



McVities Digestive
Arnotts Granita

Naturally Good gluten free
Nairns Oat biscuits

Arnotts Shredded wheatmeal
Arnotts Snack Right full of fruit

Belvita Milk &
cereals

Gullon Sugar free
Digestive biscuits

Skinnybik range

WHAT'S SO GOOD ABOUT THE SKINNYBIK™ COOKIE RANGE?



SKINNYBIK™ REINVENTS THE BISCUIT!

Dr Antigone Kouris (clinical dietitian & nutrition scientist) developed the Skinnybik range. Her patients wanted “better for you” but “tasty & filling” gourmet cookies whilst trying to lose weight.

(for more info about Professor Kouris go to: www.naturaltherapypages.com.au/antigonekouris)



Compared to other sweet biscuits Skinnybik™ are reduced (or skinny) in:

- ✓ Sugar & Carbs by 40%-50% (only good carbs)
- ✓ Fat by 30% - 40% (only good fats)
- ✓ Saturated fat by 80% (0% trans fat)
- ✓ Salt by 50%-80%
- ✓ have 4 times more fibre (10% fibre)
2 Skinnybik have the same amount of fibre as
2 slices of grain bread
- ✓ have 2 times more protein
- ✓ are a source of magnesium
- ✓ are only 56 calories each (15g)
- ✓ have nil sugar alcohol (laxative) sweeteners (e.g xylitol, erythritol, malitol) or aspartame
- ✓ have nil artificial colours and preservatives
- ✓ are great for breakfast or as a satisfying 'sweet' snack

- ✓ Skinnybik™ are the only Spelt (fructose friendly) or Lupin (gluten free) cookies around, with 10% fibre!
- ✓ Spelt is an ancient wheat, is easy to digest and is low in “Fodmaps” (suitable for irritable bowel)
- ✓ Skinnybik™ Spelt is suitable on the low Fodmap diet (date/ almond content <2g/cookie)
- ✓ Lupin is a legume bean eaten for centuries in the Mediterranean; studies have shown that lupin enriched bread & cookies can reduce hunger, blood sugars, blood cholesterol & blood pressure
- ✓ Unlike some gluten free biscuits, Skinnybik™ Lupin are tastier, more nutritious and have a great spongy (not sandy) texture due to the lupin flour.
- ✓ Skinnybik™ have quality wholesome ingredients like whole eggs, canola oil, almonds, couverture dark chocolate or dates or cranberries, rice & oat bran & wholemeal spelt flour or lupin flour.

“There are no other gourmet cookies that tick so many good nutrition boxes”

Sarah Leung, Dietitian, Healthy Energy, Melb

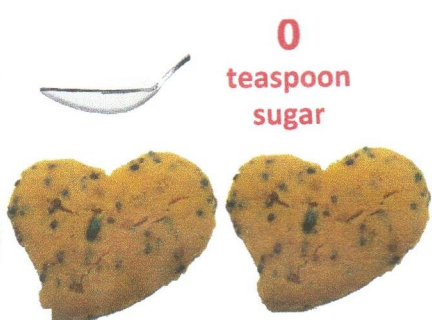
Skinnybik™ cookies compared to other biscuits

Nutrient per 100g	Skinnybik™ per 100g Spelt, Date & Butterscotch Fructose friendly	Oatmeal biscuits per 100g (Nuttab 2010)	Skinnybik™ per 100g Lupin, Cocoa & Dark Choc Chip Gluten free	Choc Chip biscuits per 100g (Nuttab 2010)	Skinnybik™ per 100g Lupin, Cranberry & Rose Gluten free	Fruit & Nut biscuits per 100g (Nuttab 2010)	Belvita Breakfast Biscuits per 100g
Energy	1590kJ	1954kJ	1570kJ	2024kJ	1590kJ	2034kJ	1920kJ
Protein	10g	5.7g	12.5g	6.3g	12.9g	6g	8.1g
Fat							
- total	15.4g	21.4g	14.6g	22.6g	14.9g	26g	15.7g
- sat. fat	1.8g	12.2g	2.6g	10.6g	1.6g	13g	4.2g
- trans	0g	>1g	0g	>1g	0g	>1g	-
Carbs							
- total	36g	63.2g	34.4g	64.3g	36g	58g	68g
- sugar	14g	30.9g	14g	28g	14.9g	25g	22g
Fibre	10g	2.5g	10g	1.9g	10g	2g	4.9g
Na	114mg	640mg	179mg	338g	200mg	439mg	553mg
K	460mg	177mg	385mg	132mg	300mg	200mg	-
Mg	160mg	28mg	110mg	20mg	50mg	24mg	-

For stockists/on-line orders: www.skinnybik.com or call 0408551702



1
teaspoon
sugar



0
teaspoon
sugar

Skinnybik (sweet)
(2 cookies)



Skinnybik (savoury)
(2 cookies)



3.5
teaspoons
sugar

Arnott's Tim Tams
(Original) (2 biscuits)



2
teaspoons
sugar

Anzac biscuits
(2 biscuits)



4
teaspoons
sugar

Chocolate brownie
(1 x 50g square)



2
teaspoons
sugar

Chocolate-chip biscuits
(2 biscuits)



4
teaspoons
sugar

Caramel slice
(1/2 large slice)



2
teaspoons
sugar

Blueberry muffin
(1 mini muffin)



4.5
teaspoons
sugar

Swiss jam roll
(1 x 50g slice)



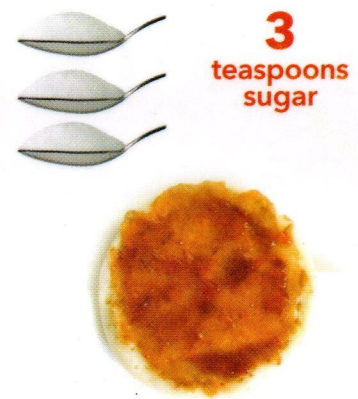
2
teaspoons
sugar

Finger bun
(1 x 3cm slice)



7
teaspoons
sugar

Banana bread
(1 thick slice)



3
teaspoons
sugar

Pikelet with jam
(1 pikelet + 1 teaspoon jam)

Nutritional values are from calorieking.com.au or products nutrition information panels; World Health Organization sugar guidelines, 2015. 1 teaspoon sugar = 4.5g sugar