

Nutritional Comparison of Spreads; 2015

All values are per 100g.

All information obtained from nutritional panels on product.



	Energy (kj)	Protein (g)	Fat (total) (g)	Fat (sat) (g)	CHO (g)	Sugars (g)	Na (mg)	Dietary Fibre (g)
Jam and Marmalade								
Anathoth Farm Strawberry Jam	1130	0.4	0.1	0.0	65.0	63.3	5.0	-
Anathoth Farm Raspberry Jam	1160	0.7	0.4	0.0	65.9	62.8	<5.0	-
Anathoth Farm Three Berry Jam	1140	0.5	0.2	0.0	65.5	64.1	<5.0	-
Anathoth Farm Apricot Jam	1140	0.5	0.1	0.0	65.4	65.4	<5.0	-
Anathoth Farm Rhubarb and Red Berry Jam	1120	0.4	0.2	0.0	65.0	62.6	7.0	-
Anathoth Farm Lemon Curd	1360	2.1	12.2	7.8	51.5	48.8	99.0	-
Beerenberg Farm Apricot Jam	1120	<1.0	<1.0	<1.0	65.2	64.4	<5.0	-
Beerenberg Farm Blueberry Jam	1100	<1.0	<1.0	<1.0	66.0	65.0	12.0	-
Beerenberg Farm Strawberry Jam	1150	<1.0	<1.0	<1.0	66.0	65.0	<5.0	-
Beerenberg Farm Orange Marmalade	1140	<1.0	<1.0	<1.0	68.0	66.0	<5.0	-
Bonne Maman Strawberry Conserve	1000	0.5	0.0	0.0	65.0	65.0	0.0	-
Bonne Maman Fruits of the Forest Conserve	1000	0.5	0.0	0.0	65.0	65.0	0.0	-
Bonne Maman Peach Conserve	1000	0.5	0.0	0.0	65.0	65.0	0.0	-
Bonne Maman Apricot Conserve	1000	0.5	0.0	0.0	65.0	65.0	0.0	-
Bonne Maman Fig Conserve	1000	0.5	0.0	0.0	65.0	65.0	0.0	-
Bonne Maman Blueberry Conserve	1000	0.5	0.0	0.0	65.0	65.0	0.0	-
Bonne Maman Blackberry Conserve	1000	0.5	0.0	0.0	65.0	65.0	0.0	-
Bonne Maman Cherry Conserve	1000	0.5	0.0	0.0	65.0	65.0	0.0	-
Bonne Maman Raspberry Conserve	1000	0.5	0.0	0.0	65.0	65.0	0.0	-
Bonne Maman Orange Marmalade	1000	0.5	0.0	0.0	65.0	65.0	0.0	-
Bunderim Ginger; Original Ginger Marmalade	1228	<1.0	0.1	0.1	72.0	57.6	10.0	-
Bunderim Ginger; Ginger, Lemon and Lime Marmalade	1190	<1.0	0.1	0.1	70.0	47.4	26.0	-
Charles Jacquin Black Cherry 100% Fruit Spread	884	0.8	<0.1	<0.1	52.0	52.0	9.5	1.2
Charles Jacquin Strawberry 100% Fruit Spread	884	<0.5	<0.1	<0.1	52.0	52.0	11.7	1.2
Coles Strawberry Jam	1118	0.4	0.1	<0.1	65.0	64.6	4.0	-
Coles Raspberry Jam	1118	0.4	0.1	<0.1	65.0	64.0	14.0	-
Coles Apricot Jam	1114	0.4	<0.1	<0.1	65.0	62.8	4.0	-
Coles Blackcurrant Jam	1123	0.6	0.1	<0.1	65.0	64.0	73.0	-
Coles Plum Jam	1112	0.3	<0.1	<0.1	65.0	62.8	14.0	-
Coles Breakfast Marmalade	1112	0.3	<0.1	<0.1	65.0	63.8	22.0	-
Coles Finest Australian Raspberry Jam	1260	0.8	0.3	0.1	70.2	70.0	4.0	-
Coles Finest Australian Blood Orange Marmalade	1210	0.7	0.2	0.0	68.8	68.8	5.0	-
Coles Finest Australian Pink Grapefruit and Orange Marmalade	1170	0.7	0.1	0.0	66.3	66.2	5.0	0.8

	Energy (kj)	Protein (g)	Fat (total) (g)	Fat (sat) (g)	CHO (g)	Sugars (g)	Na (mg)	Dietary Fibre (g)
Coles Simply Less Raspberry Fruit Spread	519	0.6	0.1	0.1	29.7	29.2	11.0	-
