

# Alula Gold Toddler

1 year+



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 on **1800 552 229**.

[www.meandmychild.com.au](http://www.meandmychild.com.au)

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



## 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. 218 mL (30g + 200mL water)	Per Serve (218mL)	Per 100mL	%RDI* Per Serve (1-3 yrs)
Energy	588 kJ	270 kJ	
Protein	2.9 g	1.3 g	
Fat, total	6.2 g	2.9 g	
Saturated	1.2 g	0.6 g	
Trans	0.04 g	0.02 g	
Polyunsaturated	2.5 g	1.2 g	
Total Omega 3	390 mg	179 mg	
DHA	30 mg	14 mg	
α-Linolenic Acid (ALA)	360 mg	165 mg	
Monounsaturated	2.5 g	1.1 g	
Carbohydrate	17.4 g	8 g	
Sugars	17.4 g	8 g	
Dietary fibre	1.5 g	0.7 g	
FOS	1.5 g	0.7 g	
Sodium	32 mg	15 mg	

### Vitamins

Vitamin A (RE)	105 µg	48 µg	35
Vitamin B <sub>1</sub>	0.25 mg	0.11 mg	50
Vitamin B <sub>2</sub>	0.40 mg	0.18 mg	50
Vitamin B <sub>6</sub>	0.35 mg	0.16 mg	50
Vitamin B <sub>12</sub>	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 (TE)	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	110 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 based on averages.

\*Recommended Dietary Intake (Food Standards Code).

Contains milk and soy.

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