

150 mm

CMYK +

= PANTONE 7499 C

**Better
Than
Noodles™**

THAI STYLE

Noodles shapes made from Organic
Konjac Flour and Organic Oat Fibre

9

CAL.
PER 100G SERVING



- ✓ VEGAN
- ✓ ORGANIC
- ✓ GLUTEN FREE
- ✓ WHEAT FREE
- ✓ FAT FREE
- ✓ SUGAR FREE
- ✓ ZERO CARBS
- ✓ LOW CALORIE
- ✓ FIBRE SOURCE



Biodegradable



CN-BIO-141
Non-EU Agriculture

Serve with your favourite stir-fry

Calories

9
0,45%*

Fat

0g
0%*

Saturates

0g
0%*

Sugar

0g
0%*

Salt

0g
0%*

of an adult's reference intake. Typical Values per 100g: Energy 35kJ/9kcal
Reference intake of average adult (8400kJ/2000kcal)

**READY IN
2 MINUTES**

385g e
(300g e drained weight)

500 mm

210

80

210

300g e
drained weight

385g e
Net Weight



Outer Plastic



Best Before:

Batch No.:

Noodle shapes made from Organic Konjac
Flour and Organic Oat Fibre.

Storage:
Keep in a cool dry place. Don't freeze. Once open,
keep in clear water for a maximum of two days.

Healthy Living:
Better Than Noodles is free from **gluten, wheat, fat, sugar and salt**. It is suitable for many diets including **Vegan, Gluten-free, Keto and FODMAP**. They are made from organic konjac flour, which is rich in glucomannan, a soluble fibre not absorbed by the body. That is why they contain so little **calories and zero carbohydrates**.

What is konjac flour?
Konjac flour is made from the root of a vegetable plant grown in South East Asia. The flour is mixed with water to make noodles, which has a neutral taste, but when added to healthy ingredients, the noodles absorb the flavours so that you can enjoy a **healthy and delicious meal**.

Ingredients:
Purified Water, Organic Konjac Flour, Organic
Gluten-free Oat Fibre.
Allergen Declaration: Made in factory that handles
soy, oat and sulphite.

Each pack serves 2-3.
Recommended daily allowance.

Typical Value	
Energy kJ / kcal	35kJ/9kcal
Fat, g	0g
of which saturates, g	0g
Carbohydrates, g	0g
of which sugars, g	0g
Fibre, g	4g
Proteins, g	0.2g
Salt, g	0g

Recommendations:
Better Than Noodles is packed in water. You may notice a faint aroma when opening a pack.
This can be easily removed by rinsing the food under cold water.



www.BetterThanFoods.com

- How to prepare**
- Step 1**
Drain water from pack
and rinse noodles
under cold water.
 - Step 2**
Add to your
favourite soup,
stew, stir-fry, salad.
 - Boil for 1 mins, drain
and add to favourite
ingredients.
 - Dry fry in a non-stick
pan for 1 mins and add
to favourite ingredients.



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