Coles Organic Raspberry Fruit Spread	858	0.5	0.4	0.1	47.9	45.3	18.0	3.1
Coles Smart Buy Strawberry Jam	1100	0.3	0.1	<0.1	64.5	63.8	6.0	-
Coles Smart Buy Apricot Jam	1100	0.4	<0.1	<0.1	65.0	62.7	<5.0	-
Coles Smart Buy Breakfast Marmalade	1100	0.2	<0.1	<0.1	64.6	63.6	33.0	-
Cottee's Strawberry Jam	1150	0.4	0.2	0.0	66.3	65.9	5.0	-
Cottee's Raspberry Jam	1140	0.2	0.1	0.0	65.9	65.9	5.0	-
Cottee's Apricot Jam	1140	0.3	0.1	0.0	66.2	65.0	15.0	-
Cottee's Blackberry Jam	1150	0.6	0.2	0.0	65.8	64.6	5.0	-
Cottee's Plum Jam	1140	0.2	0.1	0.0	66.2	65.2	10.0	-
Cottee's Breakfast Marmalade	1120	0.1	0.0	0.0	65.0	64.3	10.0	-
Cottee's Ginger Marmalade	1150	0.2	0.2	0.1	66.3	63.1	10.0	-
Dick Smith's Magnificent Australian Grown Orange Marmalade	872	0.9	<0.1	0.0	49.7	47.9	51.0	-
Dick Smith's Magnificent Australian Grown Apricot 100% Spreadable Fruit	902	1.0	<0.1	0.0	49.4	49.2	8.0	-
Dick Smith's Magnificent Australian Grown Orange Strawberry 100% Spreadable Fruit	891	1.0	<0.2	0.0	49.4	49.1	10.0	-
Hank's Strawberry and Vanilla Bean Jam	828	0.4	0.1	0.0	47.1	47.0	3.0	-
Hank's Triple Berry Jam	973	1.0	0.2	0.0	54.7	54.6	2.0	-
Hank's Orange and Lime Marmalade	1040	0.4	0.1	0.0	60.1	60.1	1.0	-
Henry Jones & Co. Fruit and Chia (Mango, Passionfruit and Chia seeds) Spread *also includes 1.1g Polyunsaturated Fat (0.8mg Omega 3; 790mg ALA), 0.1g Monounsaturated Fat	885	1.3	1.7	0.3	47.1	35.4	11.0	-
Henry Jones & Co. Fruit and Chia (Raspberry and Chia seeds) Spread *also includes 1.1g Polyunsaturated Fat (0.8mg Omega 3; 790mg ALA), 0.1g Monounsaturated Fat	881	1.4	1.8	0.4	46.4	33.4	10.0	-
Henry Jones & Co. Fruit and Chia (Blood Orange and Chia seeds) Spread *also includes 1.1g Polyunsaturated Fat (0.8mg Omega 3; 790mg ALA), 0.1g Monounsaturated Fat	882	1.2	1.7	0.4	47.2	34.3	11.0	-
Hill & River Strawberry, Rhubarb and Vanilla Jam	1060	0.4	0.1	0.0	60.2	60.1	6.0	-
Hill & River Four Berry Jam	1180	0.4	0.1	0.0	67.3	67.2	4.0	-
Hill & River Lime and Lemon Marmalade	1280	0.4	0.2	0.0	68.6	68.6	5.0	-
IXL Strawberry Jam	1110	0.2	0.1	<0.1	64.9	64.0	8.0	-
IXL Strawberry Spread 60% Less Sugar	596	0.5	0.1	<0.1	33.5	24.7	19.0	1.6
IXL Raspberry Jam	1110	0.5	0.1	<0.1	63.9	63.7	28.0	-
IXL Raspberry Spread 60% Less Sugar	619	0.6	<0.1	<0.1	34.6	25.6	43.0	2.0
IXL Apricot Jam	1110	0.4	0.1	<0.1	64.8	63.1	9.0	-

	Energy (kj)	Protein (g)	Fat (total) (g)	Fat (sat) (g)	CHO (g)	Sugars (g)	Na (mg)	Dietary Fibre (g)
IXL Apricot Spread 60% Less Sugar	609	0.6	<0.1	<0.1	34.9	24.3	17.0	0.5
IXL Plum Jam	1110	0.3	<0.1	<0.1	64.8	62.7	14.0	-
IXL Fruit of the Forest Jam	1110	0.3	0.2	<0.1	64.2	63.5	22.0	-
