

Product list

Food Products:

- Biscuits:

1. Maliban Bran Cracker
2. Maliban Gold Marie
3. Kist Stawberry Wafer

- Drinks:

1. Yeti Blast energy drink
2. Fanta Orange
3. Yeti Orange
4. Smak aloe vera drink

Nutritional information of foods

1. Aloe vera drink smak : Calories 39cal, Carbohydrates 9.6g, Energy 163.1kJ, Fibers 0g, Proteins 0.06g, Saturated 0g, Sugar 7.9g, Sodium 18.9mg
2. Maliban Bran Cracker: Calories 91cal, Carbohydrates 15.4g, Energy 380kJ, Fibers 1.4g, Proteins 2.4g, Saturated 1.0g, Sugar free, Sodium 97mg

3. Maliban Gold Marie: Calories 109cal, Carbohydrates 18g, Energy 456kJ, Fibers 0, Proteins - 2.2g, Saturated Fat 1.4g, Sugar 5.04g, Sodium 48mg
4. Yeti Blast energy drink : Calories 25cal, Carbohydrates5.83g, Energy 105kJ, Fibers 0, Proteins0, Saturated Fat 0, Sugar 5.38g, Sodium 28mg
5. Kist Stawberry Wafer: 84.43 cal, 14.12g Carbs, 353.25kJ, fibres 0, Proteins 1.29g, 2.43g Saturated fat, Suagr 15g, Sodium 25mg
6. Fanta Orange : 270 cal, 0.045g Carbs, 188.28kJ, fibres 0, Proteins 0g, 2.43g Saturated fat, Suagr 41g, Sodium 60mg
7. Yeti Orange: 25cal, 5.83g Carbs, 105kJ, fibres 0, Proteins 1.29g, 2.43g Saturated fat, Suagr 15g, Sodium 25mg

Common Nutrition Questions:

Bran Cracker

1. "Is Bran cracker a healthy option?"

Bot: For those who want to keep fit while enjoying life to the fullest, Maliban Real Bran Cracker is ideal, with low energy, fat content, sugar-free and high fibre.

- Calories: [91kcal]

- Carbohydrates: [15.4g]

- Proteins: [2.4g]

- Fats: [2.2g]

2. "How many carbohydrates are there in Bran Cracker?"

Bot: In an average quantity per serving of Bran Cracker, you can expect around 15.4g of carbohydrates. Remember to consider portion sizes when incorporating it into your overall daily carb intake."

3. "What are some healthy snack options?"

Bot: For healthier snacking, consider options like:

- Maliban Gold Marie
- Munchee Bran Cracker
- Ginger biscuits

4. "What's the nutritional value of Bran cracker?"

Bot: Per serving, Bran cracker provides approximately:

- Calories: [91kcal]

- Carbohydrates: [15.4g]

- Proteins: [2.4g]

- Fats: [2.2g]

It's essential to be mindful of added sugars, so check the nutrition label for a detailed breakdown."

5. "Can you recommend a high-protein snack?"

Bot: Munchee cream cracker

- Calories: [110g]

- Carbohydrates: [14.81g]

- Proteins: [2.27g]

- Fats: [1.2g]

Additionally, they provide a convenient source of protein for your diet."

6. "I have dietary restrictions. What snacks do you recommend?"

Bot: For those with dietary restrictions, consider options like:

- Munchee Bran Cracker
- Maliban Ginger biscuits
- Maliban Gold Marie

Always check the product labels for specific allergen information."

Gold Marie

1. "Is Gold Marie a healthy option?"

Bot: Gold Marie biscuits are enriched with vitamins A,B,D and E which are essential for a healthy diet. It has a classic cookie-like texture and appearance. It's medium-soft crunchiness makes it either consumed by itself or ideal to be snacked with a hot beverage.

- Calories: [109kcal]

- Carbohydrates: [18g]

- Proteins: [2.2g]

- Fats: [1.4g]

2. "How many carbohydrates are there in Gold Marie?"

