

12+
months

Toddler Nutrition Guide



alula

S-26
GOLD*

TODDLER



Introduction

Your child's first years are a time of rapid growth and development, when their brain develops faster than any other time in their life. At this critical stage, your toddler should be eating a wide variety of foods, and accepting new tastes and textures.

Variety in your toddler's diet is essential to help fuel their body with energy, help boost their brain function, and support their growth and development. Because their stomach is relatively small (approximately the size of their fist!), toddlers need to be offered food throughout the day to ensure they receive a balance of essential nutrients.

As a parent, you play a vital role in structuring your toddler's early experiences with food and eating. In fact, your toddler learns what, when, and how much to eat based on your beliefs, attitudes and practices.

This guide aims to help you understand the importance of healthy eating and nutrition for your toddler. It includes an explanation of the different types of nutrients and their role in your toddler's development. It also provides some healthy meal plan options, and helps bust some common myths about food and nutrition.



Toddler Growth and Development

On average, toddlers gain 2-3 kg between their first and second birthdays. They then gain about 2 kg between their second and third birthdays. Toddlers grow about 12 cm in height between their first and third birthdays.

The following table provides an overview of some of the developmental milestones that toddlers may be reaching between 1 and 3 years of age. All toddlers are different and may develop at different stages. If you have any concerns, speak to a healthcare professional.

DEVELOPMENTAL MILESTONES IN TODDLERS



12 MONTHS:

- May be standing or walking
- Says up to 3 recognisable words
- Understands several words and simple commands
- Enjoys showing you affection
- Begins to understand the meaning of 'no'
- Can self-feed but needs assistance with utensils.



18 MONTHS:

- Walks well, begins to run
- Climbs on furniture
- Can stack 3–4 blocks
- Follows simple directions
- Has a vocabulary of up to 25 words
- Attempts self-feeding with a spoon.



2 YEARS:

- Walks up and down stairs alone
- Kicks a ball
- Combines 2–3 words together
- Identifies objects and parts of own body
- Likes eating with hands and experimenting with textures
- Enjoys eating with family and peers
- Can self-feed with utensils.



3 YEARS:

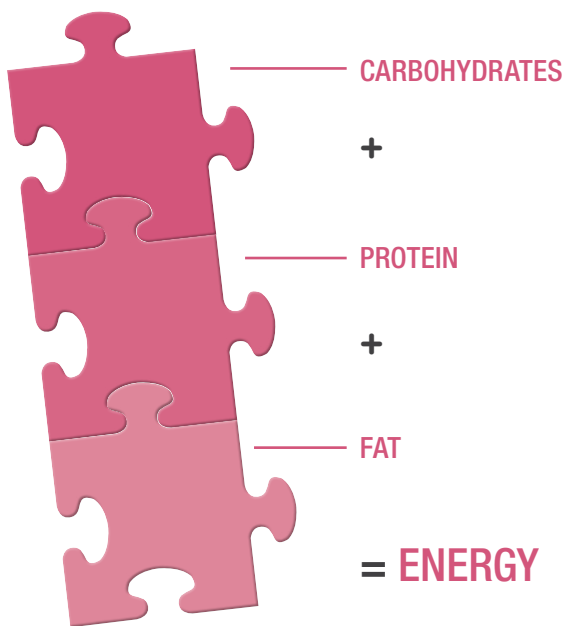
- Balancing on one foot briefly
- Asks 'what' questions
- Identifies a friend by name
- Puts on shoes and simple pieces of clothing
- Co-operates in play with peers
- Places spoon straight in mouth
- Can use a cup well
- Chews more foods
- Eats efficiently by themselves.

The Essential Nutrients

Toddlers need a balance of many different essential nutrients for their growth and development. The following pages explain the difference between macronutrients and micronutrients, in which foods they can be found, and how much your toddler needs.

MACRONUTRIENTS

Macronutrients provide toddlers with energy in the form of kilojoules. There are three types of macronutrients: protein, fat and carbohydrates. Your toddler needs these macronutrients to support their growth and metabolism, and to give them the energy they need to carry out their daily activities. Each macronutrient serves a different purpose, so you need to ensure your toddler consumes the right amount of each in their daily diet.



DID YOU KNOW?

The human brain is made up of 60% fat!

FAT

Fat helps to support your toddler's growth and developing brain. It also helps your toddler's body to transport and use vitamins A, D, E and K. Fats have more than twice as much energy value per gram than protein or carbohydrates. That is why your toddler needs healthy fats to help fuel their busy days – they have small stomachs but very high energy needs!