IXL Blackberry Jam	1110	0.3	0.3	<0.1	63.6	63.2	41.0	-
IXL Ginger Jam	1120	<0.1	<0.1	<0.1	65.6	53.0	16.0	-
IXL Grapefruit, Lemon and Lime Jam	1100	<0.1	<0.1	<0.1	63.9	63.1	63.0	-
IXL Breakfast Marmalade	1140	0.3	<0.1	<0.1	65.8	65.7	30.0	-
IXL Breakfast Marmalade 60% Less Sugar	628	0.6	<0.1	<0.1	35.4	26.5	13.0	1.4
Masterfoods Lemon Butter	1250	0.5	6.8	4.2	58.4	46.4	84.0	-
Macro Organic Raspberry Fruit Spread *also includes 0.1g Polyunsaturated Fat, 0.1g Monounsaturated Fat	900	0.5	0.3	0.1	49.7	48.7	12.0	4.4
Rose's Lime Marmalade	1210	0.0	0.1	0.0	70.5	67.6	10.0	-
Rose's English Breakfast Marmalade	1150	0.1	0.1	0.0	67.0	63.5	10.0	-
Rose's Sweet Orange Marmalade	1130	0.2	0.1	0.0	65.5	62.3	10.0	-
Rose's Strawberry Conserve	1160	0.6	0.2	0.0	66.3	59.1	10.0	-
Rose's Raspberry Conserve	1140	0.4	0.2	0.0	65.4	60.3	10.0	-
St. Dalfour Rhapsodie de Fruits Strawberry 100% Spreadable Fruit	884	<0.5	<0.1	<0.1	52.0	52.0	11.7	1.2
St. Dalfour Rhapsodie de Fruits Black Cherry 100% Spreadable Fruit	884	0.8	<0.1	<0.1	52.0	52.0	9.5	1.2
St. Dalfour Rhapsodie de Fruits Royal Fig 100% Spreadable Fruit	884	0.9	0.4	<0.1	52.0	52.0	15.7	2.8
St. Dalfour Rhapsodie de Fruits Four Fruits 100% Spreadable Fruit	884	0.8	0.3	<0.1	52.0	52.0	11.3	2.9
St. Dalfour Rhapsodie de Fruits Blackberry 100% Spreadable Fruit	884	0.9	0.5	<0.1	52.0	52.0	11.5	4.2
St. Dalfour Rhapsodie de Fruits Wild Blueberry 100% Spreadable Fruit	884	<0.6	<0.1	<0.1	52.0	52.0	13.1	1.1
St. Dalfour Rhapsodie de Fruits Orange Marmalade 100% Spreadable Fruit	884	<0.5	0.1	<0.1	52.0	52.0	25.8	1.6
St. Dalfour Rhapsodie de Fruits Thick Apricot 100% Spreadable Fruit	884	<0.5	<0.1	<0.1	52.0	52.0	15.9	1.1
St. Dalfour Rhapsodie de Fruits Kumquat 100% Spreadable Fruit	884	0.6	0.1	<0.1	52.0	52.0	10.5	1.9
St. Dalfour Rhapsodie de Fruits Red Raspberry 100% Spreadable Fruit	950	<0.6	0.3	<0.1	56.0	56.0	29.9	2.8
Woolworths Gold Strawberry Jam	1020	0.4	0.2	0.1	67.0	62.0	6.0	-
Woolworths Gold Raspberry Jam	1120	0.7	1.2	0.1	63.0	55.9	<5.0	
Woolworths Gold Black Cherry and Vanilla Jam	971	0.7	0.2	<0.1	64.5	57.6	4.0	-
Woolworths Gold Apricot and Amaretto Jam	947	0.4	0.2	<0.1	64.5	59.8	<5.0	-
Woolworths Gold Summer Berries and Elderflower Jam	1010	0.7	0.4	0.2	62.8	56.2	<5.0	-

	Energy (kj)	Protein (g)	Fat (total) (g)	Fat (sat) (g)	CHO (g)	Sugars (g)	Na (mg)	Dietary Fibre (g)
Woolworths Gold Orange Whiskey Marmalade	1160	0.4	0.2	0.1	67.4	63.7	12.0	-
Woolworths Select Strawberry Jam	1130	0.2	0.1	<0.1	65.4	63.5	6.0	1.2
Woolworths Select Raspberry Jam	1120	0.4	0.2	0.1	64.4	61.4	20.0	1.4
Woolworths Select Strawberry 100% Fruit Spread	910	0.5	0.3	<0.1	51.5	51.5	9.0	-
