



## Nutritional information

Cow & Gate Apple, guava & pineapple pots, Foods 4-6 months

Composition	Typical Values	Typical Values per 100g
Energy	230	kJ
	54	kcal
Fat	0.3	g
of which saturates	0	g
Carbohydrate	11.4	g
of which sugars*	9.2	g
Fibre	2.4	g
Protein	0.5	g
Salt	0.01	g

\*No added sugar. Contains naturally occurring sugars only.

\*\*1 portion of fruit for a 1 yr old = 40-60g, infants will eat less.