



Nutritional information

Cow & Gate Growing Up milk, powder 800g

Nutrition information

Typical values per 100ml prepared drink. %RI† / 100ml

| | | Vitamins | | Minerals | |
|--------------------|-----------------|------------------------------|----------------------|----------|--------------|
| Energy | 275kJ 65kcal | Vitamin A | 68µg 17% | Calcium | 120mg 22% |
| Fat | 2.6g | Vitamin D ₃ | 3.1µg 44% | Iron | 1.2mg 15% |
| of which saturates | 0.6g | Vitamin E | 1.1mg α-TE 22% | Zinc | 0.9mg 18% |
| Carbohydrate | 8.5g | Vitamin K ₁ | 5.1µg 43% | Iodine | 20µg 25% |
| of which sugars | 6.7g | Vitamin C | 15mg 33% | Others | |
| Fibre | 0.8g | Riboflavin (B ₂) | 0.23mg 33% | GOS/FOS* | 1.2g |
| Protein | 1.5g | Vitamin B ₁₂ | 0.4µg 50% | | |
| Salt | 0.07g | Pantothenic Acid | 0.58mg 19% | | |