



Mealpak Information

Nutrition
Vitamins, Minerals, Fatty Acids
Allergens

Our products contain skimmed milk and are not suitable for people who have a “total” lactose intolerance

All sweet & savoury Mealpaks are suitable for vegetarians (even the chicken Mealpak)

All sweet Mealpaks and food Mealpaks contain Omega 3 and 6, the healthy heart nutrients.

All Mealpaks contain soya protein, which has many health benefits and aids the lowering of high cholesterol and blood pressure.

None of the All About W8 products contain nuts.

Nutrition Information

	Measure	Savoury Mealpak		Sweet Mealpak		Food Mealpak	
		Per 35g Serving	Per 100g	Per 32g Serving	Per 100g	Per 35g Serving	Per 100g
Energy	KJ	469	1341	502	1569	502	1569
Calories	Kcal	111	316	120	375	120	375
Protein	g	14	39	12.0	37.5	10.0	28.6
Carbohydrates	g	13.1	37.9	10.1	31.6	12.6	36.0
Carbohydrates (of which sugars)	g	11	32.3	8.5	26.6	3.3	9.4
Fat	g	2.76	7.9	3.3	10.3	3.0	8.6
Fat (of which saturates)	g	0.38	1.1	0.8	2.5	10.4	1.1
Fibre	g	2.2	6.3	2.5	7.8	3.5	10.0
Sodium	g	0.9	2.58	0	0	0	0
Starch	g	1	1.96	1.6	5.0	9.3	26.6
Mono-unsaturates	g	0.42	1.2	0.64	2.0	1.2	3.4
Polyunsaturates	g	1.37	3.9	1.56	4.9	0.9	2.6
Omega 3	g	0.125	0.373	0.10	0.33	0	0
Omega 6	g	1.2	3.6	3.4	1.10	0.66	1.89
Cholesterol	mg	0.59	1.7	2.32	7.3	9.15	26.1
Trans mono-saturated fatty acids	0.04	0.01	0	0	0	0	0

Allergens

Savoury Mealpaks

20ppm of Gluten, so this is suitable for consumers with Gluten Intolerances. Tomato is Gluten free. Chicken contains Gluten and is not suitable for anyone with Gluten intolerances.

Sweet Mealpaks

20ppm of Gluten, so this is suitable for consumers with Gluten Intolerances. Contains soy and milk. May contain a very slight trace of wheat, contains aspartame a source of phenylalanine

Food Mealpaks

Contains soy, egg, milk and wheat. Not suitable for anyone with Gluten intolerances.

Ingredient Information – Savoury Mealpaks (all suitable for vegetarians)

Mushroom

Skimmed milk, may contain trace of eggs, soya isolate with lecithin, inulin, whey protein, soya flour, natural flavourings, sage extract, parsley, onion powder, leek salt, yeast extract, maltodextrin, modified maize, guar gum, dehydrated onions, leek, dehydrated mushrooms xanthan gum, mono sodium phosphate, calcium carbonate, magnesium oxide, sodium ascorbate, ferrous sulphate, potassium iodine, potassium chloride, zinc oxide, sodium selenite, copper, calcium, vitamin A, vitamin D3, vitamin E, vitamin B12.

Vegetable

Skimmed milk, soya isolate with lecithin, inulin, whey protein, soya flour, natural flavourings, sage extract, parsley, onion powder, leek salt, yeast extract, maltodextrin, modified maize, guar gum, dehydrated onions, leek, carrot (vegetable mealpak only) xanthan gum, mono sodium phosphate, calcium carbonate, magnesium oxide, sodium ascorbate, ferrous sulphate, potassium iodine, potassium chloride, zinc oxide, sodium selenite, copper, calcium, vitamin A, vitamin D3, vitamin E, vitamin B12.

