



## Nutritional information

### Cow & Gate My first muesli, Foods 10 months +

Composition	Typical values per 100g dry product	Per 35g cereal portion <sup>1</sup> (%LRV <sup>2</sup> )	Units
Energy	1534	680	kJ
	367	163	kcal
Fat	5.4	5.0	g
of which saturates	1.0	2.4	g
Carbohydrate	64.7	26.7	g
of which sugars <sup>3</sup>	18.8	10.6	g
Fibre	8.4	2.9	g
Protein	10.1	6.7	g
Salt <sup>4</sup>	0.075	0.125	g
<b>Vitamins</b>			
Vitamin A	264	127 (32%)	µg RE
Vitamin E	3.4	1.3	mg α-TE
Pantothenic acid	1.8	1.2	mg
Vitamin B <sub>6</sub>	0.5	0.2 (29%)	mg
Biotin	8.1	5.1	µg
Vitamin D <sub>3</sub>	10	3.6 (36%)	µg
Vitamin C	38	15 (60%)	mg
Thiamin (B <sub>1</sub> )	0.5	0.3 (62%)	mg
Niacin (B <sub>3</sub> )	5.3	2	mg
Folic acid	40	21 (21%)	µg
<b>Minerals</b>			
Calcium	200	177 (44%)	mg
Iron	11.5	4.1 (68%)	mg
Zinc	5.4	2.3 (56%)	mg

<sup>3</sup>Naturally occurring sugars. Contains naturally occurring sugar only.

<sup>1</sup>Based on a 35g serving of cereal (approximately 4 tablespoons) made with 90ml of whole cow's milk (approximately 6 tablespoons). There are approximately nine 35g portions in this pack.

<sup>2</sup>Labelling Reference Value for infants & young children.