Woolworths Select Raspberry 100% Fruit Spread	999	0.6	0.3	<0.1	55.7	54.7	6.0	-
Woolworths Select Blackcurrant 100% Fruit Spread	1110	0.6	0.4	0.1	62.6	58.7	96.0	1.8
Woolworths Select Apricot 100% Fruit Spread	963	0.6	0.3	<0.1	54.5	53.6	27.0	2.0
Woolworths Select Orange Marmalade 100% Fruit Spread	928	0.5	0.2	<0.1	55.5	54.1	9.0	-
Woolworths Select English Breakfast Marmalade 100% Fruit Spread	1130	0.2	0.1	0.1	65.8	62.1	17.0	0.6
Woolworths Homebrand Strawberry Jam	1120	<0.5	<1.0	<1.0	66.3	49.9	8.0	-
Woolworths Homebrand Breakfast Marmalade	1140	<0.5	<1.0	<1.0	67.2	52.3	5.0	-
Yackandandah Raspberry Preserve	1147	0.2	0.2	0.1	67.3	66.7	35.3	-
Yackandandah Strawberry Preserve	1127	0.3	0.3	0.1	67.3	66.7	16.7	-
Yackandandah Lemon Curd	1200	0.4	4.0	2.0	60.0	50.0	153	-
Honey								
Allowrie Mixed Blossom Honey	1416	0.3	0.0	0.0	83.1	82.5	15.0	-
BeeVital Manuka Honey NPA 5+ MGO 83+	1416	0.3	0.0	0.0	83.1	82.5	15.0	-
BeeVital Manuka Honey NPA 10+ MGO 263+	1416	0.3	0.0	0.0	83.1	82.5	15.0	-
Berringa Certified Organic Australian Natural Honey	1378	0.4	0.0	0.0	80.7	60.7	0.03	-
Byron Bay Honey	1401	0.3	0.0	0.0	82.1	82.1	14.0	-
Capilano Active TA 10+ Jarrah Honey	1416	0.3	0.0	0.0	83.1	82.5	15.0	-
Capilano Manuka Honey	1416	0.3	0.0	0.0	83.1	82.5	15.0	-
Capilano Manuka Honey NPA 5+ MGO 83+	1416	0.3	0.0	0.0	83.1	82.5	15.0	-
Capilano 100% Pure Australian Honey	1416	0.3	0.0	0.0	83.1	82.5	15.0	-
Capilano Light and Smooth Honey	1416	0.3	0.0	0.0	83.1	82.5	15.0	-
Capilano Dark and Bold Honey	1416	0.3	0.0	0.0	83.1	82.5	15.0	-
Capilano Natural Pot Set Honey	1416	0.3	0.0	0.0	83.1	82.5	15.0	-
Capilano Grey Ironbark Honey	1416	0.3	0.0	0.0	83.1	82.5	15.0	-
Capilano Clare Valley Eucalypt Honey	1416	0.3	0.0	0.0	83.1	82.5	15.0	-
Capilano Yellowbox Honey	1416	0.3	0.0	0.0	83.1	82.5	15.0	-
Coles Honey	1401	0.3	0.0	0.0	82.1	82.1	14.0	-
Coles Finest Australian Red Gum Honey	1400	0.3	0.0	0.0	82.1	82.1	14.0	-
Coles Finest Queensland Ironbark Honey	1400	0.3	0.0	0.0	82.1	82.1	14.0	-
New Zealand Manuka Honey Blend	1400	0.3	0.0	0.0	82.1	82.1	14.0	-
Pure Beechworth Honey	1401	0.3	0.0	0.0	82.1	82.1	14.0	-
Pure Beechworth Yummy Honey	1401	0.3	0.0	0.0	82.1	82.1	14.0	0.0
Smith's Pure and Natural Honey	1416	0.3	0.0	0.0	83.1	82.5	15.0	-

	Energy (kj)	Protein (g)	Fat (total) (g)	Fat (sat) (g)	CHO (g)	Sugars (g)	Na (mg)	Dietary Fibre (g)
Woolworths Select Australian Pure Honey	1416	0.3	0.0	0.0	83.1	82.5	15.0	-
Woolworths Select Australian Red Gum Honey	1400	0.3	0.0	0.0	82.1	82.1	14.0	-
Woolworths Select Australian Yellow Box Honey	1400	0.3	0.0	0.0	82.1	82.1	14.0	-
Woolworths Gold Orange Blossom Honey	1400	0.3	0.0	0.0	82.1	82.1	14.0	-