Bot: In an average quantity per serving of Gold Marie, you can expect around 18g of carbohydrates. Remember to consider portion sizes when incorporating it into your overall daily carb intake."

3. "What are some healthy biscuit options?"

Bot: For healthier snacking, consider options like:

- Munchee Bran Cracker
- Ginger biscuits

4. "What's the nutritional value of Gold Marie?"

Bot: Per serving, gold Marie provides approximately:

- Calories: [109kcal]

- Carbohydrates: [18g]

- Proteins: [2.2g]

- Fats: [1.4g]

It's essential to be mindful of added sugars, so check the nutrition label for a detailed breakdown."

5. "Can you recommend a high-protein snack?"

Bot: Munchee cream cracker

- Calories: [110g]

- Carbohydrates: [14.81g]

- Proteins: [2.27g]

- Fats: [1.2g]

6. "I have dietary restrictions. What biscuits do you recommend?"

Bot: For those with dietary restrictions, consider options like:

- Munchee Bran Cracker
- Maliban Bran Cracker

Always check the product labels for specific allergen information."

Yeti Blast drink

1. "Is Yeti Blast drink a healthy option?"

Bot: Yeti Sports Drinks contain a precise mix of electrolytes for superior rehydration and a comprehensive mix of B vitamins for recovery and energy. Yeti Isotonic fulfills the need for an isotonic drink that optimises performance and fitness but with an exciting taste sensation.

- Calories: [25cal]

- Carbohydrates: [5.83g]

- Proteins: [0]

- Fats: [0]

2. "How many carbohydrates are there in Yeti Blast drink?"

Bot: In an average quantity per serving of Yeti Blast drink, you can expect around 5.38g of carbohydrates. Remember to consider portion sizes when incorporating it into your overall daily carb intake."

3. "What are some healthy drink options?"

Bot: For healthier drinking, consider options like:

- Smack Aloe Vera Drink
- Smack Mango Nectar
- Smack mixed-fruit Nectar

- Yeti isotonic (Orange)
- Coke zero (diet coke)

4. "What's the nutritional value of the Yeti Blast drink

Bot: Per 100ml, Yeti Blast drink provides approximately:

- Calories: [25cal]
- Carbohydrates: [5.83g]
- Proteins: [0]
- Fats: [0]

It's essential to be mindful of added sugars, so check the nutrition label for a detailed breakdown."

5. "Can you recommend a high-protein drink?"

Bot:

6. "I have dietary restrictions. What drink do you recommend?"

Bot: For those with dietary restrictions, consider options like:

- Redbull sugar-free drink

Always check the product labels for specific allergen information."

Product list - Senuda

Food Products:

- Drinks:

1. Coca cola
2. Pepsi
3. Ride
4. Sprite

Nutritional information of foods

1. Coca cola - Calories 42kCal, Carbohydrates 10.6g, Energy 180kJ, Sugar 10.6g
2. Pepsi - Calories 43kCal, Carbohydrates 10.9g, Energy 180kJ, Sugar 10.9g, Sodium 10mg
3. Ride - Calories 89kCal, Carbohydrates 22g, Energy 372kJ, Proteins 0.25g, Sugar 21.75g, Sodium 2000mg
4. Sprite - Calories 41kCal, Carbohydrates 10.2g, Energy 171kJ, Sugar 4.4g

Nutritional Questions

Coca Cola:

"Is Coca Cola a healthy choice?"

Bot: "Coca Cola can be enjoyed occasionally, but it's not the healthiest option. A single serving provides: Calories: 42kCal, Carbohydrates: 10.6g, Sugar: 10.6g. It's best to limit consumption due to its high sugar content."

"How many carbohydrates are there in a serving of Coca Cola?"

Bot: "In a serving of Coca Cola, you can expect around 10.6g of carbohydrates. It's essential to consider portion sizes when including it in your daily carb intake."

"What's the sugar content in Coca Cola?"

Bot: "Coca Cola contains 10.6g of sugar per serving. Monitoring sugar intake is important for a balanced diet, so it's advisable to consume it in moderation."

"Is Coca Cola suitable for those watching their calorie intake?"

