



Nutritional information

Cow & Gate Fruit mix, Foods 4-6 months

Composition	Typical values per 100g
Energy	245 kJ / 58 kcal
Fat	0.1 g
of which saturates	0 g
Carbohydrate	12.8 g
of which sugars*	12.4 g
Fibre	1.7 g
Protein	0.5 g
Salt	0 g
Vitamin C	20 mg
Vitamin C	80% LRV†

*Contains naturally occurring sugars.

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

†Labelling Reference Value for infants & young children.