Woolworths Gold Ligurian Bee Honey	1400	0.3	0.0	0.0	82.1	82.1	14.0	-
Woolworths Homebrand Australian Honey	1320	0.3	0.0	0.0	82.1	82.1	14.0	-
Nut Spreads								
Coles Organic Crunchy Peanut Butter Spread	2671	26.1	48.7	9.9	21.8	4.6	5.0	6.9
Coles Organic Smooth Peanut Butter Spread	2671	26.1	48.7	9.9	21.8	4.6	5.0	6.9
Coles Crunchy Peanut Butter Spread *also includes 2.8g Polyunsaturated Fat, 40.7g Monounsaturated Fat, 35.2g Oleic Acid	2590	28.2	50.9	7.1	10.4	8.1	365	6.8
Coles Smooth Peanut Butter Spread *also includes 3.5g Polyunsaturated Fat, 40.6g Monounsaturated Fat, 38.6g Oleic Acid	2620	27.5	51.5	7.3	11.3	8.4	410	6.8
Coles Crunchy Peanut Butter Spread No Added Salt *also includes 3.1g Polyunsaturated Fat, 43.2g Monounsaturated Fat, 40.5g Oleic Acid, 680mg Potassium	2670	28.6	54.0	7.6	7.6	4.6	10.0	-
Coles Smooth Peanut Butter Spread No Added Salt *also includes 3.8g Polyunsaturated Fat, 42.9g Monounsaturated Fat, 40.7g Oleic Acid, 685mg Potassium	2680	28.9	54.3	7.6	7.5	4.5	5.0	-
Coles Smart Buy Crunchy Peanut Butter Spread	2620	27.3	47.9	12.4	15.1	6.6	168	5.9
Coles Smart Buy Smooth Peanut Butter Spread	2380	25.4	52.8	19.2	18.5	6.2	179	5.5
Coles Smooth Hazelnut Spread *also includes 239mg Potassium	2180	5.4	29.2	10.0	58.4	57.3	54.0	3.6
Dick Smith's Ozenuts Crunchy Spread	2570	24.3	48.7	8.1	12.0	7.9	520	-
Dick Smith's Ozenuts Smooth Spread	2530	24.2	48.1	7.7	12.5	9.6	615	-
Kraft Natural Peanut Butter Crunchy 100% Nut Spread *also includes 4.0g Polyunsaturated Fat, 39.2g Monounsaturated Fat, 820mg Potassium, 13mg Niacin, 210mg Mg	2520	27.2	49.5	6.3	10.3	5.2	25.0	6.0
Kraft Natural Peanut Butter Smooth 100% Nut Spread *also includes 4.0g Polyunsaturated Fat, 39.2g Monounsaturated Fat, 820mg Potassium, 13mg Niacin, 210mg Mg	2520	27.2	49.5	6.3	10.3	5.2	25.0	6.0
Kraft Peanut Butter Crunchy Spread *also includes 5.2g Polyunsaturated Fat, 35.7g Monounsaturated Fat, 11mg Niacin, 180mg Mg	2580	23.7	51.3	10.3	13.4	8.4	578	-

	Energy (kj)	Protein (g)	Fat (total) (g)	Fat (sat) (g)	CHO (g)	Sugars (g)	Na (mg)	Dietary Fibre (g)
Kraft Peanut Butter Smooth Spread *also includes 5.4g Polyunsaturated Fat, 35.7g Monounsaturated Fat, 11mg Niacin, 180mg Mg	2590	23.8	51.5	10.3	13.2	8.5	577	-
Kraft Peanut Butter Crunchy Light Spread (25%Less Fat) *also includes 3.4g Polyunsaturated Fat, 26.2g Monounsaturated Fat	2320	17.4	37.4	7.7	35.4	15.4	618	-
Kraft Peanut Butter Smooth Light Spread (25%Less Fat) *also includes 3.5g Polyunsaturated Fat, 26.3g Monounsaturated Fat	2330	17.4	37.6	7.7	35.3	15.4	617	-
Kraft No Added Sugar Or Salt Peanut Butter Crunchy Spread *also includes 5.5g Polyunsaturated Fat, 37.6g Monounsaturated Fat, 870mg Potassium, 12mg Niacin, 193mg Mg	2650	25.2	53.6	10.4	10.4	5.3	16	7.4