Asparagus

Skimmed milk, may contain trace of eggs, soya isolate with lecithin, inulin, whey protein, soya flour, natural flavourings, sage extract, parsley, onion powder, leek salt, yeast extract, maltodextrin, modified maize, guar gum, dehydrated onions, leek, xanthan gum, mono sodium phosphate, calcium carbonate, magnesium oxide, sodium ascorbate, ferrous sulphate, potassium iodine, potassium chloride, zinc oxide, sodium selenite, copper, calcium, vitamin A, vitamin D3, vitamin E, vitamin B12.

Chicken

Skimmed milk, eggs, soya isolate with lecithin, inulin, whey protein, soya flour, natural flavourings, sage extract, parsley, onion powder, leek salt, yeast extract, maltodextrin, modified maize, guar gum, dehydrated onions, leek, xanthan gum, mono sodium phosphate, calcium carbonate, magnesium oxide, sodium ascorbate, ferrous sulphate, potassium iodine, potassium chloride, zinc oxide, sodium selenite, copper, calcium, vitamin A, vitamin D3, vitamin E, vitamin B12.

Thai

Skimmed milk, soya isolate with lecithin, inulin, whey protein, soya flour, natural flavourings, sage extract, parsley, onion powder, leek salt, chilli flakes, yeast extract, maltodextrin, modified maize, guar gum, dehydrated onions, leek, xanthan gum, mono sodium phosphate, calcium carbonate, magnesium oxide, sodium ascorbate, ferrous sulphate, potassium iodine, potassium chloride, zinc oxide, sodium selenite, copper, calcium, vitamin A, vitamin D3, vitamin E, vitamin B12.

Spicy Tomato

Protein blend (soy protein isolate, whey protein concentrate, milk protein, casein), maltodextrin, dehydrated vegetables (tomato 7.5%, onion, celery, green onion, garlic), vegetable oils, thickeners: tapioca starch, guar gum, xanthan gum, sodium alginate; vitamins and minerals (thiamin hydrochloride, vitamin A acetate, cholecalciferol, vitamin E acetate, biotin, folic acid, niacinamide, calcium pantothenate, calcium lactate, cyanocobalamin, riboflavin, pyridoxine hydrochloride, ascorbic acid, chromium chloride, copper gluconate, potassium iodide ferric pyrophosphate, manganese sulphate, magnesium phosphate, tricalcium phosphate, dipotassium phosphate, sodium selenite, zinc oxide), flavours, oligofructose (chicory root extract), lemon juice powder, acidity regulator: potassium citrate, potassium bicarbonate; potassium chloride, salt, spices, colours: beet juice, paprika, beta-carotene, lycopene, caramel; yeast extract, anti-caking agent: silicon dioxide; glucose syrup, flavour enhancers: disodium inosinate and guanylate.

Curry Noodle Food Mealpak

Egg noodles (durum flour, dried yolk), textured soy flour, whey protein concentrate, sodium caseinate, soybean oil, oligofructose (chicory root extract), sunflower oil, dehydrated vegetables (onions, carrots, garlic, celery), flavours (monosodium glutamate, disodium inosinate and guanylate), acidity regulator, potassium citrate; vitamin and mineral mix (thiamin hydrochloride, vitamin A acetate, cholecalciferol, vitamin E acetate, biotin, folic acid, niacinamide, calcium pantothenate, cyanocobalamin, riboflavin, pyridoxine hydrochloride, ascorbic acid, chromium chloride, tricalcium phosphate, magnesium phosphate, copper gluconate, potassium iodide, ferric pyrophosphate, manganese sulfate, sodium extract; selenite, zinc oxide), potassium chloride, salt, sugar, yeast extract, spices, colours: turmeric extract; parsley

[Porridge](#)
[Food Mealpak](#)

Protein blend (soya protein, sodium & calcium caseinate, whey protein concentrate), oats, fructose, skimmed milk powder, vegetable oil, vitamin & mineral premix (phosphorus, sodium, calcium, magnesium, vitamin C, niacin, zinc, iron, vitamin E, pantothenic acid, vitamin B6, vitamin B2, vitamin B1, copper, manganese, vitamin A, folic acid, biotin, iodine, selenium, vitamin D, vitamin B12), dried glucose syrup, inulin, lecithin (soya), carrageenan, flavouring, salt.

