

Brand	Sub Category	NFB Product Code	Product Name	Puct Description	Website Description	Short Description	Long Description	Ingredients	Storage Instructions	Ready to Eat? (Y/N)	Is the product Fairtrade? (Y/N)	Is the product Organic? (Y/N)	Certified low FODMAP? (Y/N)	GMO Free (Y/N)	Is the product suitable for a GLUTEN FREE diet? (Y/N)	Is the product suitable for coeliac? (Y/N)	Is the product suitable for a VEGETARIAN DIET? (Y/N)	Is the product suitable for A VEGAN Diet? (Y/N)
RIFCo	Kimchi	RIF6002	RIFCo Organic Turmeric Kimchi 300g	Organic Turmeric Kimchi 300g	Inspired by traditional Korean cuisine, this blend of kimchi is perfectly paired with a blend of turmeric and black pepper for a slightly spicy twist on the classic.	Inspired by traditional Korean culture fermenting organic vegetables, Celtic sea salt and specially selected spices together, this is our spicier take on classic live kimchi.	This is one of the healthiest ways to consume curcumin (the active ingredient in turmeric), as the fermentation process breaks down the turmeric to make it easier for your body to absorb. This product is rich in beneficial live bacteria, enzymes, vitamins and	Turmeric, Black Pepper Cabbage, Carrots, Ginger, Radish, Chilli, Cayenne Pepper, Onion, Celtic Sea Salt	Keep refrigerated.	Y	N	Y	N	Y	Y	Y	Y	Y

[illegible]

Alcohol free? (Y/N)	Energy (kJ) * per 100g	Energy (kcal)?* per 100g	Fat (g)* per 100g	of which saturates* per 100g	Carbohydr ate (g)* per 100g	of which sugars (g)* per 100g	Fibre (g)* per 100g	Protein (g)* per 100g	Salt (g)* per 100g	Low fat?*(under 3g per 100g) (Y/N)	Fat free?*(under 0.5g per 100g) (Y/N)	Free from hydrogena ted fats? (Y/N)	Sugar free?*(under 0.5g per 100g) (Y/N)	High Fibre?*(at least 6g per 100g) (Y/N)	Low salt?*(under 0.12g per 100g) (Y/N)	Country of Origin
Y	124	29	0.3	0	5.9	0.2	2	1.8	1	Y	Y	Y	Y	N	N	UK