Bot: "Coca Cola provides 42kCal per serving, which is relatively moderate. However, due to its high sugar content, it's recommended to consume it sparingly."

"How does the nutritional value of Coca Cola compare to other soft drinks?"

Bot: "Coca Cola has similar nutritional content to other soft drinks, with 42kCal and 10.6g of carbohydrates. Choosing lower-sugar options is generally healthier."

"What are the potential health risks associated with regular Coca Cola consumption?"

Bot: "Regular consumption of Coca Cola may contribute to health risks due to its high sugar content. Health concerns include weight gain and increased risk of dental issues."

"Does Coca Cola contain any proteins?"

Bot: "Coca Cola has negligible protein content, providing minimal nutritional value in terms of proteins. It's primarily a source of calories from sugars."

"How does the energy content of Coca Cola compare to other beverages?"

Bot: "Coca Cola provides 42kCal of energy per serving. While it's not the highest, opting for beverages with lower sugar content may be a better choice for overall health."

"What are the main ingredients in Coca Cola?"

Bot: "The main ingredients in Coca Cola include carbonated water, high fructose corn syrup, caramel color, phosphoric acid, natural flavors, and caffeine."

"Can I include Coca Cola in a balanced diet?"

Bot: "Coca Cola can be included occasionally in a balanced diet, but it's important to be mindful of its sugar content. Consider healthier beverage options for daily consumption."

Pepsi:

"Is Pepsi a healthier alternative to other soft drinks?"

Bot: "Pepsi is similar to other soft drinks in terms of nutritional content. A serving provides Calories: 43kCal, Carbohydrates: 10.9g, Sugar: 10.9g, Sodium: 10mg. Like other sodas, it's best consumed in moderation."

"How does the carbohydrate content of Pepsi compare to Coca Cola?"

Bot: "Pepsi has a slightly higher carbohydrate content than Coca Cola, with 10.9g per serving. Consider portion sizes to manage your daily carbohydrate intake."

"What is the sodium content in Pepsi?"

Bot: "Pepsi contains 10mg of sodium per serving. While it's relatively low, it's essential to be mindful of sodium intake for overall health."

"Can I include Pepsi in a low-sugar diet?"

Bot: "Pepsi, like other sodas, has a significant sugar content with 10.9g per serving. If you're aiming for a low-sugar diet, it's advisable to limit consumption."

"How does Pepsi contribute to daily calorie intake?"

Bot: "Pepsi provides 43kCal per serving, contributing to daily calorie intake. Moderation is key, especially if you're watching your overall caloric consumption."

"What are the potential health risks associated with regular Pepsi consumption?"

Bot: "Regular consumption of Pepsi may pose health risks due to its high sugar content. These risks include weight gain and an increased likelihood of dental issues."

"Does Pepsi contain any proteins?"

Bot: "Pepsi has minimal protein content, offering little nutritional value in terms of proteins. It primarily serves as a source of calories from sugars."

"What are the main ingredients in Pepsi?"

Bot: "The main ingredients in Pepsi include carbonated water, high fructose corn syrup, caramel colour, phosphoric acid, natural flavours, and caffeine."

"How does Pepsi compare nutritionally to other popular soft drinks?"

Bot: "Nutritionally, Pepsi is similar to other popular soft drinks, providing 43kCal, 10.9g of carbohydrates, and 10.9g of sugar per serving."

"Can Pepsi be a part of a balanced diet?"

Bot: "Pepsi can be included occasionally in a balanced diet, but it's important to be aware of its sugar content. For a healthier choice, consider alternatives with lower sugar levels."

Ride:

"Is Ride drink a healthy beverage option?"

Bot: "Ride drink has higher nutritional values. Per serving, it contains Calories: 89kCal, Carbohydrates: 22g, Proteins: 0.25g, Sugar: 21.75g, Sodium: 2000mg. Due to its high sugar and sodium content, it's recommended to limit intake for a healthier choice."

"How does the carbohydrate content of Ride compare to other energy drinks?"

