

333 KIDS PIZZA NUTRITIONAL INFORMATION



AVERAGE NUTRITION INFORMATION PER 100G; %DV: DAILY VALUES FOR CHILDREN 4-8 YEARS OF AGE.

ALL PIZZAS COME WITH HELL'S TOMATO BASE SAUCE AND MOZZARELLA CHEESE PLUS ONE ADDITIONAL TOPPING.

TOPPING ADDED		ENERGY (KJ)	ENERGY (CAL)	PROTEIN (G)	FAT, TOTAL (G)	FAT - SATURATED (G)	CARBO-HYDRATE (G)	SUGARS (G)	DIETARY FIBRE (G)	SODIUM (MG)	POTASSIUM (MG)	MAGNESIUM (MG)	CALCIUM (MG)	PHOSPHORUS (MG)	IRON (MG)	ZINC (MG)	NPSC #	NPSC HELL PASS?	ALLERGENS
EXTRA CHEESE	100g	1090kJ	261Cal	12.5g	8.0g	4.3g	33.6g	1.1g	2.1g	296mg	147mg	30.4mg	240mg	239mg	1.2mg	1.6mg	3	yes	W,M
	242g serving	2650kJ	632Cal	30.1g	19.2g	10.4g	81.3g	2.6g	5.0g	716mg	354mg	73.5mg	581mg	578mg	2.8mg	4.0mg			
	%DV			151%					28%	51%	15%	57%	83%	116%	28%	100%			
ASPARAGUS	100g	982kJ	235Cal	10.6g	6.0g	3.1g	33.1g	1.2g	2.3g	251mg	171mg	28.7mg	173mg	193mg	1.2mg	1.3mg	0	yes	W,M
	246g serving	2420kJ	578Cal	26.1g	14.7g	7.5g	81.6g	3.0g	5.6g	619mg	421mg	70.8mg	426mg	477mg	3.0mg	3.1mg			
	%DV			131%					31%	44%	18%	54%	61%	95%	30%	78%			
BACON	per 100g	1050kJ	251Cal	12.0g	7.3g	3.6g	32.8g	1.1g	2.0g	324mg	177mg	28.6mg	169mg	220mg	1.2mg	1.4mg	2	yes	W,M,S
	251g serving	2630kJ	629Cal	30.2g	18.3g	9.0g	82.4g	2.7g	5.0g	813mg	443mg	71.9mg	425mg	553mg	3.0mg	3.6mg			
	%DV			151%					28%	58%	19%	55%	61%	111%	30%	90%			
CAPSICUM	per 100g	981kJ	234Cal	10.5g	6.0g	3.1g	33.2g	1.3g	2.1g	251mg	152mg	28.1mg	173mg	191mg	1.2mg	1.3mg	0	yes	W,M
	246g serving	2420kJ	577Cal	25.8g	14.7g	7.5g	81.8g	3.2g	5.3g	619mg	374mg	69.3mg	425mg	470mg	2.9mg	3.1mg			
	%DV			129%					29%	44%	16%	53%	61%	94%	29%	78%			
CHICKEN	per 100g	1000kJ	239Cal	12.4g	6.5g	3.2g	31.4g	1.0g	1.9g	354mg	169mg	29.7mg	164mg	213mg	1.2mg	1.3mg	2	yes	W,M
	260g serving	2600kJ	622Cal	32.4g	16.9g	8.2g	81.7g	2.7g	5.0g	922mg	441mg	77.3mg	427mg	555mg	3.0mg	3.4mg			
	%DV			162%					28%	66%	19%	59%	61%	111%	30%	85%			
CORN KERNELS	per 100g	1010kJ	241Cal	10.7g	6.1g	3.1g	34.3g	1.6g	2.4g	251mg	154mg	29.5mg	172mg	196mg	1.2mg	1.4mg	1	yes	W,M
	246g serving	2490kJ	595Cal	26.4g	15.1g	7.7g	84.5g	4.0g	5.9g	620mg	379mg	72.6mg	424mg	483mg	2.8mg	3.3mg			
	%DV			132%					33%	44%	16%	56%	61%	97%	28%	83%			
GHERKIN	per 100g	983kJ	235Cal	10.2g	5.9g	3.0g	33.8g	2.3g	2.3g	271mg	137mg	27.7mg	171mg	186mg	1.2mg	1.2mg	0	yes	W,M
	251g serving	2470kJ	590Cal	25.6g	14.8g	7.5g	84.9g	5.9g	5.7g	681mg	345mg	69.5mg	430mg	467mg	2.9mg	3.0mg			
	%DV			128%					32%	49%	15%	53%	61%	93%	29%	75%			
HAM	per 100g	1000kJ	239Cal	11.7g	6.2g	3.1g	32.9g	1.1g	2.0g	359mg	166mg	28.5mg	170mg	208mg	1.2mg	1.4mg	1	yes	W,M
	251g serving	2520kJ	601Cal	29.3g	15.5g	7.8g	82.5g	2.7g	5.0g	901mg	417mg	71.5mg	426mg	523mg	3.0mg	3.5mg			
	%DV			147%					28%	64%	18%	55%	61%	105%	30%	88%			
