

Waterfords Lite & Fruity Sparkling Natural Mineral Water

Nutrition Information

APPLE BERRY

Average Quantity	Per 250mL	%DI* Per 250mL
Energy	30kJ	0.3%
Protein	<1g	0%
Fat – Total	<1g	0%
- Saturated	0g	0%
Carbohydrate	1.3g	0.4%
- Sugars	1.1g	1.2%
Dietary Fibre	<1g	0%
Sodium	35mg	1.5%

*Percentage Daily Intakes are based on an average adult diet of 8,700kJ.
Your daily intakes may be higher or lower depending on your energy needs.
†Recommended Dietary Intake

Ingredients

Carbonated Water (94%) [Mineral Water (83%), Purified Water (11%)], Reconstituted Fruit Juices (5%) [Apple (4.9%), Raspberry (0.1%)], Food Acid (Citric), Natural Flavour, Preservative (211), Sweeteners (952, 955, 950), Colour (122).

TAHITIAN LIME

Average Quantity	Per 250mL	%DI* Per 250mL
Energy	25kJ	0.3%
Protein	<1g	0%
Fat – Total	<1g	0%
- Saturated	0g	0%
Carbohydrate	1.2g	0.4%
- Sugars	0.9g	1%
Dietary Fibre	<1g	0%
Sodium	38mg	1.7%

*Percentage Daily Intakes are based on an average adult diet of 8,700kJ.
Your daily intakes may be higher or lower depending on your energy needs.
†Recommended Dietary Intake

Ingredients

Carbonated Water (94%) [Mineral Water (83%), Purified Water (11%)], Reconstituted Fruit Juices (5%) [Apple (4%), Lime (1%)], Food Acid (Citric), Natural Flavour, Preservative (211), Sweeteners (952, 955, 950), Natural Colour (Plant Extract).

LEMON LIME BITTERS

Average Quantity	Per 250mL	%DI* Per 250mL
Energy	23kJ	0.3%
Protein	0g	0%
Fat – Total	0g	0%
- Saturated	0g	0%
Carbohydrate	0.9g	0.3%
- Sugars	1.1g	0.3%
Dietary Fibre	0g	0%
Sodium	36mg	2%

*Percentage Daily Intakes are based on an average adult diet of 8,700kJ.
Your daily intakes may be higher or lower depending on your energy needs.
†Recommended Dietary Intake

Ingredients

Carbonated Water (94%) [Mineral Water (83%), Purified Water (11%)], Reconstituted Fruit Juices (5%) [Lemon (4.5%), Lime (0.5%)], Natural Flavours, Preservative (211), Sweeteners (952, 955, 950), Natural Colour (122), Food Acid (Citric).

BLACKCURRANT

Average Quantity	Per 250mL	%DI* Per 250mL
Energy	25kJ	0.3%
Protein	<1g	0%
Fat – Total	<1g	0%
- Saturated	0g	0%
Carbohydrate	2g	0.5%
- Sugars	1g	1.1%
Dietary Fibre	<1g	0%
Sodium	35mg	1.5%

*Percentage Daily Intakes are based on an average adult diet of 8,700kJ.
Your daily intakes may be higher or lower depending on your energy needs.
†Recommended Dietary Intake

Ingredients

Carbonated Water (94%) [Mineral Water (83%), Purified Water (11%)], Reconstituted Fruit Juices (5%) [Apple (4.9%), Blackcurrant (0.1%)], Food Acid (Citric), Natural Flavour, Preservative (211), Sweeteners (952, 955, 950), Natural Colour (122,133).

ORANGE PASSION

Average Quantity	Per 250mL	%DI* Per 250mL
Energy	23kJ	0.3%
Protein	<1g	0%
Fat – Total	<1g	0%
- Saturated	0g	0%
Carbohydrate	0.9g	0%
- Sugars	0.7g	1%
Dietary Fibre	<1g	0%
Sodium	35mg	1.5%

*Percentage Daily Intakes are based on an average adult diet of 8,700kJ.
Your daily intakes may be higher or lower depending on your energy needs.
†Recommended Dietary Intake

Ingredients

Carbonated Water (94%) [Mineral Water (83%), Purified Water (11%)], Reconstituted Fruit Juices (5%) [Orange (4%), Passionfruit (1%)], Food Acid (Citric), Natural Flavours, Preservative (211), Sweeteners (952, 955, 950), Natural Colours (120).

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