










Cereal nutritional information



	Typical values	Per 100g dry cereal	Per portion made with breast milk	Per portion made with whole cow's milk	Per portion made with formula milk		Typical values	Per 100g dry cereal	Per portion made with breast milk	Per portion made with whole cow's milk	Per portion made with formula milk		Typical values	Per 100g dry cereal	Per portion made with breast milk	Per portion made with whole cow's milk	Per portion made with formula milk
	KJ	1665	230	219	224		KJ	1578	449	428	437		KJ	1621	455	433	442
	Kcal	393	55	52	53		Kcal	373	107	101	104		Kcal	382	108	103	105
	Fat (g)	2.3	2.0	1.8	1.7		Fat (g)	1.2	3.8	3.4	3.2		Fat (g)	1.2	3.8	3.4	3.2
	Sat fat (g)	0.8	0.9	1.1	0.7		Sat fat (g)	0.3	1.7	2.1	1.3		Sat fat (g)	0.3	1.7	2.1	1.3
	Carbs (g)	84	8.3	7.1	8.3		Carbs (g)	77	16	13	16		Carbs (g)	84	17	14	17
	Sugar (g)	<0.5	3.3	2.1	3.3		Sugar (g)	5.8	7.2	4.8	7.3		Sugar (g)	8.3	7.5	5.1	7.6
	Fibre (g)	1.3	<0.5	<0.5	<0.5		Fibre (g)	9.6	1.2	1.2	1.7		Fibre (g)	2.7	<0.5	<0.5	0.9
	Protein (g)	8.4	1.1	2.0	1.1		Protein (g)	8.3	2.2	4.1	2.2		Protein (g)	7.9	2.1	4.0	2.1
Stage 1 Baby rice	Sodium (g)	<0.01	0.01	0.02	0.01	Stage 1 Strawberry & Banana	Sodium (g)	<0.01	0.01	0.04	0.02	Stage 1 Banana & Mango	Sodium (g)	<0.01	0.01	0.04	0.02
	Salt (g)	<0.01	0.02	0.05	0.02		Salt (g)	<0.01	0.03	0.10	0.04		Salt (g)	<0.01	0.03	0.10	0.04
	Thiamin (mg)	1.3	0.089	0.08	0.1		Thiamin (mg)	1.3	0.18	0.16	0.2		Thiamin (mg)	1.2	0.16	0.14	0.18
	KJ	1600	452	431	440		KJ	1532	597	576	585		KJ	1624	585	563	572
	Kcal	377	107	102	105		Kcal	362	142	136	139		Kcal	385	139	134	136
	Fat (g)	1.1	3.8	3.4	3.2		Fat (g)	3.4	4.4	4.0	3.8		Fat (g)	5.7	4.8	4.4	4.2
	Sat fat (g)	0.4	1.8	2.1	1.4		Sat fat (g)	0.7	1.9	2.2	1.5		Sat fat (g)	1.1	1.9	2.3	1.5
	Carbs (g)	80	16	14	16		Carbs (g)	68	22	19	22		Carbs (g)	67	20	18	20
	Sugar (g)	9.6	7.6	5.3	7.7		Sugar (g)	12	9.1	6.8	9.2		Sugar (g)	2.2	6.9	4.6	7
	Fibre (g)	3.5	<0.5	<0.5	1.0		Fibre (g)	8.3	1.8	1.8	2.4		Fibre (g)	10	2.0	2.0	2.5
	Protein (g)	10	2.4	4.3	2.4		Protein (g)	10	3.5	5.3	3.5		Protein (g)	11	3.4	5.3	3.4
Stage 1 Apple	Sodium (g)	<0.01	0.01	0.04	0.02	Stage 2 Banana & Plum	Sodium (g)	<0.01	0.01	0.04	0.02	Stage 2 Multigrain Porridge	Sodium (g)	<0.01	0.01	0.04	0.02
	Salt (g)	<0.01	0.03	0.10	0.04		Salt (g)	<0.01	0.04	0.10	0.04		Salt (g)	<0.01	0.03	0.10	0.04
	Thiamin (mg)	1.1	0.15	0.13	0.17		Thiamin (mg)	0.77	0.19	0.17	0.21		Thiamin (mg)	1.3	0.28	0.26	0.31
	KJ	1550	411	393	400		KJ	1538	811	786	796		KJ	1573	779	758	767
	Kcal	366	98	93	95		Kcal	365	193	187	190		Kcal	373	185	180	182
	Fat (g)	1.9	3.3	2.9	2.8		Fat (g)	5.2	6.0	5.5	5.3		Fat (g)	5.6	5.5	5.1	4.9
	Sat fat (g)	0.4	1.5	1.8	1.1		Sat fat (g)	1.0	2.3	2.7	1.8		Sat fat (g)	1.0	2.0	2.4	1.6
	Carbs (g)	74	15	13	15		Carbs (g)	64	29	26	29		Carbs (g)	66	28	26	28
	Sugar (g)	1.0	5.5	3.6	5.6		Sugar (g)	13	12	9.1	12		Sugar (g)	12	10	8.0	10
	Fibre (g)	8.3	1.0	1.0	1.5		Fibre (g)	12	3.8	3.8	4.4		Fibre (g)	10	3.4	3.4	4.0
	Protein (g)	9.4	2.2	3.7	2.2		Protein (g)	9.8	4.6	6.8	4.6		Protein (g)	9.5	4.3	6.2	4.3
Stage 2 Mini Puffs	Sodium (g)	<0.01	0.01	0.03	0.01	Stage 3 Raspberry & Banana	Sodium (g)	<0.01	0.02	0.04	0.02	Stage 3 Banana, Peach & Apple	Sodium (g)	0.02	0.02	0.04	0.02
	Salt (g)	<0.01	0.03	0.08	0.03		Salt (g)	<0.01	0.04	0.11	0.05		Salt (g)	0.05	0.05	0.11	0.06
	Thiamin (mg)	1.6	0.22	0.2	0.24		Thiamin (mg)	1.3	0.44	0.42	0.47		Thiamin (mg)	1.8	0.63	0.61	0.65

Nutrition values of breast milk and whole cow's milk are sourced from McCance & Widdowson's, Seventh Summary Edition. Formula milk nutrition values are an average of UK market leading first formula milks.

