

## PORRIDGE HACK – FULL NUTRITIONALS

	Original		Berry bowl hack	
	per 100g	Per serving 211g	per 100g	Per serving 304g
<b>kJ</b>	555	1,170	432	1,313
<b>kcal</b>	131	276	102	311
<b>fat (g)</b>	3.1	6.6	3.4	10.4
<b>sat fat (g)</b>	1.3	2.7	0.5	1.5
<b>carbs (g)</b>	21.9	46.1	13.0	39.1
<b>sugars (g)</b>	8.5	17.9	3.4	10.4
<b>fibre (g)</b>	1.5	3.1	2.3	7.1
<b>protein (g)</b>	5.4	11.4	4.4	13.5
<b>salt (g)</b>	0.10	0.22	0.07	0.20
<b>Potassium mg</b>	219	461	107	324
<b>Calcium mg</b>	124	261	102	310
<b>Magnesium mg</b>	32	68	24	74
<b>Iron mg</b>	0.72	1.51	0.71	2.17
<b>Copper mg</b>	0.07	0.16	0.09	0.28
<b>Zinc mg</b>	0.82	1.73	0.43	1.32
<b>Selenium mcg</b>	1.50	3.20	0.40	1.30
<b>Iodine mcg</b>	29	60	0	0
<b>Vit D mcg</b>	0.00	0.00	0.53	1.61
<b>Vit E mg</b>	0.15	0.32	0.60	1.82
<b>Thiamin mg</b>	0.23	0.48	0.15	0.46
<b>Riboflavin mg</b>	0.24	0.50	0.18	0.55
<b>Niacin mg</b>	0.25	0.52	0.29	0.88
<b>Vit B6 mg</b>	0.12	0.26	0.06	0.19
<b>Vit B12 mcg</b>	0.90	1.80	0.30	0.80
<b>Total Folate mcg</b>	15	31	14	42
<b>Vit C mg</b>	2	4	13	41

**Source:**

1. Forestfield Software Ltd. Diet Plan version 7.00.56: McCance & Widdowson's 7th summary editions of The Composition of Foods plus the revised Composition of Foods integrated data set (CoFids) forming the complete UK Nutrient Databank. Patent Diet Plan7. 2020.
2. Plant-based drinks and alternative to yogurts: <http://www.alpro.com>