

20130422 - Nutritional balance of wheat cravers - 2012

[Data] [[Normal page](#)] [**PEREZGONZALEZ Jose D (2012)**. *Nutritional balance of wheat cravers*. Knowledge ([ISSN 2324-1624](#)), 2013, pages 78-80.]

Wheat cravers' BNI

Perezgonzalez assessed the nutritional balance of wheat cravers⁴ in 2012³, as part of a research on the nutritional composition of snacks in New Zealand.

Wheat cravers had, on average, a nutritional unbalance of [BNI 55.71na](#), being particularly biased towards excess of sodium. They were also adequate in carbohydrate, sugar and saturated fat, high in fat, and low in protein and fiber.

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Illustration 1: Nutrition information (wheat cravers)

BNI	55.71na	0.00
Food, 100g	2012	Ideal
Protein	9.1	22.7
Carbohydrate	64.6	62.4
Sugar	2.9	< 2.9
Fat	17.7	12.6
Saturated fat	3.8	< 3.8
Fiber	0.7	6.8
Sodium	0.882	< 0.454
Kcal	454.1	454.1
kJul	1900.0	1900.0

Illustration 2: Nutritional profile (wheat cravers)

60%		*				
55%		*				
50%		*				
45%		*				
40%		*				
35%		*	*			
30%		*	*			
25%		*	*			
20%		*	*			
15%		*	*			
10%	*	*	*			
5%	*	*	*			
mid	p	c	f	fb		
max		s	sf		na	
5%		*	*			*
10%			*			*
15%						*
20%						*
25%						*
30%						*
35%						*
40%						*
45%						*

ideal % = grey cells; actual % = asterisk (*)

International standards

Wheat cravers appeared less unbalanced according to international [Recommended Dietary Intakes \(RDIs\)](#), slightly less so according to US' standards.

Illustration 3: Nutritional balance across international RDIs

Wheat cravers	(dietIndex)	55.71	51.44	40.07	50.71	48.41
Product100g	Company	BNI	WHO	US/CAN	AUS/NZ	UK
Shapes Sensations honey soy chicken	Arnott's	41.80	30.46	26.97	37.55	27.66
Shapes Sensations vintage cheddar & chives	Arnott's	41.89	29.16	26.96	37.55	28.17
Shapes Sensations roasted garlic & parmesan	Arnott's	44.63	33.70	29.30	39.88	30.18
Home Brand Snack Crackers barbecue	Woolworths	45.51	45.51	43.85	50.21	48.21
Shapes Sensations balsamic vinegar & sea salt	Arnott's	45.88	33.35	30.66	41.20	31.61
Shapes cheese & bacon	Arnott's	49.17	49.17	34.11	39.93	39.93
Shapes Roadies tangy BBQ ribs	Arnott's	50.56	40.56	35.93	45.93	45.93
Shapes pizza	Arnott's	52.15	52.15	38.47	38.47	38.47
Shapes Roadies crispy bacon & sour cream	Arnott's	52.82	42.82	37.85	47.85	47.85
Shapes Roadies sea salt & vinegar	Arnott's	53.03	43.03	38.11	48.11	48.11
Shapes Roadies seasoned roast chicken	Arnott's	54.70	44.70	39.49	49.49	49.49
Shapes Roadies peri peri chicken	Arnott's	55.65	45.65	40.34	50.34	50.34
Shapes barbecue	Arnott's	59.18	59.18	44.56	44.92	44.92
Eta Cravers smokey bacon	Griffin's	60.06	58.06	44.13	54.13	54.13
Shapes cheddar	Arnott's	60.42	60.42	45.44	45.44	45.44
Eta Cravers pizza	Griffin's	60.57	58.18	44.38	54.38	54.38
Eta Cravers spare ribs	Griffin's	61.15	55.99	45.08	55.08	55.08
Shapes Roadies crispy cheddar potato skins	Arnott's	64.44	54.44	47.85	57.85	57.85
Shapes chicken crimpy	Arnott's	64.70	64.70	48.46	58.14	58.14
Eta Cravers barbeque	Griffin's	67.88	62.59	50.90	60.90	60.90
Eta Cravers chicken	Griffin's	72.45	67.20	54.88	64.88	64.88
Home Brand Snack Crackers chicken	Woolworths	78.98	78.98	67.60	67.60	65.60
Shapes chicken drumstick	Arnott's	105.22	105.22	84.66	89.64	89.64

(Source: Perezgonzalez, 2012a¹)

Methods

Research approach

Exploratory study.

Data

The research sample comprised 23 wheat craver products, including different brands and flavors, collected in a convenient manner (see [Perezgonzalez, 2012a¹](#)).

Materials & analysis

Relevant data were collated, then assessed using the [Balanced Nutrition Index™ \(BNI™\)](#) technology (see [Perezgonzalez, 2012b²](#)). SPSS-v18 was used for the computation of variables, including BNI and international indexes, and statistical analyses.

References

1. **PEREZGONZALEZ Jose D (2012a)**. *Yummy crackers*. The Balanced Nutrition Index ([ISSN 1177-8849](#)), 2013, issue 1.
 2. **PEREZGONZALEZ Jose D (2012b)**. *Balanced Nutrition Index™ (BNI™) (2e)*. Knowledge ([ISSN 2324-1624](#)), 2013, pages 38-40.
 3. **PEREZGONZALEZ Jose D (2012)**. *Nutritional balance of wheat crackers (descriptive statistics)*. Knowledge ([ISSN 2324-1624](#)), 2013, pages 74-77.
- +++ **Notes** +++
4. Savory wheat crackers manufactured so as to compete in the same niche than chips and crisps.

Want to know more?

BNI analysis of individual wheat craver products

You can access either the [BNI™ database](#) or the '[BNI™ journal \(2013, issue 1\) - Yummy crackers](#)' for individual nutrition analyses of each food product in the sample.

[Wiki of Science - Nutritional balance of wheat crackers \(descriptive statistics\)](#)

This Wiki of Science page provides an in-depth descriptive analysis of the nutritional balance of wheat crackers.

[Wiki of Science - Nutritional balance of foods](#)

This Wiki of Science page collates information about several foods on a single page and provides useful links to the appropriate files.

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