JALAPEÑOS	per 100g	999kJ	239Cal	10.6g	6.1g	3.1g	33.8g	1.1g	2.3g	325mg	163mg	29.4mg	176mg	198mg	1.2mg	1.3mg	1	yes	W,M
	242g serving	2420kJ	577Cal	25.6g	14.8g	7.5g	81.6g	2.6g	5.6g	785mg	394mg	71.1mg	426mg	479mg	3.0mg	3.1mg			
	%DV			128%					31%	56%	17%	55%	61%	96%	30%	78%			
MUSHROOMS	per 100g	902kJ	216Cal	9.9g	5.5g	2.8g	30.2g	1.0g	2.3g	230mg	198mg	26.7mg	158mg	192mg	1.1mg	1.3mg	-1	yes	W,M
	270g serving	2430kJ	581Cal	26.6g	14.8g	7.6g	81.3g	2.7g	6.3g	622mg	533mg	72.0mg	425mg	518mg	2.9mg	3.4mg			
	%DV			133%					35%	44%	23%	55%	61%	104%	29%	85%			
OLIVES	per 100g	1080kJ	258Cal	10.8g	8.0g	3.4g	34.6g	1.1g	2.3g	389mg	150mg	29.7mg	182mg	197mg	1.2mg	1.3mg	3	yes	W,M
	237g serving	2570kJ	613Cal	25.6g	18.9g	8.0g	82.1g	2.6g	5.5g	923mg	355mg	70.4mg	433mg	467mg	2.9mg	3.1mg			
	%DV			128%					31%	66%	15%	54%	62%	93%	29%	78%			
ONIONS	per 100g	1000kJ	240Cal	10.6g	6.1g	3.1g	34.1g	1.5g	2.2g	257mg	153mg	28.2mg	177mg	195mg	1.2mg	1.3mg	0	yes	W,M
	242g serving	2430kJ	580Cal	25.8g	14.7g	7.5g	82.5g	3.5g	5.3g	621mg	369mg	68.1mg	427mg	470mg	2.9mg	3.1mg			
	%DV			129%					29%	44%	16%	52%	61%	94%	29%	78%			
PARMESAN	per 100g	1100kJ	263Cal	12.5g	7.5g	3.9g	35.0g	1.1g	2.2g	313mg	150mg	30.4mg	224mg	230mg	1.2mg	1.6mg	2	yes	W,M
	233g serving	2560kJ	611Cal	29.0g	17.3g	9.1g	81.3g	2.6g	5.0g	728mg	349mg	70.7mg	520mg	534mg	2.8mg	3.6mg			
	%DV			145%					28%	52%	15%	54%	74%	107%	28%	90%			
PEPPERONI	per 100g	1060kJ	253Cal	12.0g	7.1g	3.6g	34.0g	1.1g	2.2g	314mg	167mg	30.0mg	177mg	209mg	1.4mg	1.4mg	2	yes	W,M,S
	242g serving	2560kJ	612Cal	29.0g	17.1g	8.6g	82.2g	2.7g	5.2g	760mg	404mg	72.6mg	427mg	505mg	3.3mg	3.4mg			
	%DV			145%					29%	54%	18%	56%	61%	101%	33%	85%			
PINEAPPLE	per 100g	982kJ	235Cal	10.0g	5.8g	2.9g	34.2g	3.5g	2.1g	242mg	149mg	28.0mg	167mg	183mg	1.1mg	1.2mg	-1	yes	W,M
	256g serving	2510kJ	600Cal	25.5g	14.8g	7.5g	87.5g	8.9g	5.4g	619mg	382mg	71.6mg	426mg	467mg	2.9mg	3.1mg			
	%DV			128%					30%	44%	17%	55%	61%	93%	29%	78%			
REFRIED BEANS	per 100g	976kJ	233Cal	10.6g	5.8g	2.9g	32.8g	1.1g	2.8g	310mg	191mg	31.8mg	170mg	191mg	1.3mg	1.4mg	0	yes	W,M
	260g serving	2540kJ	607Cal	27.7g	15.1g	7.6g	85.5g	2.9g	7.2g	807mg	498mg	82.7mg	442mg	498mg	3.5mg	3.6mg			
	%DV			139%					40%	58%	22%	64%	63%	100%	35%	90%			
SALAMI	per 100g	1050kJ	252Cal	11.8g	7.1g	3.6g	33.8g	1.1g	2.2g	311mg	170mg	30.0mg	177mg	209mg	1.3g	1.4g	2	yes	W,M,S
	242g serving	2550kJ	609Cal	28.5g	17.1g	8.6g	81.8g	2.8g	5.3g	752mg	410mg	72.6mg	428mg	505mg	3.1mg	3.4mg			
	%DV			143%					29%	54%	18%	56%	61%	101%	31%	85%			
TOMATO	per 100g	949kJ	227Cal	10.1g	5.8g	3.0g	32.1g	1.4g	2.1g	242mg	170mg	27.9mg	167mg	185mg	1.1mg	1.2mg	-1	yes	W,M
	256g serving	2430kJ	580Cal	25.7g	14.8g	7.5g	82.2g	3.6g	5.5g	620mg	434mg	71.3mg	427mg	472mg	2.8mg	3.1mg			
	%DV			129%					31%	44%	19%	55%	61%	94%	28%	78%			