Bot: "Ride has a higher carbohydrate content with 22g per serving compared to some other energy drinks. Consider portion sizes when managing your daily carb intake."

"What are the protein levels in Ride drink?"

Bot: "Ride drink provides minimal protein, with 0.25g per serving. It's not a significant source of proteins, so consider other protein-rich options in your diet."

"How much sugar is in a serving of Ride drink?"

Bot: "Ride drink contains a substantial amount of sugar, with 21.75g per serving. Limiting consumption is advisable to maintain a balanced and low-sugar diet."

"Is Ride drink suitable for individuals watching their sodium intake?"

Bot: "Ride drink has a high sodium content, providing 2000mg per serving. If you're monitoring your sodium intake, it's recommended to choose beverages with lower sodium levels."

"What are the potential health risks associated with regular Ride drink consumption?"

Bot: "Regular consumption of Ride drink may pose health risks due to its high sugar and sodium content. These risks include weight gain and potential adverse effects on heart health."

"Does Ride drink offer any nutritional benefits?"

Bot: "While Ride drink provides energy through carbohydrates, it lacks significant nutritional benefits. It's essential to balance energy drinks with a variety of nutrient-rich foods in your diet."

"What are the main ingredients in Ride drink?"

Bot: "The main ingredients in Ride drink include carbonated water, sugar, acidity regulators, flavourings, and preservatives. It's important to be aware of these components for dietary considerations."

"How does Ride compare to other energy drinks in terms of nutritional content?"

Bot: "Nutritionally, Ride drink has higher sugar and sodium levels compared to some other energy drinks. It's crucial to be mindful of these factors for overall health."

"Can Ride drink be part of an athlete's diet?"

Bot: "Ride drink can be included occasionally for athletes needing quick energy. However, due to its high sugar and sodium content, athletes should consider other sources of hydration and energy for sustained performance."

Sprite:

"Is Sprite a healthier choice among carbonated beverages?"

Bot: "Sprite is a lighter option compared to some other drinks. Per serving, it has Calories: 41kCal, Carbohydrates: 10.2g, Sugar: 4.4g. It's relatively low in calories and sugar, making it a better choice if you're looking for a fizzy drink."

"How does the sugar content of Sprite compare to other sodas?"

Bot: "Sprite has a lower sugar content compared to many sodas, with 4.4g per serving. It can be a better option if you're seeking a carbonated beverage with reduced sugar."

"What are the carbohydrate levels in a serving of Sprite?"

Bot: "A serving of Sprite contains 10.2g of carbohydrates. While it contributes to your daily carb intake, it's lower compared to some other carbonated drinks."

"Can Sprite be considered a low-calorie drink?"

Bot: "Sprite is relatively low in calories, providing 41kCal per serving. If you're looking for a lighter carbonated option, Sprite can be a suitable choice."

"How does Sprite contribute to daily energy intake?"

Bot: "Sprite contributes 41kCal to your daily energy intake. If you're mindful of calorie consumption, choosing beverages with lower calorie content can be beneficial."

"What's the recommended daily limit for added sugars, and how does Sprite fit into this guideline?"

Bot: "The recommended daily limit for added sugars is [X]. With 4.4g of sugar per serving, Sprite can be included within this limit when consumed in moderation."

"Does Sprite contain any proteins?"

Bot: "Sprite has negligible protein content, providing minimal nutritional value in terms of proteins. It's primarily a source of calories from carbohydrates."

"What are the main ingredients in Sprite?"

Bot: "The main ingredients in Sprite include carbonated water, high fructose corn syrup, citric acid, natural flavours, and sodium citrate. Be aware of these components for dietary considerations."

"How does the nutritional profile of Sprite compare to other lemon-lime sodas?"

Bot: "Nutritionally, Sprite is similar to other lemon-lime sodas, offering 41kCal, 10.2g of carbohydrates, and 4.4g of sugar per serving."

"Can Sprite be a part of a balanced diet?"

Bot: "Sprite can be included in a balanced diet when consumed in moderation. Its lower sugar content makes it a better option compared to some other carbonated beverages."

