

Allergen Data Chart 2008		Heinz Little Kids Foods										All nutrient data is per 100g (unless otherwise indicated)				
PRODUCT	Ingredients	Gluten Free	Wheat Free	Milk Free	Egg Free	Soy Free	Sesame Free	Nut Free (includes peanuts)	Crustacea & Fish Free	Low in Salt (less than 120mg/100g)	No Added Sugar	No Added Colours	No Added Flavours	No Added Preservatives	Free from added sulphites (or less than 10 ppm)	
HEINZ LITTLE KIDS																
220g Little Kids Meals - Cans (1 - 3 Years)																
Vegetables and Beef Risotto	Vegetables (42%) (Tomatoes, Carrots, Peas), Water, Rice (15%), Beef (10%), Beef Stock, Potato Starch, Maize Thickener (1422), Natural Flavours, Herb Extract, Natural Colour (Paprika Extract)	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Natural Colour	Natural Flavour	✓	✓	
Spaghetti Bolognese	Vegetables (38%) (Tomatoes (28%), Onion, Carrots (4.0%)), Spaghetti (Wheat, Contains Traces of Egg) (35%), Beef (10%), Beef Stock, Water, Apple Juice, Maize Thickener (1422), Natural Flavours, Herb Extracts, Romano Cheese, Natural Colour (Paprika Extract), Food Acid (Citric Acid), Spice.	Wheat	Wheat	Cheese	Egg (Trace)	✓	✓	✓	✓	✓	✓	Natural Colours	Natural Flavours	✓	✓	
Pasta Chicken & Vegetables	Wheat Pasta (37%), Water, Vegetables (15%) (Carrots (8%), Onion, Peas (2.5%)), Chicken (10%), Pineapple Juice, Wheat Flour, Full Cream Milk, Tapioca Starch, Natural Flavour (Contains Egg), Romano Cheese, Herb Extracts, Parsley, Colour (Riboflavin)	Wheat	Wheat	Milk Cheese	Egg	✓	✓	✓	✓	✓	Flavour contains Traces of Sugar	Colour	Natural Flavours	✓	✓	
Macaroni & Meatballs	Vegetables (67%) (Tomatoes (46%), Carrots (8%), Potatoes (8%), Onion), Macaroni (Wheat, Contains Traces of Milk & Egg) (18%), Meatballs (Beef, Onion, Wheat Flour, Wheat Gluten, Salt, Vegetable Oil, Wheat Starch, Mineral Salt (451), Natural Flavour) (14%), Maize Thickener (1422), Potato Starch, Herb Extracts, Spice, Natural Colour (Paprika Extract)	Wheat	Wheat	Milk (Trace)	Egg (Trace)	✓	✓	✓	✓	Salt	✓	Natural Colour	Natural Flavour	✓	✓	
Chicken & Pumpkin Risotto	Vegetables (40%) (Pumpkin (26%), Sweet Potato, Peas (3.5%)), Water, Rice (15%), Chicken (10%), Ground Rice, Maize Thickener (1422), Soy Sauce (Contains Wheat), Herb, Spice.	Wheat	Wheat	✓	✓	Soy	✓	✓	✓	✓	Dextrin in Soy Sauce	✓	✓	✓	✓	
Creamy Tuna with Vegetables	Water, Vegetables (23%) (Carrots, Sweetcorn (5%), Pumpkin, Onion, Red Capsicum (2.5%), Spinach (1.0%)), Full Cream Milk, Rice, Tuna (8%), Cornstarch, Cream (0.5%), Romano Cheese, Unsalted Butter, Natural Onion Flavour, Spice Extract, Spices, Salt.	✓	✓	Milk/Cream/Cheese/Butter	✓	✓	✓	✓	Tuna	✓	✓	✓	Natural Flavour	✓	✓	
