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At last! A wheat-free biscuit that tastes naturally good

If you are avoiding wheat the chances are you want a wheat-free biscuit that is as natural as possible and tastes good too. **nairn's**, makers of the UK's most popular oat cakes, have created a range of wheat-free biscuits made from all natural GM-free ingredients that have great taste appeal and are nutritionally better than other healthier biscuits.

nairn's new wheat-free biscuits, made from Conservation Grade standard oats, fruit, sugar and spices, are available in three varieties – Stem Ginger, Fruit & Spice and Mixed Berries. They contain no hydrogenated fat and have less sugar and more fibre than other biscuits that aim to be healthier. The fat content per biscuit is 1.4g.

Apart from those with wheat intolerance, the biscuits are suitable for those who are nut allergic, for those coeliacs who can eat a certain amount of oats, and for vegans and vegetarians.

Wrapped in four separate pouches, the biscuits are easy to enjoy when you are on the go, and the nutritious oats they contain are a wholesome source of sustained energy that leave you feeling fuller for longer.

nairn's wheat-free biscuits are priced from £1.09 per 200g pack.

ENDS

NUTRITIONAL INFORMATION FOR nairn's WHEAT-FREE BISCUITS

Typical Values	Fruit & Spice		Stem Ginger		Mixed Berries	
	Per Biscuit	Per 100g	Per Biscuit	Per 100g	Per Biscuit	Per 100g
Energy	178kj 42kcal	1785kj 424kcal	185kj 44kcal	1846kj 439kcal	182kj 43kcal	1822kj 433kcal
Protein	0.8g	7.8g	0.7g	7.4g	0.8g	8.0g
Carbohydrate of which sugars	7.5g 1.8g	74.6g 18.1g	7.3g 2.0g	72.8g 19.8g	7.6g 1.8g	75.6g 17.5g
Fat of which saturates	1.4g 0.5g	14.1g 5.6g	1.6g 0.6g	16.4g 6.4g	1.4g 0.5g	13.9g 5.3g
Fibre	0.8g	8.2g	0.7g	7.4g	0.7g	6.7g
Salt of which sodium	0.1g Trace	0.7g 0.3g	0.1g Trace	0.7g 0.3g	0.1g Trace	1.0g 0.4g

Notes to editors:

1. nairn's, an independent specialist company, is the number one oat cake manufacturer in the UK and has been making oat cakes in Scotland for over 100 years.
2. nairn's biscuits are made from best quality oats grown by Scottish Border Farmers to Conservation Grade standards, using traditional farming methods and reducing the need for unnatural supplements.
3. nairn's website address is: www.nairns-oatcakes.com
4. For the Coeliac Society's advice about oats visit www.coeliac.co.uk

DIGITAL IMAGES (jpeg 300 dpi) AND SAMPLES AVAILABLE ON REQUEST

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