GOOD SOURCES OF FAT INCLUDE:

- Oils
- Dairy
- Nuts and seeds
- Avocado
- Meat, poultry and fish



HOW MUCH DO THEY NEED?

It is important that in your toddler's first 2 years of life, you don't place any restrictions on the amount of healthy fats they consume. Restricting fat intake in children has been shown to stunt growth, and affect eye and brain development.

PROTEIN

Protein provides your toddler's body with the building blocks it needs to grow. These building blocks (called essential amino acids) are critical for your child's developing brain and immune system and muscle, skin and hair growth. Foods that provide all the essential amino acids are called complete proteins – milk and meat are two examples.

GOOD SOURCES OF PROTEIN INCLUDE:

- Meat and poultry
- Nuts and legumes
- Fish
- Eggs
- Dairy



HOW MUCH DO THEY NEED?

A 1 to 3 year-old toddler needs to consume 12–14 grams of protein per day for healthy growth and development.

CARBOHYDRATES

Carbohydrates are the body's most important and readily available source of energy. This is the energy that fuels your child's metabolism, supports their growth, and keeps their brain active. Your toddler's body and brain need a constant supply of energy from carbohydrates in order to function properly. If there aren't enough carbohydrates in your toddler's diet, they may feel tired, lack concentration and be quite irritable.

GOOD SOURCES OF CARBOHYDRATES INCLUDE:

- Grains (choose mostly wholegrains e.g. breakfast cereals, bread)
- Dairy
- Lentils and legumes
- Fruit (choose whole fruits rather than fruit juice)
- Vegetables (e.g. corn, pumpkin, potato, sweet potato)

HOW MUCH DO THEY NEED?

An actively growing toddler needs 45–65% of their total energy from carbohydrates. The key is to ensure that the majority of these carbohydrates come from healthy sources such as fruits, vegetables and grains, and that any added sugar is limited.



MICRONUTRIENTS

Micronutrients are the vitamins and minerals your toddler needs to help support their growth and development. In contrast to macronutrients, micronutrients are needed in very small amounts. Because no single food or food group contains all of the vitamins and minerals your toddler needs, it is recommended that a wide variety of foods be offered every day.

The following pages highlight a few of the many important micronutrients. Some of the others include vitamins A and E, iodine, magnesium, potassium, selenium and zinc.



NOTE: These are only some of the nutrients your child needs.

A NOTE ABOUT RECOMMENDED DIETARY INTAKES (RDIs)

The following pages describe some micronutrients and have their RDIs listed, which are guidelines for toddlers aged 1–3 years. These RDIs are Australian recommendations for nutritional intake based on currently available scientific knowledge.

Vitamin and/or mineral supplementation may be recommended by your healthcare professional if your toddler is unable to achieve any of their RDIs. Please consult your healthcare professional for individual advice for your toddler.

Source: Nutrient Reference Values for Australia and New Zealand (www.nrv.gov.au)

B VITAMINS: FOR ENERGY

B vitamins (such as thiamine, riboflavin, niacin and B6) help your toddler get the energy they need from the carbohydrates, fat and protein in their diet. They also help to maintain the health of your child's hair, skin, immune and digestive systems.

B vitamins are found in a wide variety of foods.

Vitamin B6 RDI: 0.5 mg/day

Vitamin B12 RDI: 0.9 µg/day



SOME SOURCES OF B VITAMINS:

Meat, liver, chicken, fish, dairy products, supplementary toddler milk drinks, nuts, yeast extract (e.g. Vegemite®), wholegrain cereals, oats, bananas, mushrooms and green vegetables.

CALCIUM: FOR STRONG BONES AND TEETH

An adequate calcium intake helps build healthy bones and teeth in your toddler. If they do not have enough calcium in their diet, it can impact on the formation of their bones and may limit their growth.

Calcium RDI: 500 mg/day



SOME SOURCES OF CALCIUM:

Dairy products such as milk, cheese and yoghurt, supplementary toddler milk drinks, nuts, seeds, salmon with soft bones and leafy green vegetables. Note: large amounts of nuts, seeds and leafy greens are needed to achieve a good source of calcium.

VITAMIN D: FOR CALCIUM DELIVERY TO THE BONES

Vitamin D helps your toddler's body absorb calcium.

They can get vitamin D in three ways:

- Through their skin via sunlight
- From their diet
- From supplements.



