

Phosphorus and manganese contents per portion and per 100g across the Nairn's range

Fine oatcakes 218g

	Per portion of 3 oatcakes	%RDA (3 oatcakes)	Per 100g	%RDA (100g)
Phosphorus, mg	98.5	14%	421.00	60%
Manganese, mg	0.91	45.5%	3.88	194%

Rough oatcakes 291g

	Per portion of 3 oatcakes	%RDA (3 oatcakes)	Per 100g	%RDA (100g)
Phosphorus, mg	110.8	16%	355	51%
Manganese, mg	1.08	54.0%	3.46	173%

Organic oatcakes 250g

	Per portion of 3 oatcakes	%RDA (3 oatcakes)	Per 100g	%RDA (100g)
Phosphorus, mg	142.0	20%	455	65%
Manganese, mg	0.90	45.0%	2.9	145%

Cheese oatcakes 200g

	Per portion of 3 oatcakes	%RDA (3 oatcakes)	Per 100g	%RDA (100g)
Phosphorus, mg	135.7	19%	545	78%
Manganese, mg	0.59	29.5%	2.35	118%

Cheese oatybakes

	Per Bag	%RDA (100g)	Per 100g	%RDA (1 bag)
Phosphorus, mg	141.5	88%	615	20%
Manganese, mg	0.44	96%	1.92	22.1%

Ginger oat biscuit

	Per portion of 2 biscuits	%RDA (2 biscuits)	Per 100g	%RDA (100g)
Phosphorus, mg	54.0	8%	270	39%
Manganese, mg	0.60	30.0%	2.98	149%