Kraft No Added Sugar Or Salt Peanut Butter Smooth Spread *also includes 5.7g Polyunsaturated Fat, 37.7g Monounsaturated Fat, 820mg Potassium, 12mg Niacin, 190mg Mg	2650	25.3	53.9	10.4	10.1	5.3	14	7.3
Kraft Peanut Butter Whip Spread	2501	20.2	48.5	8.2	18.7	8.7	454	6.8
Kraft Cinnamon Spice Peanut Spread Smooth	2470	19.3	43.0	7.3	32.6	17.0	276	-
Kraft Sweet Honey Peanut Spread Smooth	2370	17.2	38.5	6.6	38.6	25.2	469	-
Kraft Almond Spread	2400	6.8	42.0	13.0	43.0	19.0	290	-
Kraft Cashew Spread	2460	5.0	43.0	13.0	46.0	15.0	280	-
Kraft Hazelnut Spread Crunchy	2440	3.9	41.0	10.0	49.0	46.0	120	-
Kraft Hazelnut Spread Smooth	2400	3.6	39.0	7.7	52.0	52.0	100	-
Macabella Choc Macadamia Spread Crunch	2470	4.6	43.0	10.0	46.0	44.0	60	-
Mayver's Natural and Smooth Peanut Butter *also includes 15.5g Polyunsaturated Fat, 24.4g Monounsaturated Fat, 653mg Potassium	2430	23.5	49.3	6.8	21.3	4.1	296	7.9
Mayver's Natural and Crunchy Peanut Butter *also includes 15.5g Polyunsaturated Fat, 24.4g Monounsaturated Fat, 653mg Potassium	2431	23.5	49.3	6.8	21.3	4.1	256	7.9
Mayver's All Natural Peanut Cacao Spread * also includes 15.0g Polyunsaturated Fat, 23.7g Monounsaturated Fat	2414	23.7	48.1	7.0	21.5	4.0	6.6	9.0
Mayver's All Natural Peanut Coconut Spread *also includes 15.2g Polyunsaturated Fat, 23.9g Monounsaturated Fat	2463	23.2	50.8	9.5	22.1	0.4	7.6	8.4
Mayver's All Natural Almond, Coconut And Cacao Spread *also includes 11.8g Polyunsaturated Fat, 29.9g Monounsaturated Fat, 741mg Potassium	2495	20.4	53.0	5.8	30.9	5.0	5.0	12.5

	Energy (kj)	Protein (g)	Fat (total) (g)	Fat (sat) (g)	CHO (g)	Sugars (g)	Na (mg)	Dietary Fibre (g)
Mayver's All Natural Hulled Tahini Spread *also includes 27.8g Polyunsaturated Fat, 23.4g Monounsaturated Fat, 450mg Potassium	2851	23.7	60.6	9.4	12.1	0.6	21.0	6.2
Mayver's All Natural Unhulled Tahini Spread *also includes 21.6g Polyunsaturated Fat, 21.9g Monounsaturated Fat, 460mg Potassium, 860mg Ca	2530	25.4	51.6	8.0	7.9	1.9	11.0	16.0
Mayver's All Natural Coconut Super Spread *also includes 12.3g Polyunsaturated Fat, 23.0g Monounsaturated Fat, 618mg Potassium	2513	17.5	52.8	14.0	23.6	4.4	11.5	7.2
Mayver's All Natural Original Super Spread *also includes 14.2g Polyunsaturated Fat, 24.6g Monounsaturated Fat, 669mg Potassium	2427	21.0	50.6	8.7	20.7	3.7	9.3	8.3
Mayver's All Natural Dark Chocolate Super Spread *also includes 12.3g Polyunsaturated Fat, 20.4g Monounsaturated Fat, 563mg Potassium	2406	17.6	47.1	10.2	24.5	9.6	10.1	8.0