SOME SOURCES OF VITAMIN D:

Around 10 mins/day of sunlight exposure is the best source; some vitamin D is present in dairy products such as milk, cheese and yoghurt, supplementary toddler milk drinks, egg yolks, and oily fish such as tuna and salmon.

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IRON: FOR THE GROWING BRAIN AND OXYGEN DELIVERY

Iron plays a vital role in many parts of your toddler's body, and is particularly important for transporting oxygen. It is also necessary for growth and development. As the body is unable to produce iron, this essential mineral must be supplied by the foods we eat.

Iron RDI: 9 mg/day

SOURCES OF IRON:

Iron in food can come in two forms – haem iron and non-haem iron. Haem iron is more readily absorbed by the body than non-haem iron. Iron from plant sources and iron-fortified foods are non-haem, whereas iron from animal sources may be either haem or non-haem.



- Some sources of haem iron: beef, chicken, fish, liver
- Some sources of non-haem iron: whole grains, dark leafy greens, fortified breakfast cereals, spinach, lentils, kidney beans, tofu, eggs, sultanas, dried apricots and nuts.

A NOTE ABOUT IRON DEFICIENCY:

Inadequate iron intake may lead to iron deficiency, which is the most common micronutrient deficiency. Iron deficiency has been shown to affect growth, brain development and the immune system. That's why it's so important for your toddler to get enough iron in their diet.

Some common symptoms of iron deficiency to watch out for in your toddler are:

- Poor weight gain, loss of appetite
- Tiredness, sleep issues
- Irritability
- Strange cravings, like eating dirt (known as pica).



VITAMIN C: FOR GROWTH, REPAIR AND IRON ABSORPTION

Vitamin C is needed for your toddler's normal growth and development, as well as tissue repair and wound healing. It also helps to increase the absorption of iron in the body. As the body is unable to produce or store vitamin C, it is important to get plenty of vitamin C from foods in our diet.

Vitamin C RDI: 35 mg/day

SOME SOURCES OF VITAMIN C:

Citrus fruits (e.g. orange, mandarin), tropical fruits (e.g. pineapple), berries (e.g. strawberry) and vegetables (e.g. tomato, capsicum, cabbage, broccoli).

DID YOU KNOW?

Vitamin C can help increase absorption of iron by up to 50%, so combine vitamin C-rich foods with your toddler's meal.

Other Nutrients

OMEGA 3 AND 6: FOR HEALTHY BRAIN AND EYE DEVELOPMENT

Omega 3 and 6 fats are important for your toddler's eye function, learning, memory and behaviour. As the body is unable to make these fats, it is vital that your toddler is regularly offered foods containing these essential nutrients.

Omega 3 AI*: 40 mg/day

Omega 6 AI: none set

*Adequate Intake

SOME SOURCES OF OMEGA 3 AND 6:

Salmon, tuna, flaxseeds, walnuts, chia seeds, omega 3-enriched eggs, canola oil, supplementary toddler milk drinks and fish oil supplements.



DIETARY FIBRE: FOR A HEALTHY, REGULAR BOWEL

Dietary fibre is important to help your toddler maintain healthy bowel function. The body cannot digest fibre, so when it is combined with water, it helps to move food through the digestive system. This promotes healthy bowel function and protects against constipation.

Fibre AI: 14 g/day

SOME SOURCES OF DIETARY FIBRE:

Fruits, vegetables, lentils, legumes, breads and cereals.



PREBIOTICS: FOR GROWTH AND ACTIVITY OF HEALTHY GUT BACTERIA

Prebiotics, such as oligofructose, support the growth and activity of healthy gut bacteria (e.g. bifidobacteria) in your toddler. In turn, these healthy bacteria help promote healthy, regular bowel function. Prebiotics have been shown to help reduce the prevalence and duration of infectious and antibiotic-associated diarrhoea.

SOME SOURCES OF PREBIOTICS:

Bananas, leeks, asparagus, artichokes, garlic, onions, wheat, oats and soybeans.



The Importance of Energy Balance

WHAT IS ENERGY?

As explained earlier, macronutrients – carbohydrates, protein and fat – provide your toddler with energy. You can think of energy like a type of fuel, which is used for metabolism, growth and physical activity. In order for your toddler's body to grow and function, they need a significant amount of energy to fuel them. Energy is measured in units called kilojoules (kJ) or calories (kcal).

HOW MUCH ENERGY DOES A TODDLER NEED?

