



**Nutrition Information for PepsiCo Australia Snacks.**  
Details correct as of June 2018. Please check product packaging on shelf for the most up to date information.

PRODUCT	HEALTH STAR RATING	Nutrition information per 100g										Nutrition information per serve									
		ENERGY (kJ)	ENERGY (kcal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	DIETARY FIBRE (g)	SODIUM (mg)	SERVE SIZE (g)	ENERGY (kJ)	ENERGY (kcal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	DIETARY FIBRE (g)	SODIUM (mg)	
RED ROCK DELIB® SWEET POTATO CRISPS - SEA SALT	**	2130	509	5.4	35.3	2.7	40.4	16	5.1	497	28	596	143	1.5	9.9	0.8	11.3	4.5	1.4	139	
RED ROCK DELIB® SWEET POTATO CRISPS - SEA SALT & DUKKAH SPICE	**	2110	505	5.4	34.5	2.7	40.9	16.7	5.4	613	28	590	141	1.5	9.7	0.7	11.4	4.7	1.5	172	
RED ROCK DELIB® SWEET POTATO CRISPS - SPANISH PAPRIKA	**	2080	497	5.5	33.6	2.6	41.1	16.2	6.3	595	28	584	140	1.6	9.4	0.7	11.5	4.5	1.8	166	
SAKATA® PAWS® - ORIGINAL	****	1650	395	5.9	4	0.6	79.4	6	8.5	393	15	248	59	0.9	0.6	0.1	11.9	0.9	1.3	59	
SAKATA® PAWS® - PIZZA	****	1670	399	5.9	5	0.7	78.2	9.1	8.0	500	15	251	60	0.9	0.7	0.1	11.7	1.4	1.2	75	
SAKATA® RICE CRACKERS - BARBECUE	***	1710	409	7.3	3.9	0.4	85.3	2.6	0.9	431	25	428	102	1.8	1	0.1	21.3	0.6	0.2	108	
SAKATA® RICE CRACKERS - CHEDDAR CHEESE	**	1810	433	7.7	9.1	1.7	79.6	3	0.9	564	25	453	108	1.9	2.3	0.4	19.9	0.8	0.2	141	
SAKATA® RICE CRACKERS - CHICKEN	***	1720	411	7.4	3.9	0.4	86	3	1.0	415	25	431	103	1.8	1	0.1	21.5	0.7	0.3	104	
SAKATA® RICE CRACKERS - CLASSIC BARBECUE	***	1780	426	7.3	7.3	0.7	81.8	2.6	1.2	495	25	445	106	1.8	1.8	0.2	20.4	0.7	0.3	124	
SAKATA® RICE CRACKERS - PLAN	***	1710	409	7.5	2.9	0.4	87.1	0.2	0.9	385	25	427	102	1.9	0.7	0.1	21.8	0.1	0.2	96	
SAKATA® RICE CRACKERS - SEAWEED	**	1610	385	8.8	1.1	0.2	83.7	4.5	0.8	894	25	404	97	2.2	0.3	0.1	20.9	1.1	0.2	224	
SAKATA® RICE CRACKERS - SOUR CREAM & CHIVES	**	1770	423	7.4	7	0.9	82	3.1	0.9	619	25	444	106	1.9	1.8	0.2	20.5	0.8	0.2	155	
SAKATA® RICE CRACKERS WITH BEETROOT - LIGHTLY SEASONED	***	1690	404	6.5	5	0.5	82	8.5	2.7	520	25	423	101	1.6	1.2	0.1	20.5	2.1	0.7	130	
SAKATA® RICE CRACKERS WITH PUMPKIN - LIGHTLY SEASONED	***	1670	399	6.1	5.1	0.5	80.6	6.5	2.2	485	25	417	100	1.5	1.3	0.1	20.2	1.6	0.6	121	
SAKATA® RICE CRACKERS WITH SPINACH - LIGHTLY SEASONED	***	1660	397	7.8	5.2	0.6	78.9	2.6	3.0	537	25	414	99	2	1.3	0.1	19.7	0.7	0.8	134	
SAKATA® RICE CRISPS - HONEY SOY	**	2090	500	4.8	26.7	2.3	51.4	4.4	0.0	461	20	418	100	1	5.3	0.5	10.3	0.9	0.0	92	
SAKATA® RICE CRISPS - SWEET CHILLI & SOUR CREAM	**	2100	502	4.8	27.2	2.4	50.5	2.9	0.0	497	20	419	100	1	5.4	0.5	10.1	0.6	0.0	100	
SAKATA® WHOLEGRAIN RICE CRACKERS - ORIGINAL	****	1710	409	9	7.9	1.2	71.6	1.6	9.3	396	25	427	102	2.2	2	0.3	17.9	0.4	2.3	99	