Naturals 100% Almond Spread *also includes 12.9g Polyunsaturated Fat, 29.9g Monounsaturated Fat, 234mg Ca, 270mg Mg, 650mg Potassium	2400	24.1	46.5	3.7	7.7	5.1	34.0	17.8
Naturals Almond And Chia Spread *also includes 14.4g Polyunsaturated Fat, 31.7g Monounsaturated Fat, 120mg Ca, 250mg Mg, 790mg Potassium	2500	24.7	50.3	4.2	6.4	5.1	34.0	16.2
Naturals Almond, Brazil And Cashew Spread *also includes 18.2g Polyunsaturated Fat, 31.2g Monounsaturated Fat, 162mg Ca, 260mg Mg, 610mg Potassium	2730	21.7	58.8	9.4	7.2	6.5	10.0	8.0
Naturals 100% Cashew Spread *also includes 9.7g Polyunsaturated Fat, 30g Monounsaturated Fat, 36mg Ca, 250mg Mg, 550mg Potassium, 4.7mg Zn	2600	22.0	50.0	10.0	22.0	9.0	11.0	5.9
Nutella Hazelnut Spread with Cocoa	2225	6.3	30.4	9.8	58.4	57.6	34.0	-
Nutino Hazelnut Spread	2211	4.1	28.0	11.6	65.0	61.5	45.0	-
Pic's Peanut Butter Crunchy Spread	2380	24.7	48.5	5.4	9.0	5.0	200	8.1
Pure Harvest Coco ² Original Spread	1680	4.4	19.3	16.6	50.9	39.1	92.0	-
Pure Harvest Coco ² Hazelnut Spread	1600	5.9	16.4	8.9	51.0	39.2	30.0	4.2
Pure Harvest Coco ² Almond Spread	1590	6.3	15.8	9.0	51.0	39.2	31.0	4.8
Sanitarium Natural Peanut Butter Crunchy Spread *also includes 3.9g Polyunsaturated Fat, 41.0 Monounsaturated Fat, 728mg Potassium	2560	30.2	49.4	4.8	9.4	5.6	5.0	7.1
Sanitarium Natural Peanut Butter Smooth Spread *also includes 3.9g Polyunsaturated Fat, 41.0 Monounsaturated Fat, 728mg Potassium	2560	30.2	49.4	4.8	9.4	5.6	5.0	7.1

	Energy (kj)	Protein (g)	Fat (total) (g)	Fat (sat) (g)	CHO (g)	Sugars (g)	Na (mg)	Dietary Fibre (g)
Sanitarium Crunchy Peanut Butter Spread *also includes 7.5g Polyunsaturated Fat, 35.0g Monounsaturated Fat, 560mg Potassium	2560	30.0	51.0	8.5	7.0	5.5	400	6.0
Sanitarium Smooth Peanut Butter Spread *also includes 6.2g Polyunsaturated Fat, 37.0g Monounsaturated Fat, 560mg Potassium	2600	28.2	52.0	8.8	9.2	7.4	525	5.5
Woolworths Select Crunchy Peanut Butter Spread	2670	21.6	53.6	8.2	16.3	9.2	446	4.7
Woolworths Select Smooth Peanut Butter Spread	2650	17.9	53.6	7.4	18.5	8.5	500	-
Woolworths Select Crunchy Lite Peanut Butter Spread	2330	19.3	37.4	6.3	34.1	8.6	294	4.7
Woolworths Select Smooth Lite Peanut Butter Spread	2410	16.9	39.8	6.6	36.6	8.5	466	3.1
Woolworths Select Crunchy American Style Peanut Butter Spread *also includes 10.8g Polyunsaturated Fat, 25.9g Monounsaturated Fat	2610	26.0	49.1	10.1	21.0	9.5	400	-
Woolworths Select Smooth American Style Peanut Butter Spread *also includes 10.8g Polyunsaturated Fat, 26.0g Monounsaturated Fat	2640	27.5	49.9	10.8	19.0	12.0	410	-
Woolworths Homebrand Crunchy Peanut Butter *also includes 17.0g Polyunsaturated Fat, 18.8g Monounsaturated Fat	2570	25.4	46.8	10.4	24.1	14.1	302	-