Cheese Filled Ravioli	Cheese Ravioli (Wheat Semolina, Wheat Flour, Water, Ricotta Cheese, Tasty Cheese, Breadcrumbs (Contain Wheat, Soy & Traces of Sesame), Egg, Cheese Powder, Maize Starch, Onion, Spices) (55%), Tomato Sauce (Tomatoes (38%), Cheese, Sugar, Butter, Salt, Maize Thickener (1422), Spice and Spice Extracts, Flavours, Food Acid (Citric Acid)). Contains 7% Cheese.	Wheat	Wheat	Cheese/Butter	Egg	Soy	Sesame (Trace)	✓	✓	Salt	Sugar	✓	Flavour	✓	✓	
Cheesy Macaroni	Pasta (Durum Wheat Flour, Egg) (45%), Water, Cream, Cheese (2.5%), Maize Thickener (1422), Canola Oil, Onion, Emulsifiers (472e, 471), Yeast Extract, Salt, Natural Flavour (Contains Barley), Stabilisers (415, 412, 339), Spice Extract, Antioxidant (Tocopherol), Soy Oil, Colour (Beta Carotene).	Wheat, Barley	Wheat	Cream/Cheese	Egg	Soy	✓	✓	✓	Salt	Flavour contains Maltodextrin	Colour	Natural Flavour	✓	✓	
Globetotters Sweet & Sour Chicken	Vegetables (36%) (Tomatoes, Carrots (8%), Red Capsicum (5%), Zucchini, Onion), Water, Pineapple Juice, Chicken (10%), Wheat Noodles (Contains Traces of Egg and Milk), Sugar, Maize Thickener (1422), Spices (Paprika, Ginger), Natural Flavour, Food Acid (Acetic Acid), Spice Extract.	Wheat	Wheat	Milk (Trace)	Egg (Trace)	✓	✓	✓	✓	✓	Sugar	✓	Natural Flavour	✓	✓	

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Globetotters Lamb Moussaka	Vegetables (65%) (Tomatoes, Potatoes, Carrots, Onions, Peas, Zucchini, Roasted Eggplant (2.0%)), Water, Lamb (10%), Cornflour, Wheat Flour, Herbs (Parsley, Basil, Oregano), Natural Flavours, Cheese, Spice	Wheat	Wheat	Cheese	✓	✓	✓	✓	✓	✓	✓	✓	Natural Flavour	✓	✓	
Beef Burgundy	Vegetables (44%) (Tomatoes, Potatoes (8%), Onion, Carrots (4.8%), Green Beans (4.4%), Sweet Potato, Red Capsicum), Water, Beef (12%), Grape Juice, Beef Stock, Cornflour, Mushrooms, Tapioca Starch, Natural Flavour, Spice.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Natural Flavour	✓	✓	
Chicken Paella	Vegetables (48%) (Tomatoes, Onion (6%), Sweetcorn (6%), Peas (3.6%), Red Capsicum), Rice (16%), Water, Chicken (10%), Full Cream Milk, Black Olives, Cornflour, Parmesan Cheese, Herbs, Natural Flavours (Contains Egg and Wheat), Spice.	Wheat	Wheat	Milk Cheese	Egg	✓	✓	✓	✓	✓	Flavour contains Maltodextrin	Colour	Natural Flavour	✓	✓	
100g Little Kids Mini Meals (1 - 3 Years)																
Creamy Capsicum Pasta with Tuna	Vegetables (Tomatoes, Onion, Red Capsicum (5%), Spring Onion (1%)), Pasta (30% Minimum) (Wheat Flour, Egg, Vitamins (B3, B1, B2, Folate), Mineral (Iron)), Mayonnaise (Water, Sunflower Oil, Vinegar, Sugar, Thickeners (1442, 415), Egg Yolk, Mustard, Garlic, Spice), Tuna (15%), Tomato Paste, Contains Traces of Milk, Soy, Sesame, Crustacean	Wheat	Wheat	Milk (Trace)	Egg	Soy (Trace)	Sesame (Trace)	✓	Tuna, Crustacea (Trace)	✓	Sugar	✓	✓	✓	✓	