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Average nutrition information per 100g and per serving, based on information from nutrition data bases and supplier ingredient information for typical baking conditions. %DV: daily values are based on the nutrient reference values for children 4-8 years of age (NHMRC, 2006), where given. All %DV as percentages of RDI recommended dietary intake, except % AI (adequate intake) for fibre and potassium, and for sodium as % UL (upper limit) as per adult labelling format. NPSC nutrient profile score rates products on overall healthiness on balance of energy, saturated fat, sugar & salt with bonus points for fruits & veges, nuts, legumes, protein and fibre. General solid food products scoring 3 or below can make health claims about those nutrients that are present at high enough levels (see nutrient content claims below) and when the food is consumed as part of an overall healthy balanced diet.

ALLERGEN CODES:

CONTAINS W=WHEAT, B=BARLEY, O=OATS, M=MILK, S=SOY, SU=SULPHITES>10PPM, SE=SESAME SEEDS, P=PEANUTS, T=TREENUTS, F=FISH, C=CRUSTACEA, E=EGG. ALL MAY CONTAIN TRACES OF NUTS & SOY.

All pizzas are msg free. All pizzas made in an environment that also handles wheat, oats, milk, soy, fish, seafood/crustacean, sesame seeds, tree nuts & peanuts. Regular pizza bases: made with wheat flour, contain gluten; pizzas with our gluten free base (may contain sesame seeds) are handled in a separate area with separate tools. Most toppings are gluten free. Except: wheat crumb on calamari (Underworld), oat crumble (Temptation), malt vinegar (barley) in mayo on Sloth & in seafood sauce on Underworld.



NUTRIENT REFERENCE VALUES CHILDREN 4-8 YEARS.

NHMRC (2006) VALUES



DV (DAILY VALUES)

RDI/AI/UL FOR 4-8 YEAR OLDS

PROTEIN - Tissue building and repair, growth & maintenance of muscle mass, maintenance of normal bones	20g (RDI)
DIETARY FIBRE - Contributes to regular laxation	18g (AI)
POTASSIUM - Water and electrolyte balance, functioning of the nervous system, muscle function	2300mg (AI)
MAGNESIUM - Energy metabolism, electrolyte balance, nerve & muscle function, reduction of tiredness and fatigue, protein synthesis, psychological function, cell division	130mg (RDI)
CALCIUM - Teeth and bone structure, nerve and muscle function, blood coagulation, energy metabolism, digestive enzymes, cell division	700mg (RDI)
PHOSPHORUS - Teeth and bone structure, cell membrane structure, energy metabolism	500mg (RDI)
IRON - Oxygen transport, energy production, immune system function, blood formation, cognitive function, reduction of tiredness and fatigue, cell division. Normal cognitive development in children	10mg (RDI)
ZINC - Immune system function, normal cell division, normal skin structure and wound healing, acid-base metabolism, carbohydrate metabolism. Cognitive function, metabolism of macro-nutrients, fatty acids & vitamin A, protein synthesis, maintenance of normal bones, hair & nails and vision, free radical protection	4mg (RDI)

	AI	EAR	RDI	UL
PROTEIN g/day				
Children 4-8yrs		16	20	NP
DIETARY FIBRE g/day				
Children 4-8yrs	18			NP
CALCIUM mg/day				
Children 4-8yrs		520	700	2500
PHOSPHORUS mg/day				
Children 4-8yrs		405	500	3000
ZINC mg/day				
Children 4-8yrs		3	4	12
MAGNESIUM mg/day				
Children 4-8yrs		110	130	110
SODIUM mg/day				
Children 4-8yrs	300-600			1400
POTASSIUM g/day				
Children 4-8yrs	2300			NP

RDI - Recommended Dietary Intake
AI - Adequate Intake
UL - Upper Limit

NUTRIENT CONTENT CLAIMS FOR THE PIZZAS AS PART OF AN OVERALL HEALTHY BALANCED DIET:

- Protein: U5g= source of protein, U10g= high in protein; in a serving
- Dietary fibre: at least 2g = source of fibre, at least 4g=high in fibre, at least 7g=very high in fibre; in a serving
- Low in sugar/sugars: no more than 5g/100g
- Source of Minerals: at least 10% of RDI, High/Good source of minerals: at least 25% of RDI; in a serving