



## THE PLEASURE OF EATING CONSCIOUSLY!

**The foods for the whole family**, in an innovative nutritional formulation.

**The right balance between taste and energy.**

**Low in sugar** , high in fiber, with a small amount of **protein**.

**The Stage 3** line is suitable for a permanent dietary lifestyle. **You can experiment with the combination of the Stage 3 and Stage 2 foods.**

3 STAGE





# BALANCE NCE PASTA



# MACCAROZONE

shelf-life  
**24**  
months



single PACK

Paper box + transparent film 500g

Tray + transparent film + cardboard case 50g x 2pc = 100g



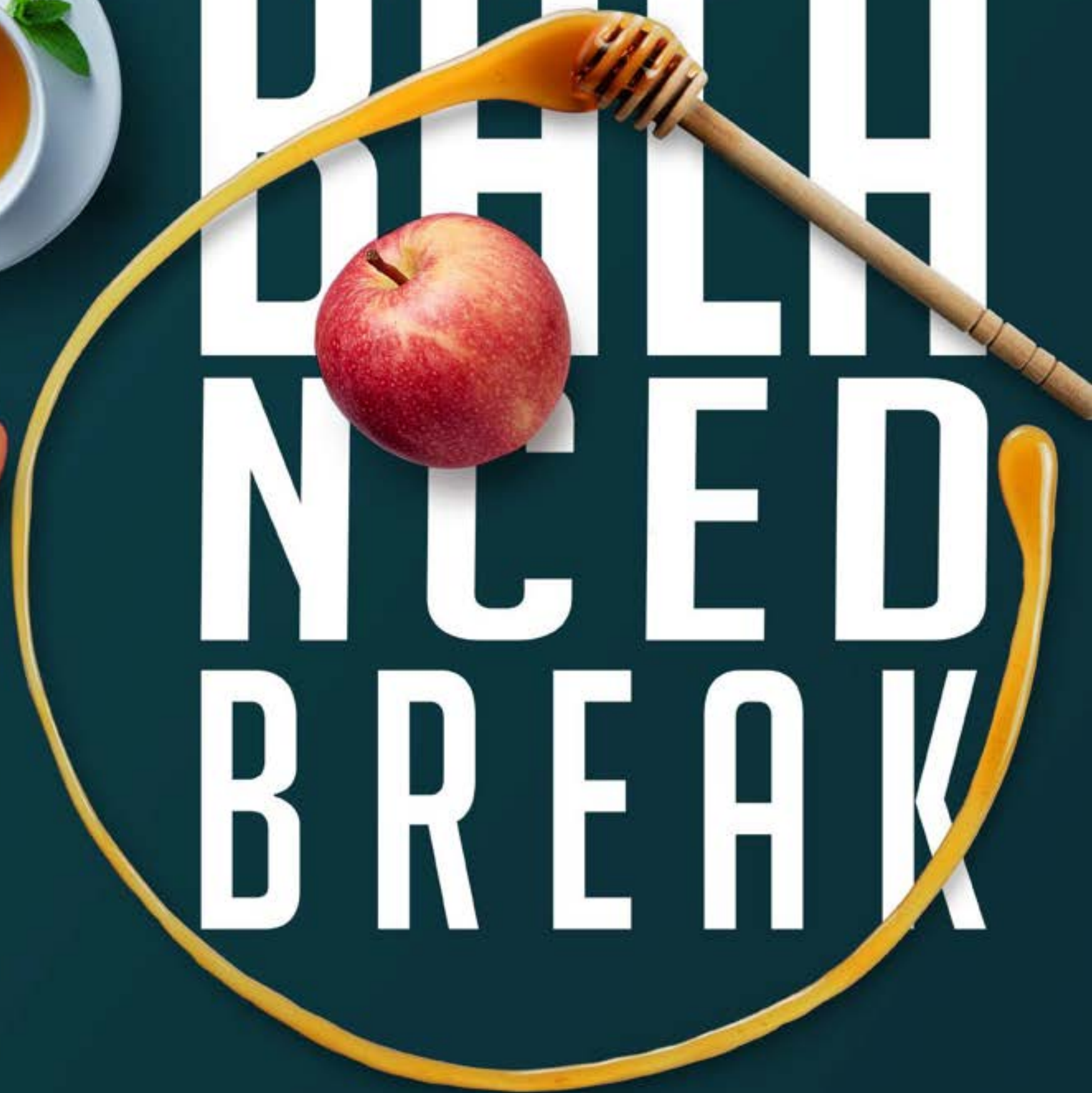
**INGREDIENTS:** Durum **wheat** semolina, modified **wheat** starch, **wheat** protein, acacia fiber, **egg** white in powder, pea protein, **wheat** fibre, sunflower lechitin, psyllium.