SAKATA® WHOLEGRAIN RICE CRACKERS - SOUR CREAM & CHIVES	****	1740	416	8.8	9.9	1.5	69.5	4.3	8.6	526	25	436	104	2.2	2.5	0.4	17.4	1.1	2.2	131	
SMITH'S DUOS® CRINKLE CUT POTATO CHIPS - GARLIC BREAD & CHEDDAR	**	2250	538	7	33.3	2.4	51.7	2.4	2.8	590	27	608	145	1.9	9	0.6	13.9	0.7	0.8	159	
SMITH'S DUOS® CRINKLE CUT POTATO CHIPS - NACHOS & SOUR CREAM	**	2250	538	6.9	33.2	2.4	52.1	3.5	2.8	492	27	608	145	1.9	9	0.7	14.1	1	0.8	133	
SMITH'S DUOS® CRINKLE CUT POTATO CHIPS - SWEET CHILLI & SOUR CREAM	***	2250	538	6.7	33.1	2.4	52.3	4.1	2.8	442	27	608	145	1.8	8.9	0.6	14.1	1.1	0.8	119	
SMITH'S® CRINKLE CUT POTATO CHIPS - BARBECUE	**	2250	538	6.7	33	2.3	51.9	3.3	2.9	493	27	606	145	1.8	8.9	0.6	14	0.9	0.8	133	
SMITH'S® CRINKLE CUT POTATO CHIPS - BURRITO	**	2230	533	7.4	33	2.3	50.3	2.6	3.2	639	27	602	144	2	8.9	0.6	13.6	0.7	0.9	173	
SMITH'S® CRINKLE CUT POTATO CHIPS - CHEESE & ONION	***	2260	540	7.1	33.6	2.4	51.2	3.1	2.9	412	27	610	146	1.9	9.1	0.7	13.8	0.8	0.8	111	
SMITH'S® CRINKLE CUT POTATO CHIPS - CHICKEN	**	2240	536	6.9	33	2.3	51.9	2.5	2.8	498	27	606	145	1.9	8.9	0.6	14	0.7	0.8	134	
SMITH'S® CRINKLE CUT POTATO CHIPS - GRAVY	**	2240	536	7	33.3	2.4	51.1	2.1	2.8	672	27	606	145	1.9	9	0.6	13.8	0.6	0.8	181	
SMITH'S® CRINKLE CUT POTATO CHIPS - HONEY BBQ CHICKEN	**	2240	536	6.7	32.8	2.3	52.3	4.5	2.9	519	27	606	145	1.8	8.9	0.6	14.1	1.2	0.8	140	
SMITH'S® CRINKLE CUT POTATO CHIPS - LAMB & MINT	**	2230	533	7	33.1	2.3	50.6	2.6	2.8	706	27	602	144	1.9	8.9	0.6	13.7	0.7	0.8	191	
SMITH'S® CRINKLE CUT POTATO CHIPS - ORIGINAL	**	2290	548	6.7	34.8	2.4	50.6	1	2.9	556	27	617	148	1.8	9.4	0.6	13.7	0.3	0.8	150	
SMITH'S® CRINKLE CUT POTATO CHIPS - PEKING DUCK	**	2250	538	6.6	32.9	2.3	52.7	3.4	2.8	502	27	607	145	1.8	8.9	0.6	14.2	0.9	0.8	135	
SMITH'S® CRINKLE CUT POTATO CHIPS - PERI PERI CHICKEN	**	2240	536	7	32.8	2.3	51.8	2.9	2.8	545	27	605	145	1.9	8.9	0.6	14	0.8	0.8	147	
SMITH'S® CRINKLE CUT POTATO CHIPS - PRAWN COCKTAIL	**	2240	536	6.6	32.8	2.3	51.3	4.1	2.8	538	27	604	144	1.8	8.9	0.6	13.9	1.1	0.8	145	
SMITH'S® CRINKLE CUT POTATO CHIPS - PULLED PORK	**	2240	536	6.7	32.9	2.3	52	4.7	2.8	534	27	605	145	1.8	8.9	0.6	14	1.3	0.8	144	
SMITH'S® CRINKLE CUT POTATO CHIPS - SALT & VINEGAR	**	2230	533	6.5	33	2.3	49.9	3	2.7	795	27	602	144	1.8	8.9	0.6	13.5	0.8	0.7	215	
SMITH'S® CRINKLE CUT POTATO CHIPS - SWEET & STICKY BBQ RIBS	**	2250	538	6.9	33	2.3	51.9	4.2	2.9	498	27	607	145	1.9	8.9	0.6	14	1.1	0.8	134	
SMITH'S® CRINKLE CUT POTATO CHIPS - TOMATO SAUCE	**	2240	536	6.6	32.8	2.3	52	4.8	3.0	532	27	605	145	1.8	8.9	0.6	14	1.3	0.8	144	
SMITH'S® THINLY CUT POTATO CHIPS - ORIGINAL	**	2290	548	6.7	34.9	2.4	50.6	1	2.9	517	27	618	148	1.8	9.4	0.6	13.7	0.3	0.8	140	
SMITH'S® THINLY CUT POTATO CHIPS - SALT & VINEGAR	**	2210	528	6.4	33	2.4	49.3	1.5	2.7	849	27	598	143	1.7	8.9	0.6	13.3	0.4	0.7	229	