Australian guidelines recommend the following daily energy intakes for each age group:

BOYS

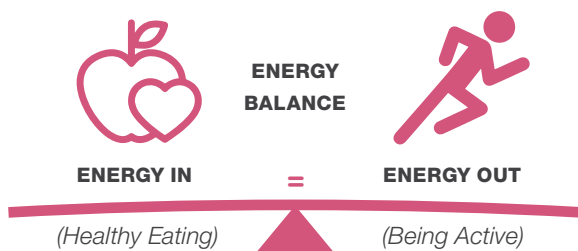
| | |
|---------|---|
| 1 year | 3500 kJ |
| 2 years | 4400 kJ |
| 3 years | 4200–7600 kJ (depends on level of activity) |

GIRLS

| | |
|---------|---|
| 1 year | 3200 kJ |
| 2 years | 4200 kJ |
| 3 years | 3900–7100 kJ (depends on level of activity) |

WHAT IS ENERGY BALANCE?

Energy balance is the balance of energy intake (i.e. through eating and drinking) compared with energy output (i.e. through physical activity and metabolism). In children, energy balance occurs when the amounts of energy in and energy out support natural growth without leading to excessive weight gain.



HOW CAN YOU ENSURE HEALTHY ENERGY BALANCE?

Some foods (such as cake and confectionary) which are energy dense but nutrient poor can contribute to excess kilojoules to what your toddler needs. If your toddler regularly consumes these high-energy foods, those extra kilojoules will be stored as body fat, eventually leading to excessive weight gain.

Being physically active helps your toddler balance any excess energy they may have eaten during the day or week. Children need to be active every day for at least 3 hours, spread throughout the day. It's also a good idea to limit your child's time watching TV or using an iPad to no more than 1 hour a day. Little ones younger than 2 years should not spend any time watching TV and other electronic media.

Physical activity habits that develop in early years carry through into adult life, and have many positive effects on your toddler's future health. Children who learn to enjoy the outdoors have a much higher likelihood of becoming active adults who enjoy hiking, gardening, jogging, bike riding and other outdoor adventures!

PHYSICAL ACTIVITIES YOU CAN DO WITH YOUR TODDLER

- Go for a walk or bike ride
- Play hop scotch
- Have a little race in your backyard or driveway
- Practice star jumps or somersaults
- Do some chores around the house.

Remember that these healthy habits last a lifetime!

Healthy Meal Plans for Busy Toddlers

The following table provides some daily meal options for your toddler, which follow the recommended guidelines for nutrient intake.

BREAKFAST

Option 1: 1–2 Weet-Bix® or rolled oats with full cream milk, or S-26 GOLD® TODDLER milk drink; sliced strawberries, apple, banana and blueberries.

Option 2: 1 piece wholemeal toast with Vegemite, peanut butter, cheese or egg; sliced apple and pear; glass of milk, S-26 GOLD TODDLER milk drink or banana smoothie.

Option 3: Egg omelette (1 egg) with cheese, baby spinach and cherry tomatoes; buttered wholemeal toast; freshly sliced orange and strawberries.



Notes / Tips

Provides:

- Carbohydrates and fibre from wholegrain cereals and bread
- Protein from milk, toddler milk drink, egg, and nut butter spread
- Fat from egg, milk and peanut butter
- A beautiful balance of vitamins and minerals from the fruit selection!

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MORNING TEA

Option 1: 2 mini homemade fruit or vegetable pikelets; glass of milk or S-26 GOLD TODDLER milk drink.

Option 2: ½–1 piece fresh fruit of choice.

Option 3: 70–100 g natural yoghurt with strawberries, blueberries, peach, banana, shaved apple, sliced pear, mango, papaya or kiwi fruit.

Option 4: Plain rice crackers; 100 mL milk or S-26 GOLD TODDLER milk drink.

Notes / Tips

Snacks should provide vitamins, minerals and calcium without filling their tummies too much for lunch!

Offer snacks to active toddlers, or those with small appetites who find it hard to finish their meals.

LUNCH

Option 1: A wholemeal sandwich with a choice of:
– Cheese and tomato (fresh or toasted)
– Egg with mayonnaise
– Light ham or chicken with lettuce and avocado
– Peanut butter.
Served with sliced cucumber, carrot and cherry tomatoes.

Option 2: ‘Bento box’ style lunch: diced leftover BBQ chicken, corn kernels, cucumber, cherry tomatoes and spiral pasta.

Option 3: ¼–½ cup cooked brown rice with
40 g tuna or chicken;
¼–½ cup peas and corn.

