





Palm oil is  
used in  
lipsticks  
because it  
has virtually  
no taste





WALL'S®

"FULL OF JOY"

# SOFT SCOOP

WITH YOU FOR OVER 80 YEARS!

VANILLA



9102767

Per 2 x 

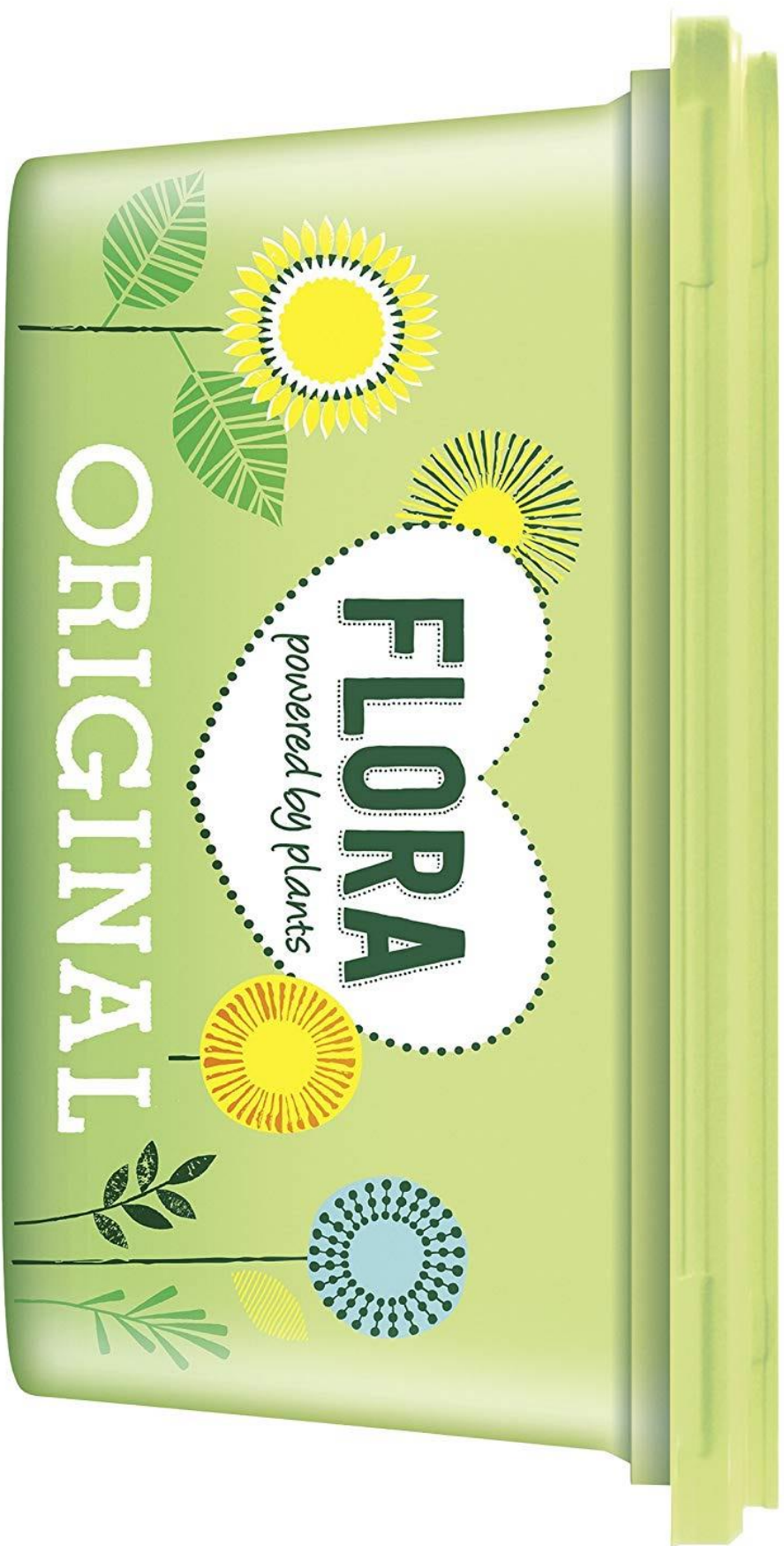
energy	fat	saturates	sugars	salt
344kJ	4g	2.5g	9.4g	0.03g
82kcal	6%	13%	10%	2%

Energy per 100g: 781kJ / 187kcal



Palm oil is semi-solid at  
room temperature, so  
can be used to raise the  
melting point of ice  
cream







Palm oil is a  
healthier  
alternative to  
trans fats



of an adult's guideline daily amount

McVitie's®

# Digestives

The Original



Enjoying your favourite McVitie's biscuits is now even more rewarding. Visit [mcvities.co.uk/vipclub](http://mcvities.co.uk/vipclub) for more details.

1-2-3 for a healthy balance

**1** Eat regularly. Snacks can be enjoyed as part of a balanced diet and healthy lifestyle. Get to know your GDAs.

Nutrition Information

Average Values	100g	Biscuit	UK guideline Daily Amounts
Energy (kJ)	2003	320	Adults
			Children

**2** Keep Active

To find out how exercise and a balanced diet can help a healthy lifestyle, visit [www.123healthybalance.com](http://www.123healthybalance.com)

**3** Enjoy the Taste

**Quality Guarantee**  
Please contact us on our Careline if you have any questions, comments or suggestions, or write to our Consumer Services Team, enclosing your pack and contents, stating when and where purchased.  
McVitie's (Aston) Ltd, Aston, Birmingham B4 7DQ













Palm oil is a  
cheap raw  
ingredient to  
make biofuel  
with





**Colgate®**  
Fluoride Toothpaste

**WHITER TEETH IN 14 DAYS!**



**ADVANCED  
WHITENING**

WITH MICRO-CLEANSING  
CRYSTALS

SODIUM FLUORIDE 0.22% W/W

✓ CLINICALLY PROVEN WHITER TEETH ✓ GENTLY POLISHES & HELPS PREVENT NEW STAINS

NET 190g



Palm oil might be listed in the  
ingredients of toothpaste as  
**glycerin**





**Birds Eye**

**12 Fish Fingers  
OMEGA 3**

**100%**  
FISH FILLET  
NEW CRISPY  
GOLDEN CRUMB

Per 4 fish fingers (112g) grilled provides:

Energy	Fat	Saturates	Sugars	Salt
1024kJ	10.0g	0.8g	1.0g	0.59g
244kcal	14%	4%	<1%	17%
12%				

Reference intake of an average adult (8400kJ / 2000kcal)  
Average values per 100g (Energy 916kJ / 218kcal)



serving suggestion





Fish fingers use

**rapeseed oil** because  
it has a better flavour



# HEINZ BEANZ<sup>®</sup>

Baked beans in a deliciously  
rich tomato sauce

1 of  
your  
5 a  
day



57  
VARIETIES







