



## Nutritional information

Cow & Gate Growing Up milk 2, powder 800g

### Nutrition information

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

		Vitamins		Minerals	
Energy	210kJ 50kcal	Vitamin A	62µg 16%	Calcium	120mg 22%
Fat	1.9g	Vitamin D <sub>3</sub>	2.9µg 41%	Iron	1.2mg 15%
of which - saturates	0.4g	Vitamin E	1.0mg α-TE 20%	Zinc	0.9mg 18%
Carbohydrate	6.5g	Vitamin K <sub>1</sub>	4.6µg 38%	Iodine	20µg 25%
of which sugars	5.8g	Vitamin C	15mg 33%	<b>Others</b>	
Fibre	0.9g	Riboflavin (B <sub>2</sub> )	0.23mg 33%	GOS/FOS*	1.2g
Protein	1.3g	Vitamin B <sub>12</sub>	0.4µg 50%		
Salt	0.05g	Pantothenic Acid	0.58mg 19%		

\* GOS/FOS = Galacto- and fructo-oligosaccharides

† RI = Reference Intake - a guide to the amount of vitamins and minerals needed per day for infants and young children