

ALULA ORIGINAL STAGE 3



Alula Original Stage 3 NUTRITION INFORMATION

Refer to pack for serving 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	kJ	596	271	
Protein	g	4.4	2.0	
Fat	g	6.2	2.8	
Saturated	g	1.2	0.6	
Trans	g	0.04	0.02	
Polyunsaturated	g	2.0	0.9	
Total Omega 3	mg	222	101	
α-Linolenic Acid (ALA)	mg	217	99	
Monounsaturated	g	2.5	1.2	
Carbohydrate	g	17	7.8	
Sugars	g	17	7.8	
Lactose	g	17	7.8	
Sucrose	g	0	0	
Dietary Fibre	g	0	0	
Sodium	mg	61	28	
Vitamins				
Vitamin A	µg	75	34	25
Vitamin B ₁	mg	0.25	0.11	50
Vitamin B ₂	mg	0.40	0.18	50
Vitamin B ₆	mg	0.35	0.16	50
Vitamin B ₁₂	µg	0.50	0.23	50
Vitamin C	mg	15	6.8	50
Vitamin D	µg	1.4	0.63	28
Vitamin E	mg	2.5	1.1	50
Folate	µg	50	23	50
Niacin	mg	2.5	1.1	50
Minerals				
Calcium	mg	220	100	31
Iodine	µg	35	16	50
Iron	mg	3	1.4	50
Magnesium	mg	22	10	28
Phosphorus	mg	176	80	35
Zinc	mg	1.1	0.5	25

All quantities are expressed as averages

*Recommended Dietary Intake (Food Standards Code)

Contains milk and soy.

Want to find out more.



Phone: 1800 552 229

Or visit: www.alula.com.au
www.meandmychild.com.au