

Alula Gold Toddler

1 year+



NUTRITION INFORMATION

Refer to pack for feeding guide and ingredient list.

Formulated supplementary food for young children 12 months and over.

Serves per can: Approx. 30 Serve size: Approx. 220mL (30g + 200mL water)	Per Serve (220mL)	Per 100mL	%RDI† Per Serve (1-3 yrs)
Energy	594 kJ	270 kJ	
Protein	2.86 g	1.3 g	
Fat, total	6.25 g	2.84 g	
Saturated	1.23 g	0.56 g	
Trans	0.04 g	0.02 g	
Polyunsaturated	2.46 g	1.12 g	
Total Omega 3	403 mg	183 mg	
DHA	30.1 mg	13.7 mg	
α-Linolenic Acid (ALA)	372 mg	169 mg	
Monounsaturated	2.18 g	0.99 g	
Carbohydrate	18.5 g	8.42 g	
Sugars	18.5 g	8.42 g	
Lactose	18.5 g	8.42 g	
Sucrose	0 g	0 g	
Dietary fibre	0 g	0 g	
Sodium	32 mg	15 mg	
Vitamins			
Vitamin A	105 µg	48 µg	35
Vitamin B ₁	0.25 mg	0.11 mg	50
Vitamin B ₂	0.40 mg	0.18 mg	50
Vitamin B ₆	0.35 mg	0.16 mg	50
Vitamin B ₁₂	0.50 µg	0.23 µg	50
Vitamin C	15 mg	6.8 mg	50
Vitamin D	1.7 µg	0.78 µg	34
Vitamin E	2.5 mg	1.1 mg	50
Folate	50 µg	23 µg	50
Niacin	2.5 mg	1.1 mg	50
Minerals			
Calcium	240 mg	109 mg	34
Iodine	35 µg	16 µg	50
Iron	3.0 mg	1.4 mg	50
Magnesium	22 mg	10 mg	28
Phosphorus	175 mg	80 mg	35
Zinc	1.1 mg	0.50 mg	25
Lutein	44 µg	20 µg	

All quantities are expressed as averages.

†Recommended Dietary Intake (Food Standards Code).
Contains milk and soy.



Our Sydney-based Careline is on hand to support you with any questions you may have. Our dedicated team of trained dietitians and nutritionists with expertise in feeding and nutrition are here to help with information on a wide range of topics. Our Careline is available Monday-Friday 9am-5pm AEST on **1800 552 229**. For further information visit our website:

www.meandmychild.com.au

If you have an urgent question about the health of your child, please contact your health-care professional.



SAN-06402-20022025