



## nairn's oat cakes

Nutritional Information	Fine Milled Oat Cakes		Rough Oat Cakes		Cheese Oat Cakes		Organic Oat Cakes		Mini Oat Cakes	
	Per Oat Cake	Per 100g	Per Oat Cake	Per 100g	Per Oat Cake	Per 100g	Per Oat Cake	Per 100g	Per Oat Cake	Per 100g
Energy	170kj 40kcal	1906kj 455kcal	195kj 46kcal	1802kj 429kcal	160kj 38kcal	1971kj 471kcal	182kj 43kcal	1776kj 423kcal	79kj 19kcal	1910kj 455kcal
Protein	0.9g	10.2g	1.3g	11.7g	1.1g	13.4g	0.9g	8.8g	0.5g	12.0g
Carbohydrate of which sugars	5.6g trace	62.5g trace	6.9g 0.1g	63.5g 1.2g	4.4g 0.1g	54.0g 0.7g	7.2g 0.1g	70.2g 1.0g	2.4g trace	58.0g trace
Fat of which saturates	1.9g 0.8g	21.9g 8.6g	1.9g 0.8g	17.7g 7.4g	2.0g 0.9g	25.1g 11.1g	1.6g 0.4g	16.0g 4.1g	0.8g 0.3g	19.5g 6.5g
Dietary fibre	0.8g	8.8g	0.8g	7.8g	0.5g	6.2g	1.0g	9.3g	0.3g	6.0g
Sodium	trace	0.6g	0.1g	0.8g	0.1g	1.0g	0.1g	1.1g	trace	0.6g

Stockists: England & Wales	Tesco	Sainsbury	Waitrose	Safeway	Morrisons	Asda	Somerfield	Co-op	Holland & Barrett
<b>nairn's oatcakes</b>									
Rough	own label	•	•	✓	✓	✓	✓	✓	✓
Organic rough	✓	•	•						✓
Fine	✓	large stores	•	✓	✓			large stores	✓
Cheese	✓	large stores	•	large stores		large stores		large stores	
Mini	✓		•						
Savoury biscuit selection	xmas only				✓		xmas only		

Several of the products are stocked by Independent Health Food Stores, especially the Organic Oatcake

Stockists: Scotland	Tesco	Safeway	Asda	Sainsbury	Scottish Co-op	Somerfield	Holland & Barrett	Ind. Health Food Stores
<b>nairn's oatcakes</b>								
Rough	✓	✓	✓	✓	✓	✓	✓	
Organic Rough	✓			✓	✓		✓	✓
Fine	✓	✓	✓	✓	✓		✓	
Cheese	✓	✓	✓	✓	✓			
Mini	✓		✓	✓				
Savoury Biscuit Selection	Tesco Finest		✓					

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