



Aussie Frozen Fruit – Nutritional Information

Aussie Frozen Fruit is:

- Low in fat
- Contains no added sugar
- Naturally low in sodium [with less than 2mg per serve]
- Naturally gluten free
- Contains no artificial colours, flavours or preservatives

The range of Aussie Frozen Fruit 100% Australian fruits are:

- Gluten free
- Paleo friendly
- Vegan friendly
- Vegetarian friendly
- A whole plant food straight from nature

Aussie Frozen Fruit varieties are suitable for:

- Gluten free diets
- Heart healthy diets
- Low fat and low saturated fat diets
- Low-salt diets such as DASH diet
- Mediterranean diets* The Mediterranean diet is well known for its heart health benefits. Aussie Frozen Berries are a key fruit of a traditional Mediterranean diet.
- Paleo diets
- Plant based diets

Aussie Frozen Fruit for Heart Health

- Aussie Frozen Fruit varieties are a heart healthy food*
- Aussie Frozen Fruit = heart health*
- Eat Aussie Frozen Fruit for a healthy heart *

**A healthy diet containing a high intake of both fruits and vegetables, such as Aussie Frozen Fruit, and a variety of other foods contributes to heart health.*

**A healthy diet low in saturated fat and containing a variety of foods, such as Aussie Frozen Fruit, reduces blood total [and LDL] cholesterol.*

Helping to reduce blood pressure

- Aussie Frozen Fruit helps to reduce blood pressure*
 - Aussie Frozen Fruit helps to keep blood pressure down*
*Like all fruit, the range of Aussie Frozen Fruit is naturally low in saturated fat and sodium, and when eaten as part of a healthy and varied diet, can contribute to heart health by helping to lower blood cholesterol and blood pressure.**
- *A healthy diet low in sodium [or salt] and containing a variety of foods, such*



as Aussie Frozen Fruit, reduces blood pressure. A 150g serve is naturally low in sodium, with less than 2mg of sodium.

Helping to reduce blood cholesterol

- Aussie Frozen Fruit helps to reduce blood cholesterol*
**A healthy diet low in saturated fat and containing a variety of foods, such as Aussie Frozen Fruit, helps to reduce blood cholesterol*

- Most Australians eat only about half the recommended quantity of fruit.¹ Including Aussie Frozen Fruit in your daily diet can help you to easily achieve the target of two serves of fruit per day. Australian Bureau of Statistics, Canberra: ABS 2014, *Australian Health Survey: First results - Fruit and Vegetable Consumption, 2017-18*. Cat. no. 4364.0.55.001. Accessed 05.05.2020

- With only 50% of adults and 68% of children eating enough fruit every day, it's important to look at creative ways of adding more fruit into your daily diet. 3 Aussie Frozen Fruit is the perfect way to meet your daily requirements. Whether it's our Mixed Berries added to your morning porridge, a mango smoothie or some baked blueberry muffins, our range of Frozen Fruit is pure fruit goodness. *Australian Institute of Health and Welfare: Australia's Health 2018*. <https://www.aihw.gov.au/reports>. Accessed 06.05.2020

Note: This nutritional information has been provided by our resident Dietitian Teri Lichtenstein APD.