SMITH'S® THINLY CUT POTATO CHIPS - SOUR CREAM & ONION	**	2240	536	6.9	33.3	2.5	51.3	3.5	2.9	451	27	606	145	1.9	9	0.7	13.8	0.9	0.8	122	
SMITH'S® THINLY CUT POTATO CHIPS - SWEET CHILLI & SOUR CREAM	***	2250	538	6.8	33.2	2.5	51.9	4.5	2.8	411	27	609	146	1.8	9	0.7	14	1.2	0.8	111	
SMITH'S® THINLY CUT POTATO CHIPS - TERIYAKI	**	2250	538	6.5	32.9	2.3	52.7	3.7	2.8	493	27	608	145	1.8	8.9	0.6	14.2	1	0.8	133	
SUNBITES® GRAIN WAVES PLUS BEETROOT - SWEET CHILLI JAM	****	1990	476	6.7	21.7	1.9	63.1	11.6	6.1	440	28	559	134	1.9	6.1	0.5	17.7	3.3	1.7	123	
SUNBITES® GRAIN WAVES PLUS SWEET POTATO - CREAM CHEESE & HER	***	2010	481	5.4	21.6	1.9	66.5	5.9	4.3	368	28	562	134	1.5	6.1	0.5	18.6	1.6	1.2	103	
SUNBITES® GRAIN WAVES PLUS SWEET POTATO - HONEY & ROSEMARY	***	2010	481	5.3	21.5	1.9	66.9	7.3	4.2	433	28	562	134	1.5	6	0.5	18.7	2	1.2	121	
SUNBITES® GRAIN WAVES WHOLEGRAIN CHIPS - SOUR CREAM & CHIVES	****	2010	481	7.1	22.2	2.1	63	6.6	6.5	391	28	564	135	2	6.2	0.6	17.7	1.8	1.8	109	
SUNBITES® GRAIN WAVES WHOLEGRAIN CHIPS - SWEET CHILLI	****	2000	478	6.9	21.5	1.9	63.9	8.4	6.6	380	28	560	134	1.9	6	0.5	17.9	2.3	1.8	106	
SUNBITES® POPCORN - LIGHTLY SALTED	****	1990	476	11.1	21.3	1.9	54.6	0.1	9.3	494	13	259	62	1.5	2.8	0.3	7.1	0	1.2	64	
SUNBITES® WHOLEGRAIN SNACK CRACKER WITH CHICKPEA - LEMON EXOTIC SPICES	****	2020	483	10.7	23.3	2	56.7	6	7.0	448	25	504	121	2.7	5.8	0.5	14.2	1.5	1.8	112	
SUNBITES® WHOLEGRAIN SNACK CRACKER WITH CHICKPEA - SMOKED PAPRIKA	****	2010	481	10.8	23.3	2	56.5	6.5	7.1	472	25	503	120	2.7	5.8	0.5	14.1	1.6	1.8	118	
SUNBITES® WHOLEGRAIN SNACK CRACKER WITH QUINOA - Caramelised Onion & BAL	****	2000	478	7.3	22.1	1.9	61.3	4.7	7.0	432	25	500	120	1.8	5.5	0.5	15.3	1.2	1.8	108	
SUNBITES® WHOLEGRAIN SNACK CRACKER WITH QUINOA - CHEDDAR & CHIVES	****	2010	481	7.7	22.5	2.1	61.3	5.3	7.0	305	25	504	121	1.9	5.6	0.5	15.3	1.3	1.8	76	
SUNBITES® WHOLEGRAIN SNACK CRACKER WITH QUINOA - SEA SALT	****	1990	476	7.6	21.8	1.9	61.8	3.1	7.4	434	25	498	119	1.9	5.5	0.5	15.5	0.8	1.8	109	
TWISTES® FLAVOURED SNACK - CHEESE	◇	1940	464	6.7	23.3	11.5	56.3	5.8	1.4	908	27	524	125	1.8	6.3	3.1	15.2	1.6	0.4	245	
TWISTES® FLAVOURED SNACK - CHICKEN	◇	2050	490	5.2	27.6	13.4	54.7	2.5	1.2	788	27	553	132	1.4	7.4	3.6	14.8	0.7	0.3	213	



**PEPSICO**

Australia & New Zealand

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PRODUCT	HEALTH STAR RATING	Nutrition information per 100g									Nutrition Information per serve									
		ENERGY (kJ)	ENERGY (kcal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	DIETARY FIBRE (g)	SODIUM (mg)	SERVE SIZE (g)	ENERGY (kJ)	ENERGY (kcal)	PROTEIN (g)	TOTAL FAT (g)	SATURATED FAT (g)	CARBOHYDRATE (g)	SUGARS (g)	DIETARY FIBRE (g)	SODIUM (mg)
TWISTIES® FLAVOURED SNACK - ZIG ZAG WICKED CHEDDAR	⊕	2360	564	5.6	37.7	18.4	50.3	2.5	1.2	1010	24	566	135	1.4	9.1	4.4	12.1	0.6	0.3	243