Ingredient Information – Savoury Food Mealpak (not suitable for vegetarians)

[Spaghetti](#)
[Bolognese](#)
[Food Mealpak](#)

Soy protein concentrate, egg noodles (durum flour, dried yolk), dehydrated vegetables (tomato, onion, garlic), sugar, soybean oil, maltodextrin, milk protein, thickener: corn starch; sunflower oil, pea fiber, flavours (beef fat), salt, hydrolyzed vegetable proteins (corn and wheat), vitamin and mineral mix, potassium chloride, spices, acidifier: citric acid; colours: caramel, beet juice, lycopene; herbs, stabilizer: tricalcium phosphate.

Ingredient Information – Sweet Mealpaks (all suitable for vegetarians)

[Vanilla](#)

Protein blend (soy protein isolate, calcium caseinate, whey protein isolate, whey protein concentrate), fructose, skim milk powder, oligofructose (chicory root extract), vegetable oil, glucose syrup, flavours, potassium chloride, vitamin and mineral mix, emulsifier: soy lecithin; stabilizer: calcium phosphate; thickeners: carrageenan, guar gum, anti-caking agent: silicon dioxide, colour: beta-carotene; sweetener: aspartame.

[Wild Berry](#)

Protein blend (soy protein isolate, calcium caseinate, whey protein isolate, whey protein concentrate), fructose, skim milk powder, oligofructose (chicory root extract), vegetable oil, glucose syrup, potassium chloride, vitamin and mineral mix, flavours, emulsifier: soy lecithin; thickeners: carrageenan, guar gum; stabilizers: calcium phosphate; acidity regulator: potassium citrate: lemon juice powder, anti-caking agent: silicon dioxide, colours: beet juice, turmeric extract, grape skin extract; sweetener: aspartame

[Chocolate](#)

Protein blend (soy protein isolate, calcium caseinate, whey protein concentrate, whey protein isolate), fructose, skim milk powder, vegetable oil, glucose syrup, oligofructose (chicory root extract), potassium chloride, flavours, vitamin and mineral mix, emulsifier: soy lecithin; stabilizer: calcium phosphate; thickeners: carrageenan, guar gum, anti-caking agent: silicon dioxide, sweetener: aspartame.

[Banana](#)

Protein blend (soy protein isolate, calcium caseinate, whey protein isolate, whey protein concentrate), fructose, skim milk powder, vegetable oil, glucose syrup, oligofructose (chicory root extract), flavours, potassium chloride, vitamin and mineral mix, emulsifier: soy lecithin; stabilizer: calcium phosphate thickeners: carrageenan, guar gum; anti-caking agent; silicon dioxide; beta-carotene, sweetener: aspartame.

[Latte](#)

Protein blend (soy protein isolate, calcium caseinate, whey protein isolate, whey protein concentrate), fructose, skim milk powder, vegetable oil, glucose syrup, oligofructose (chicory root extract), flavours, potassium chloride, instant coffee(2.5%), vitamin and mineral, emulsifier: soy lecithin; thickeners: carrageenan, guar gum, stabilizer: calcium phosphate: anti-caking agent: silicon dioxide, sweetener: aspartame.

[Toffee](#)

Protein blend (soy protein isolate, calcium caseinate, whey protein isolate, whey protein concentrate), fructose, skim milk powder, vegetable oil, glucose syrup, oligofructose (chicory root extract), potassium chloride, flavours, vitamin and mineral, emulsifier: soy lecithin; stabilizer: calcium phosphate: thickeners: carrageenan, guar gum, colours: caramel, beta-carotene: anti-caking agent: silicon dioxide, sweetener: aspartame.

