

Alula Gentle 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. 28 Serve size: Approx. 220mL (32g + 200mL water)	Per Serve (220mL)	Per 100mL	%RDI† Per Serve (1-3 yrs)
Energy	640 kJ	291 kJ	
Protein	2.9 g	1.3 g	
Fat	6.4 g	2.9 g	
Saturated	1.2 g	0.55 g	
Trans	0.04 g	0.02 g	
Polyunsaturated	2.6 g	1.2 g	
Total Omega 3	339 mg	154 mg	
α-Linolenic Acid (ALA)	339 mg	154 mg	
Monounsaturated	2.6 g	1.2 g	
Carbohydrate	21 g	9.5 g	
Sugars	21 g	9.5 g	
Lactose	20 g	9.1 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	1.9 µg	0.86 µg	38
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	276 mg	125 mg	39
Iodine	35 µg	16 µg	50
Iron	3 mg	1.4 mg	50
Magnesium	26 mg	12 mg	33
Phosphorus	192 mg	87 mg	38
Zinc	1.1 mg	0.5 mg	25

All quantities are expressed as averages.

†Recommended Dietary Intake (Food Standards Code).

Contains milk and soy.



Our Australian-based Careline is on hand to support you with any questions you may have about our products. Our dedicated team are here to help with information on a wide range of topics, including feeding and nutrition. Our Careline is available Monday - Friday 8:30am - 4:30pm AEST on **1800 552 229**.

www.meandmychild.com.au

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



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