

VLED Pumpkin Soup

For the dietary management of obesity

Average qty*	Per Serve (55g)	per 100g	Per MJ
Energy	861kJ (206)Cal	1570kJ (374Cal)	1000kJ (239Cal)
Protein	18.0g	32.7g	20.9g
Fat (Total)	3.7g	6.6g	4.3g
Saturated	3.2g	5.8g	3.7g
Carbohydrate Total	23.1g	42.0g	26.8g
Sugars	8.4g	15.2g	9.8g
Lactose	3.4g	6.2g	4.0g
Dietary Fibre	4.0g	7.3g	4.7g
Sodium	486mg	883mg	564.5mg
Potassium	96mg	175mg	111.5mg

Vitamins	Per serve	RDI/ESADDI#	per MJ
Vitamin A	450ug	60% RDI	522.7ug
Vitamin D	5.0ug	50% RDI	5.8ug
Vitamin E	6.0mg	60% RDI	7.0ug
Vitamin C	32.0mg	80% RDI	37.2mg
Thiamin (B1)	0.66mg	60% RDI	0.8mg
Riboflavin (B2)	1.0mg	60% RDI	1.2mg
Niacin (B3)	8.0mg	80% RDI	9.3mg
Vitamin B6	1.3mg	80% RDI	1.5mg
Vitamin B12	1.5ug	75% RDI	1.7ug
Folic Acid (B9)	180ug	90% RDI	209.1ug
Biotin	90.0ug	300% ESADDI	104.5ug
Vitamin K	45ug	56% ESADDI	52.3ug
Pantothenate (B5)	3.0mg	60% ESADDI	3.5mg
Minerals			
Calcium	400mg	50% RDI	464.6mg
Phosphorus	400mg	40%RDI	464.6mg
Iron	9.6mg	80% RDI	11.2mg
Iodine	90ug	60% RDI	104.5ug
Magnesium	193mg	60% RDI	224.2mg
Copper	1.2mg	40% ESADDI	1.4mg
Zinc	7.2mg	60% RDI	8.4mg
Manganese	1.5mg	30% ESADDI	1.7mg
Chromium	50.0ug	25% ESADDI	58.1ug
Selenium	35ug	50% RDI	40.7ug
Molybdenum	90.0ug	36% ESADDI	104.5ug

Amino Acid Profile Per Serve (55g)			
Lysine	1420mg	Proline	1820mg
Alanine	543mg	Cystine	158mg
Glutamic Acid	3820mg	Tryptophan	233mg
Glycine	330mg	Valine	1140mg
Histidine	479mg	Tyrosine	971mg
Isoleucine	920mg	Arginine	653mg
Leucine	1650mg	Threonine	761mg
Methionine	506mg	Serine	993mg
Phenylalanine	881mg	Aspartic Acid	1280mg

*when prepared as directed

#RDI—Recommended Daily Intake (Australia); ESADDI—Estimated Safe & Adequate Daily Dietary Intake (Australia)



How to Mix your VLED Soup

Pour a minimum of 150mL of hot tap water into a shaker or container. Mix with a fork or whisk vigorously for 45—60 seconds, or until smooth and lump free. DO NOT SHAKE. Add boiling water to 200ml – 300ml according to taste. Once thoroughly mixed enjoy your Complete Meal Soup within 15 minutes for maximum taste and nutritional benefit.

Handy Hints:

1. Add more water to taste
2. Add vegetables, herbs, spices, salt or pepper.

INGREDIENTS

Pumpkin: Pumpkin Powder (Pumpkin 11%, Maize Starch, Maltodextrin), Milk Protein [Calcium Caseinate, Emulsifier (471) (Soy)], Beverage Whitener [Glucose Syrup Solids, Hydrogenated Vegetable Oil, Milk Protein, Mineral Salts (340, 451, 452), Emulsifiers (471, 481, Soy Lecithin), Anti-Caking Agent (551), Flavour], Skim Milk Powder, Soy Protein [Soy Isolate, Emulsifier (Soy Lecithin)], Modified Starch (1442), Hydrolysed Collagen, Sucrose, Inulin, Polydextrose, Minerals (Phosphorous, Magnesium, Calcium, Iron, Zinc, Selenium, Copper, Manganese, Chromium, Molybdenum, Iodine), Flavour (Wheat), Onion Powder, Spice, Salt, Natural Colour (Paprika), Vitamins (C, E, Niacin, Pantothenic Acid, Riboflavin, Pyridoxine, Thiamin, A, Folic Acid, K, Biotin, D, B12), Herbs, Marine Oil (Fish, Soy, Milk).

Contains Wheat, Fish, Milk, Soy.

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Est. 1992