one, which simply results in water being removed from the fruit; slowly, at low temperatures. The snap drying process does not remove vitamins, minerals or fibre. We do not use any chemical extraction methods, nor do we use any processing additives, and the dried fruit does not require any preservatives.

**BELLAMY'S ORGANIC**

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Our fruit snacks are certified by NASAA Certified Organic.



Certification No. 7124P