

Carbohydrate Package

Content: 2 x 1500g Jasmine Rice (in 2-liter tin)
 2 x 1200g Mashed Potatoes with Milk Powder (in 2-liter tin)
 2 x 1600g Risotto Rice (in 2-liter tin)
 3 x 900g Croissant Noodles (in 2-liter tin)
 3 x 1000g Wheat Flour (in 2-liter tin)

Storage: If possible, cool and dry, without direct sunlight.
 A constant temperature of below 20° Celsius would be optimal.

Once opened: Close again with the enclosed plastic lid.
 Do not eat directly from the container (contamination), then the content of the opened tin will not go bad for several weeks.
 Avoid huge temperature range to prevent development of humidity in- and outside the tin.

Shelf Life: 10 years. Vacuumed and sealed under protective atmosphere (INDOSA pro-VAC)

Nutritional values per 100g:

Product	Energy KJ / kcal	Fat	th. Saturated fatty acids	Carbo- hydrates	thereof sugar	Protein	Salt	Dietary Fibres
Jasmine Rice	1450 / 347	1,0g	0g	77,0g	0,2g	7,0g	0g	1,5g
Mashed Potatoes	1510 / 357	4,5g	<0,5g	66,0g	5,0g	9,0g	2,8g	8,8g
Risotto Rice	1460 / 344	0,6g	0g	77,8g	0,1g	6,8g	0g	1,4g
Croissant Noodles	1500 / 354	2,0g	<0,5g	69,0g	2,5g	13,0g	0,03g	4,0g
Wheat Flour	1443 / 344	1,2g	0g	70,0g	0,1g	13,2g	0,005g	4,0g