



Nutritional information

Cow & Gate Multigrain banana porridge, Foods 7 months +

Composition	Typical values per 100g dry product	Per 25g cereal portion ¹ (%LRV ²)	Units
Energy	1565	963	kJ
	370	229	kcal
Fat	1.6	6.4	g
of which saturates	0.2	2.7	g
Carbohydrate	72.5	35.3	g
of which sugars*	12.3	20.1	g
Fibre	11.5	4.1	g
Protein	10.7	5.5	g
Salt	0.03	0.09	g
Vitamins			
Vitamin A	282.8	204.7 (51%)	µg RE
Vitamin D ₃	6.8	4.7 (47%)	µg
Vitamin E	5.6	3.8	mg α-TE
Vitamin C	18.6	23.7 (95%)	mg
Thiamin (B ₁)	1.1	0.4 (76%)	mg
Biotin	11.0	5.8	µg
Pantothenic acid	2.4	1.3	mg
Minerals			
Iron	12.2	5.1 (84%)	
Zinc	5.9	2.6 (65%)	

*Naturally occurring sugars. Contains naturally occurring sugar only.

¹Based on a 25g serving of cereal (approximately 4 tablespoons) made with 200ml of Follow on milk (approximately 12 tablespoons). There are approximately eight 25g portions in this pack.

²Labelling Reference Value for infants & young children