Option 4: Dinner leftovers!

Notes / Tips

Provides:

- Carbohydrates from wholegrains and brown rice
- Protein from cheese, egg, tuna, ham, chicken and peanut butter
- Fats from avocado, tuna, eggs and peanut butter
- Vitamins and minerals from vegetables.

Offer water with meals



Healthy Meal Plans for Busy Toddlers

AFTERNOON TEA

Option 1: Sliced cucumber, celery and carrot sticks; 2–3 wholegrain crackers; hummus dip; cheese.

Option 2: 70–100 g natural yoghurt with strawberries, blueberries, peach, banana, shaved apple, sliced pear, mango, papaya or kiwi fruit.



Option 3: 100 mL milk or S-26 GOLD TODDLER milk drink.

Notes / Tips

Offer snacks to active toddlers, or those with small appetites who find it hard to finish their meals.

Snacks should provide vitamins, minerals and calcium without filling their tummies too much for dinner!

DINNER

Option 1: 30–45 g tender beef eye fillet strips or 2 mini homemade beef and vegetable rissoles; 30 g sweet potato; 2–3 steamed broccoli florets; 20 g sliced zucchini.

Option 2: 40–50 g pan-fried salmon steak or 2 mini homemade fish and vegetable patties; ¼–½ cup brown rice; ¼–½ cup salad (cherry tomatoes, baby spinach, shredded carrot and cucumber).



Option 3: 2 mini homemade lentil or tofu patties; ½–1 slice toasted wholemeal bread or 3–4 pieces oven-baked homemade sweet potato fries or 1 tbsp sweet potato mash; ¼–½ cup salad (cherry tomatoes, baby spinach, shredded carrot and cucumber) or ¼–½ cup cooked vegetables (e.g. carrot, broccoli, peas, corn).

Option 4: (popular choice) ½–¾ cup 10-vegetable spaghetti or spiral pasta bolognese.

Notes / Tips

- Dinner options can be frozen in batches for quick and easy lunches or dinners
- Avoid deep-fried foods and frozen crumbed meats
- Keep takeaway foods to a minimum
- Offer water with meals.



Carbohydrates:

- Can offer brown rice, pasta, sweet potato or wholemeal bread instead of white rice, white potato or white bread
- Recommended portions are:
30–65 g/day meat, 40–80 g/day chicken and 50–100 g fish
1–2 times per week
- Legumes/lentils/tofu are good for vegetarians.

Essential vitamins and minerals:

- Vegetables provide essential vitamins and minerals from steamed/baked/stir-fried vegetables, casseroles, frittatas or fresh salads.

SUPPER

Option 1: 120 mL milk or S-26 GOLD TODDLER milk drink.

Option 2: ½–1 piece fresh fruit of choice.

Option 3: 70–100 g natural yoghurt with strawberries, blueberries, peach, banana, shaved apple, sliced pear, mango, papaya or kiwi fruit.

Notes / Tips

To help your growing toddler achieve 1.5 serves of dairy per day, it helps to include smaller serves of dairy at breakfast, morning tea and supper (a 'serve' is 200 g yoghurt, 250 mL milk or 40 g cheese).



Nutrition Mythbusters

With so much information on nutrition available these days, it can be hard to sort the fact from the fiction. The following pages aim to 'bust' some common myths you may have heard about toddlers' eating and nutrition.

MYTH 1

CARBOHYDRATES ARE BAD FOR YOU BECAUSE THEY'RE A SUGAR

This is a common misconception that requires a slightly complex explanation. The naturally occurring forms of carbohydrate are wholegrain cereals, bread, fruit, some vegetables and dairy. These are called "whole foods" – they contain carbohydrates, fibre, vitamins and minerals, and are very important in a balanced diet. The body breaks down these carbohydrates into a type of sugar that provides long-lasting energy – perfect for busy, active toddlers!

The problems arise when carbohydrates are processed and full of added refined sugars. Refined sugar is often added to foods such as soft drinks, cordials, energy drinks, biscuits, cereals, muesli bars, cakes, muffins and lollies to make them taste sweet and desirable. It is this type of added sugar that we need to reduce our intake of, as it does not provide us with any beneficial nutrients. Excessive intake of foods containing added sugars can contribute to multiple health problems, including obesity and tooth decay.