May contain traces of: **milk, nuts, lupin, sesame, soy, mustard.**

Nutrition Facts	
1 servings per container	
<b>Serving size</b>	<b>(100g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>110</b>
% Daily Value*	
<b>Total Fat</b> 0.5g	<b>1%</b>
Saturated Fat 0.15g	<b>1%</b>
Trans Fat 0g	
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 28g	<b>10%</b>
Dietary Fiber 15g	<b>54%</b>
Total Sugars <1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 15g	<b>30%</b>
Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium	
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



PALEO  
NCE  
BREAK





shelf-life  
**24**  
months



# BISCOZONE



**INGREDIENTS:** Wheat protein, sugar, coconut oil, **wheat** fibre, extra virgin olive oil, sunflower oil, **flavour\***, sweetener: maltitol, **why** protein, **egg** white powder, modified **wheat** starch, emulsifiers (mono- and diglycerides of fatty acids, sunflower lecithin), raising agents (disodium diphosphate, sodium hydrogen carbonate), flavourings.

May contain traces of: **nuts, peanuts, sesame, soy, lupin, mustard.**

\*dried orange, dried coconut, **almond, hazelnut 4,5%** | \*skimmed cocoa powder **2,3%** | \*vanilla/lemon.

single pack of 100g



orange  
**BISCOZO**039



coconut  
**BISCOZO**032



vanilla lemon  
**BISCOZO**042



almond  
**BISCOZO**041



hazelnuts  
**BISCOZO**043



cocoa  
**BISCOZO**040



sweeteners  
**SP**501

Bottle of 50ml

# SWEETSENSATION

shelf-life  
**24**  
months



**INGREDIENTS:** Water, sweetener: sodium cyclamate, sodium saccharinate.

Nutrition Facts	
1 servings per container	
Serving size	(100g)
Amount Per Serving	
Calories	0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 0mg	0%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 0g	0%
Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium	
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



shelf-life  
**12**  
months

# SWEETSENSATION

*in Powder*



**INGREDIENTS:** Erythritol, inulin.  
May contain traces of: **gluten.**

single pack of 500g



sweetener  
**SP016**

## Nutrition Facts

1 servings per container	
<b>Serving size</b>	<b>(100g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>15</b>
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 100g	<b>36%</b>
Dietary Fiber 6g	<b>21%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 0g	<b>0%</b>

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



# TO BE + INFORMED

## WHAT ARE MACRONUTRIENTS ?

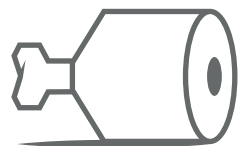
**Macronutrients are food ingredients that must be introduced in large quantities into the body**, since they are not the most important **energy source**. They differ from each other not only for the different number of calories, but also because **each has a particular action in the body**.



### FATS

Lipids

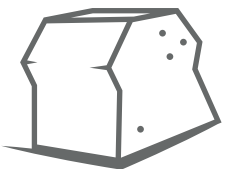
They are a **reserve of energy**, have a structural, regulatory (eg hormones) and protective function.



### PROTEIN

Protides

Proteins are made up of chains of amino acids. Our body needs it for the **growth and maintenance of cells and tissues**.



### CARBOHYDRATES

Sugars

**They are the main source of energy used by the human body** and are found mainly in cereals, fruit, vegetables and legumes.



### FIBRE

Soluble and insoluble

**They are the non-digestible part of food**, this means they are substances that are not absorbed by the intestine and that have no caloric and nutritional value, but which are essential for the main intestinal functions.

Here's how they work:

- improve the digestive process in the stomach, at the metabolic level;
- promote regularity and stimulate intestinal transit;
- they increase the sense of satiety.

## THE IMPORTANCE OF THE LABEL

Knowing how to read the nutritional values on the labels and understand their contents, **allows you to make more informed purchasing choices**, not based exclusively on the price or the quantity of one macronutrient compared to another.

## DID YOU KNOW THAT?

The first thing to know is that in addition to macronutrients, each food will also contain: **Mineral Salts Humidity**'.

## HOW TO READ THE NUTRITION TABLE?

Have fun checking the nutritional label of your favorite product taking into consideration that, **on a 100g sample** of ready product, you will have about **28g of humidity** (water) if it is a **fresh product** (such as bread, pizza, croissants, etc.) or max **13g of moisture in dry products** (e.g. biscuits, toasted slices, crackers, pasta, etc etc). The same sample will contain about **2 or 3 g of mineral salts**. **The sum of all macro nutrients**, in addition to **water and mineral salts must be to the weight of the reference sample** (100g)



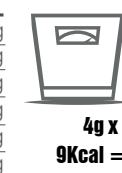
## HOW ARE THE CALORIES OF A PRODUCT CALCULATED?

Here is the answer: Just **multiply the value in grams of each macronutrient by a coefficient** that has been established as follows: **Carbohydrates x 4, Protein x 4, Fat x 9 and Fiber x 2**. The sum of the values obtained will give us the value in Kcal of the product.

**E.G.:**

Energy value	100g
Fat	4,00 g
Carbohydrates	14,00 g
Fibers	2,00 g
Protein	46,00 g
Salt	30,00 g

tabella nutrizionale



36Kcal



56Kcal



4Kcal



184Kcal

**Kcal CONTAINED  
in 100g of product**

**280Kcal**