



Nutritional information

Cow & Gate Multigrain porridge with oats and barley, Foods 7 months +

Composition	Typical values per 100g dry product	Per 50g cereal ¹ (%LRV ¹)	Units
Energy	1858	928	kJ
	441	221	kcal
Fat	13.2	6.6	g
of which saturates	5.2	2.6	g
Carbohydrate	63.5	31.7	g
of which sugars*	39.2	19.6	g
Fibre	3.3	1.7	g
Protein	15.5	7.8	g
Salt	0.25	0.13	
Vitamins			
Vitamin A	420.6	210.1 (53%)	µg-RE
Vitamin D ₃	6.0	3.0 (30%)	µg
Vitamin E	7.5	3.7	mg α-TE
Vitamin C	37.9	18.9 (76%)	mg
Thiamin (B ₁)	1.1	0.6 (110%)	mg
Biotin	19	9.5	µg
Vitamin B ₆	0.7	0.4 (51%)	mg
Minerals			
Calcium	547.7	273.6 (68%)	mg
Iron	8.5	4.2 (70%)	mg
Iodine	116.4	58.1 (83%)	µg

*Naturally occurring sugars. Contains naturally occurring sugar only.

¹Based on a 50g serving of cereal (approximately 8 tablespoons) made with 140ml of water (approximately 9 tablespoons). There are approximately four 50g portions in this pack.

¹Labelling Reference Value for infants & young children