[Strawberry](#)

Protein blend (soy protein isolate, calcium caseinate, whey protein isolate, whey protein concentrate), fructose, skim milk powder, vegetable oil, glucose syrup, oligofructose (chicory root extract), potassium chloride, flavours, dehydrated strawberry(1.25%), vitamin and mineral mix, emulsifier: soy lecithin; thickeners: carrageenan, guar gum, stabilizer: calcium phosphate: anti-caking agent: silicon dioxide, colours: beet juice, beta-carotene: sweetener: aspartame.

[Tropical](#)

Protein blend (calcium caseinate, whey protein isolate, soy protein isolate, whey protein concentrate), fructose, skim milk powder, vegetable oil, glucose syrup, oligofructose (chicory root extract), potassium chloride, vitamin and mineral mix, flavours, lemon juice powder, emulsifier: soy lecithin; thickeners: carrageenan, guar gum, stabilizer: calcium phosphate: acidity regulator: potassium citrate: anti-caking agent: silicon dioxide, colours: beta-carotene, beet juice, turmeric extract; sweetener: aspartame.

Vitamins and Minerals

	Measure	Savoury Mealpak		Sweet Mealpak		Food Mealpak	
		Per 35g serving	% RDA per 35g	Per 32g serving	% RDA per 32g	Per 35g serving	% RDA per 35g
Vitamins & Minerals							
Biotin	ug	37.5	25	37.5	25.0	37.5	25.0
Calcium	mg	266	33	280	35.0	240	30.0
Chromium*	ug	25	*	0	0	0	0
Copper*	mg	0.27	*	0.28	*	0.23	*
Chloride*	mg	260	*	0	0	0	0
Folacin	ug	50	25	0	0	0	0
Folate	mg	0	0	50.0	25.0	80.0	40.0
Iodine	ug	37.5	25	37.5	25.0	37.5	25.0
Iron	mg	3.5	25	3.50	25.0	4.20	30.0
Manganese	mg	0.26	*	0.25	*	0.32	*
Magnesium	mg	75	25	75.0	25.0	105	35.0
Vitamin B3 (Niacin)	mg	4.5	25	4.50	25.0	5.40	30.0
Pantothenic Acid	mg	1.5	25	1.50	25.0	1.50	25.0
Phosphorus	mg	290	36	200	25.0	240	30.0
Potassium*	mg	277	*	782	*	630	*
Selenium*	ug	20	*	13.8	*	19.0	*
Vitamin A	ug	200	25	240	30.0	200	25.0
Vitamin B1 (Thiamin)	mg	0.35	25	0.35	25.0	0.42	30.0
Vitamin B12	ug	0.5	48	0.35	35.0	0.25	25.0
Vitamin B2 (Riboflavin)	mg	0.4	25	0.40	25.0	0.40	25.0
Vitamin B6	mg	0.5	25	0.50	25.0	0.50	25.0
Vitamin C	mg	15	25	15.0	25.0	15.0	25.0
Vitamin D	ug	1.25	25	1.50	30.0	1.25	25.0
Vitamin E	mg	2.5	25	2.50	25.0	2.50	25.0
Zinc	mg	3.75	25	3.75	25.0	3.75	25.0
Sodium*	mg	0	0	146	*	390	16.3

* No RDA given in Council Directives

Mealpaks are manufactured in accordance with government directives, european directives, NICE, Codex and FSA.

Mealpaks are complete nutrition, 4 per day giving you at least 100% rda of vitamins, minerals, fatty acids your body needs.

All About W8 also use a small range of extra protein foods within programmes plus half a pint of skimmed milk per day.

All About W8 Programmes offer a VLCD and also a LCD (low calorie diet).

Spaghetti Bolognese, Curry Noodles and ALL Sweet Mealpaks contain Omega 3 and 6.

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