

Item	Energy/Nutrient	Nutrient reference value [regulation 2]
1.	Energy (kcal)	2000
	(kJ)	8400
2.	Protein (g)	60
3.	Total fat (g)	60
4.	Dietary fibre (g)	25
5.	Saturated fatty acids (g)	20
6.	Cholesterol (mg)	300
7.	Total carbohydrates (g)	300
8.	Calcium (mg)	800
9.	Phosphorus (mg)	700
10.	Potassium (mg)	2000
11.	Sodium (mg)	2000
12.	Iron (mg)	15
13.	Zinc (mg)	15
14.	Copper (mg)	1.5
15.	Iodine (µg)	150
16.	Selenium (µg)	50
17.	Magnesium (mg)	300
18.	Manganese (mg)	3
19.	Chromium (µg)	50
20.	Molybdenum (µg)	40
21.	Fluoride (mg)	1
22.	Vitamin A (µg RE)	800
23.	Vitamin C (mg)	100
24.	Vitamin D (µg)	5
25.	Vitamin E (mg α-TE)	14
26.	Vitamin K (µg)	80
27.	Vitamin B1 (mg)	1.4
28.	Vitamin B2 (mg)	1.4
29.	Vitamin B6 (mg)	1.4
30.	Vitamin B12 (µg)	2.4
31.	Niacin (mg)	14
32.	Folic acid (µg DFE)	400
33.	Pantothenic acid (mg)	5
34.	Biotin (µg)	30