

# Dietary List: Vegetarian



Current at September 2020 for Nestlé New Zealand

The following list of products are suitable for a Lacto-Ovo Vegetarian diet (some products may contain egg, dairy or honey). Products marked with an asterisk\* contain Vitamin D from lanolin.

This list of products applies to products manufactured for the New Zealand market (identifiable by Nestlé New Zealand Consumer Services details on pack).

This information is correct at date of issue and may be subject to change.

**Please check the product ingredient list on labels before consuming a product.**

## **Baking**

Nestlé *Bakers' Choice* Baking Cocoa

Nestlé *Bakers' Choice* Choc Bits - All

Nestlé *Bakers' Choice* Melts - All

Nestlé *Bakers' Choice* Cooking Chocolate

*Uncle Tobys* Oats - All

*Uncle Tobys* Plus – All (Calcium\*)

*Uncle Tobys* Super Blends

## **Beverages**

*Milo* - All\*

Nestlé *Caro* Extra

Nestlé *Coffee-Mate* - Powder

*Nesquik* - Chocolate

## **Coffee**

*International Roast* Coffee

*Nescafé* Black Roast

*Nescafé* Classic - All

*Nescafé* Coffee Mixes (Sachets) - All

*Nescafé* Dolce Gusto - All

*Nescafé* Gold - All

## **Cereals**

*Milo* Cereal - All\*

*Milo* Protein Clusters\*

*Nesquik* Cereal

*Purina* Toasted Muesli

*Uncle Tobys* Ancient Grains

*Uncle Tobys* Breakfast Bakes - All

*Uncle Tobys* Cheerios

*Uncle Tobys* O&G Crunchy Granola - All

## **Confectionery**

*Kit Kat* – All

*Milkybar* – All

Nestlé *Aero* - All

Nestlé *Chokito*

Nestlé *Rolo* Block

## **Dairy**

*Carnation* Creamy Evaporated Milk

*Carnation* Light & Creamy Evaporated Milk

*Carnation* Lite Cooking Cream

Nestlé *Dulce de Leche* Caramel Squeezy

Nestlé Reduced Fat Cream

#### **Dairy Continued...**

*Highlander* Sweetened Condensed Milk

*Highlander* Caramel

#### **Healthcare Nutrition**

*Optifast* VLCD Bar - All

*Sustagen* – All, excluding Optimum and Sport

#### **Medicated**

*Quick Eze* Chewy Peppermint

*Quick Eze* Original

*Soothers* Eucalyptus & Menthol

*Soothers* Honey & Lemon

*Soothers* Liquid Centres Lemon & Lime

#### **Snacks**

*Milo* Snack Bars - All\*

**Please Note: The following products may be suitable for a Lacto-Ovo-Vegetarian diet (some products may contain egg, dairy or honey), however they are manufactured on equipment processing crustacean and fish.**

#### **Foods**

*Maggi* 2 Minute Noodles - All

*Maggi* Cup Noodles - All

*Maggi* Fusian - Mi Goreng

*Maggi* Side Dishes - Cheesy Cauliflower

*Maggi* Side Dishes - Creamy Cheese and Garlic Potato Bake

*Maggi* Side Dishes - Herb Potato

*Maggi* Side Dishes - Sour Cream & Chives Potato Bake

*Maggi* Side Dishes - Three Cheese Potato Bake

*Maggi* Marketplace Singapore Noodles

*Maggi* Marketplace Chow Mein

*Maggi* Marketplace Chilli jam

*Maggi* Marketplace Stirfry - All

**Please Note: The following products do not contain any animal derived ingredients (other than egg, dairy and honey) and may be suitable for a Lacto-Ovo-Vegetarian diet if prepared with vegetarian ingredients. They are manufactured on equipment processing crustacean and fish.**

**Foods**

*Maggi* Recipe Base - Apricot Chicken

*Maggi* Recipe Base - Beef Bourguignon

*Maggi* Recipe Base - Beef Goulash

*Maggi* Recipe Base - Beef Stroganoff

*Maggi* Recipe Base - Butter Chicken

*Maggi* Recipe Base - Chilli Con Carne

*Maggi* Recipe Base - Mince Cottage Pie