Woolworths Homebrand Smooth Peanut Butter *also includes 17.0g Polyunsaturated Fat, 19.3g Monounsaturated Fat	2630	25.2	48.7	10.9	23.8	14.1	330	-
Woolworths Homebrand Choc Hazelnut Spread *also includes 7.1g Polyunsaturated Fat, 21.4g Monounsaturated Fat	2390	4.9	37.9	9.4	51.2	50.5	90.2	3.5
Cheese Spreads								
Coles Cheese Spread *also includes 230mg Ca	1247	7.9	28.6	18.9	3.2	2.3	1300	-
Kraft Cream Cheese Spread *also includes 890mg Ca	1230	10.3	26.4	18.7	4.3	4.3	1280	-
Kraft Cream Cheese Light Spread *also includes 1020mg Ca	1090	13.5	19.5	13.8	7.8	7.8	1410	-
Kraft Cream Cheese Cheddar Spread *also includes 966mg Ca	1160	11.7	23.6	16.3	4.5	4.5	1570	-
Woolworths Select Cream Cheese Spread *also includes 0.9g Polyunsaturated Fat, 7.6g Monounsaturated Fat	1250	7.6	30.1	20.6	3.0	3.0	1100	-
Yeast Spreads								
AussieMite Yeast Extract *also includes 11mg Thiamine, 8.7mg Riboflavin, 50mg Niacin, 1.0mg Folate, 10ug Vitamin B12	829	10.0	0.6	0.2	37.2	0.5	3930	-
Dick Smith's OzeMite Yeast Spread *also includes 11mg Thiamine, 8.6mg Riboflavin, 50mg Niacin, 2mg Folate	941	12.2	<0.1	<0.1	42.0	14.6	2990	-

	Energy (kj)	Protein (g)	Fat (total) (g)	Fat (sat) (g)	CHO (g)	Sugars (g)	Na (mg)	Dietary Fibre (g)
Freedom Vege Spread *also includes 12mg Thiamine, 16mg Riboflavin, 110mg Niacin, 2000ug Folate	740	7.5	<0.1	<0.1	38.7	7.5	3850	
Mighty Mite Yeast Spread *also includes 12mg Thiamine, 16mg Riboflavin, 110mg Niacin, 2000ug Folate, 1ug Vitamin B12	605	7.7	<1.0	<1.0	26.8	3.9	3140	-
Omegasmart Omegamite *also includes 700mg Omega-3 Total PUFAs, 100mg EPA, 500mg DHA, 11.0 Thiamine, 8.7 Riboflavin, 50.0 Niacin, 1.0 Folate	634	9.4	4.0	2.0	24.4	4.5	2808	-
Promite Spread	921	13.4	2.7	1.6	32.9	18.0	4806	-
Sanitarium Marmite Spread *also includes 11mg Thiamine, 8.6mg Riboflavin, 50mg Niacin, 2000ug Folate, 10ug Vitamin B12, Iron 36mg	690	17.4	1.0	0.1	16.8	11.2	3310	9.3
Vegemite Spread *also includes 11mg Thiamine, 8.6mg Riboflavin, 50mg Niacin, 2000ug Folate	798	25.4	<1.0	<1.0	19.9	2.2	3450	7.8
Vegemite Salt Reduced Spread *also includes 11mg Thiamine, 8.6mg Riboflavin, 50mg Niacin, 8mg Vitamin B6, 2000ug Folate, 10ug Vitamin B12, 2920mg Potassium	950	25.6	<1.0	<1.0	17.5	3.7	2430	9.2
Vegemite Cheesybite Spread *also includes 2.2mg Thiamine, 1.7mg Riboflavin, 10mg Niacin, 400ug Folate	1060	12.8	16.5	11.5	12.4	3.3	1490	-
Other								
Sweet William 60% Less Sugar Chocolate Spread *also includes 5.9g Polyunsaturated Fat, 24.5g Monounsaturated, 600g Omega-3	2080	14.2	36.0	4.7	32.5	20.9	12.8	19.6

- denotes no value indicated on NIP

List compiled by Stacey Beech and Zoe Lucock