



## Aptamil® Creamed Porridge 125g

Nutrition information	Typical values per 100g dry product	Per portion <sup>1</sup>	Units	% LRV <sup>†</sup> per portion <sup>1</sup>
<b>Energy</b>	1723	398	kJ	
	409	94	kcal	
<b>Fat</b>	11	2.6	g	
of which: saturates	4.7	1.1	g	
<b>Carbohydrate</b>	61	14	g	
of which: sugars*	26	6	g	
<b>Fibre</b>	3.7	0.8	g	
<b>Protein</b>	14	3.3	g	
<b>Salt*</b>	0.27	0.06	g	
<b>Vitamins</b>				
Vitamin A	430	99.0	µg	25%
Vitamin D <sub>3</sub>	6.5	1.5	µg	15%
Vitamin C	49	11	mg	44%
Thiamin (B <sub>1</sub> )	1.0	0.24	mg	48%
<b>Minerals</b>				
Calcium	489	113	mg	28%
Iron	6.9	1.6	mg	27%
Iodine	93.0	22.0	µg	31%

<sup>1</sup>Based on a 23g serving of cereal made with 77 ml of water as part of a varied, balanced diet.

\*No added sugar or salt. Contains naturally occurring sugars and salt only.

<sup>†</sup>LRV (Labelling Reference Value) is a guide to the amount of vitamins and minerals needed per day to meet the requirements of infants and young children.