MYTH 2

FAT IS BAD FOR MY TODDLER, SO I SHOULD PROVIDE THEM WITH LOW-FAT OPTIONS

Despite popular belief, fats are essential in your toddler's diet. Children need healthy natural fats found in dairy foods (milk, cheese, yoghurt, butter), eggs, meat, chicken, fish, avocado, olive oils and nut butters (peanut butter, cashew nut butter).

It is important for parents to remember that a 'healthy' diet for growing toddlers is quite different to that of adults. Children who are placed on a low-fat diet tend to complain of hunger more often, and actually eat more frequently than those given an adequate amount of fats. It is recommended for children to have full-fat varieties until they turn 2 years of age.

MYTH 3

TODDLERS SHOULD EAT THREE SET MEALS PER DAY, RATHER THAN SEVERAL SMALLER MEALS

The reality is toddlers are recommended to eat every 2–3 hours. One of the main reasons toddlers need regular small meals and snacks is that their stomach is only about the size of their fist (while an adult's stomach is about the size of a grapefruit!). It's also important to remember that toddlers' eating patterns are not always predictable, because of their growth spurts and changing appetites.

TOP TIP

Snacks should help meet your toddler's nutritional gaps and get them to their next meal with an appetite.

MYTH 4

DAIRY ISN'T ESSENTIAL FOR MY TODDLER AFTER 12 MONTHS OF AGE

In fact, dairy is a whole food group and remains an important part of a toddler's diet. Dairy products such as milk, cheese and yoghurt are among the richest and most significant natural sources of calcium. They contain the right amounts of fat, carbohydrates and essential vitamins and minerals that many children lack in their everyday diets.

Dairy substitutes such as rice, almond, oat and coconut milks have less protein and fat than cow's milk. They also lack calcium and other essential vitamins and minerals naturally found in dairy products. These vitamins and minerals need to be added in by the manufacturer. S-26 GOLD® TODDLER milk drink and S-26 GOLD JUNIOR® milk drink can sometimes be used as a dairy serve to replace cow's milk.

If your toddler has been diagnosed with lactose intolerance or has an allergy to dairy, you will need to consider calcium-enriched dairy alternatives such as soy milk, rice milk or other milks that have been fortified with calcium. It's important to note that tinned fish, green vegetables, nuts and seeds contain some calcium, however children would need to consume large amounts of these foods to meet their recommended daily intake.

Healthy Lifestyle Habits from the Start

Here are some tips to help you teach your toddler the importance of health and wellness from an early age.

BE A GOOD ROLE MODEL

- Children mimic what they see around them, so the first step is for you to have a healthy diet
- Eat together as a family, so they see you eating your vegetables
- Take them shopping, fill the pantry with nutritious foods, and prepare easy, healthy snacks.

CHOOSE WATER AND MILK AS THEIR ONLY DRINKS

- Water is the best source of hydration – offer a cup with each main meal, and keep a water bottle handy when you're out
- Milk is a healthy fluid that provides essential calcium, but should be limited to no more than 500 mL/day in the toddler years.

EAT FRUIT, DON'T DRINK THE JUICE

Benefits from eating whole fruits, rather than drinking juice, include:

- Less sugar and more fibre, to help keep their bowels regular
- More vitamins, minerals and antioxidants
- They develop essential chewing skills for general oral motor development and speech.

AVOID USING SWEET TREATS AS A REWARD FOR GOOD BEHAVIOUR

Instead of offering lollies or an ice cream, consider non-food rewards such as:

- Stickers – try dinosaurs for boys and mermaids for girls
- Play or fly a kite at the park
- Walk to the shops with mum
- Small, inexpensive toys e.g. bubbles, crayons
- An extra story at night.

S-26 GOLD® TODDLER & S-26 GOLD JUNIOR®



Alula® Toddler
PlatinumCare
Complex™



Alula® Junior
PlatinumCare
Complex™

EACH BUILT ON THE 4 KEY PILLARS OF THE ALULA® TODDLER AND ALULA® JUNIOR PLATINUMCARE COMPLEX™

These nutritious milk drinks contain a good source of age-appropriate vitamins and minerals to help support:



Growth and development – Contains vitamins A, D and iodine to help support childrens' growth and development



Cognitive function – With iodine and zinc, to aid cognitive function, as well as iron to help support childrens' cognitive development



Function of digestive enzymes – With calcium, which contributes to the function of digestive enzymes



Immune system function – Includes zinc, vitamin C, B₆, B₁₂ and D to support the function of childrens' immune systems

These assist when dietary intakes of energy and nutrients may be inadequate.



 meandmychild.com.au

 S26GoldToddler

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