

Fruit First Fibre

Small Changes –
big difference

PARADISE
FRUITS
SOLUTIONS by Jahncke

High Fibre

Less Sugar

Lower Calories

Various Cut Sizes





Paradise Fruits Solutions has developed delicious high fibre products - available as: **granulates, drops, paste, various shapes and flavours.**

High Fibre

Fruit First Fibre easily increases dietary fibre intake without compromising on taste or texture and with almost 40% fibre per 100g product.

Experts State

Daily intake of dietary fibre is still too low in the general population. Fruit First Fibre can help to provide the daily dose recommended by scientists. High-fibre snack alternatives are becoming increasingly important, our Fruit First Fibre easily increases dietary fibre intake without compromising on taste or texture.

No Added Sugar

- Weight loss
 - Lower cholesterol levels
 - Higher energy levels
 - Improved cognition
- Fruit First Fibre fulfils the desire for low calorie snack alternatives and made with No Added Sugar.

Nutritional Facts

per Portion (100g)

Energy (kcal)	256
Carbohydrates	37,7
- of which saturated sugars	32,8
Fat	0.8
- of which saturated fat	0.3
Protein	1,6
Salt (no added salt)	<0.1
Fibre	43,9

Various Formats

- Drops
 - Shapes
 - Paste
 - Granulates
- Irregular: 2-4mm, 3-5mm
Regular: 4x5mm, 6x9mm and 9x9mm

Paradise Fruit Solutions 'Fruit First Fibre' contains almost 40% less sugars* compared to standard No Added Sugar recipes (*sugars refers to naturally occurring)

NUTRI-SCORE