Lemon Mayo Pasta with Tuna and Corn	Pasta (30% Minimum) (Wheat Flour, Egg, Vitamins (B3, B1, B2, Folate), Mineral (Iron)), Mayonnaise (30%) (Water, Sunflower Oil, Vinegar, Sugar, Thickeners (1442, 415), Egg Yolk, Mustard, Garlic, Spice), Vegetables (Corn (11%), Cucumber (7%), Red Capsicum), Tuna (15%), Natural Lemon Flavour, Contains Traces of Milk, Soy, Sesame, Crustacean	Wheat	Wheat	Milk (Trace)	Egg	Soy (Trace)	Sesame (Trace)	✓	Tuna, Crustacea (Trace)	✓	Sugar	✓	Natural Flavour	✓	✓	
Mango and Basil Pasta with Tuna	Pasta (40% Minimum) (Wheat Flour, Vitamins (B3, B1, B2, Folate), Mineral (Iron)), Mango (16%) (Contains Preservative (223)), Tuna (15%), Vegetables (Onion, Red Capsicum (5%)), Sunflower Oil, Vinegar, Thickeners (1442, 415), Garlic, Herbs (Including Basil), Contains Traces of Egg, Milk, Soy, Sesame, Crustacean	Wheat	Wheat	Milk (Trace)	Egg (Trace)	Soy (Trace)	Sesame (Trace)	✓	Tuna, Crustacea (Trace)	✓	✓	✓	✓	Sodium Metabisulphite	Sodium Metabisulphite	
Sundried Tomato Pasta with Tuna	Vegetables (Tomatoes (29%), Onion, Sundried Tomatoes (8%)), Pasta (30% Minimum) (Wheat Flour, Egg, Vitamins (B3, B1, B2, Folate), Mineral (Iron)), Tuna (15%), Sunflower Oil, Garlic, Thickeners (1442, 415), Herbs & Spice, Contains Traces of Milk, Soy, Sesame, Crustacean	Wheat	Wheat	Milk (Trace)	Egg	Soy (Trace)	Sesame (Trace)	✓	Tuna, Crustacea (Trace)	Salt	✓	✓	✓	✓	✓	
85g Little Kids Breadsticks (1 - 3 Years)																
Cheddar Cheese	Wheat Flour, Canola Oil, Cheddar Cheese Powder [Cheese & Milk Powders, Mineral Salt (339, 331), Food Acid (Lactic Acid), Yeast Extract (Contains Barley)] (7%), Malt Extract (from Barley), Yeast, Salt, Mineral (Iron), Vitamins (Thiamin, Riboflavin, Niacin, Folate).	Wheat Barley	Wheat	Cheese/Milk	✓	✓	✓	✓	✓	Salt	✓	✓	✓	✓	✓	
Cheesymite	Wheat Flour, Canola Oil, Cheddar Cheese Powder [Cheese & Milk Powders, Mineral Salt (339, 331), Food Acid (Lactic Acid), Yeast Extract (Contains Barley)] (7%), Yeast Extract (Contains Soy) (4.0%), Yeast, Salt, Mineral (Iron), Vitamins (Thiamin, Riboflavin, Niacin, Folate).	Wheat Barley	Wheat	Cheese/Milk	✓	Soy	✓	✓	✓	Salt	Yeast Extract contains Sugar	Colour in yeast extract	✓	✓	✓	
6 x 15g Little Kids Fruit Bars Multipacks (1 - 3 Years)																
Apricot Fruit Bars	Dried Fruit (23%) (Apricot (15%), Pears), Apricot Paste (21%), Concentrated Pear Juice, Skim Milk Powder, Cereal Brans (Rice Bran, Barley Bran, Oat Bran, Wheat Bran), Vegetable Oil, Hi-Maize Starch, Malt Extract, Flavour, Food Acid (Ascorbic Acid), Natural Colour (Annatto). Dried Fruit Contains Preservative (Sulphur Dioxide). Product Contains Traces Of Peanuts, Nuts (Almonds, Cashews, Macadamia, Hazelnuts, Walnuts, Pecans), Seeds (Sesame, Sunflower) and Soy.	Wheat Barley Oats	Wheat	Milk	✓	Soy (Trace)	Sesame (Trace)	Nuts, Peanuts (Trace)	✓	✓	✓	Natural Colour	Natural Flavour	Dried fruit contains Sulphur Dioxide	Dried fruit contains Sulphur Dioxide	
Banana Fruit Bars	Skim Milk Powder, Concentrated Pear Juice, Dried Pears (20%), Cereal Brans (Rice Bran, Oat Bran, Barley Bran, Wheat Bran), Fruit Pieces (11%) (Apple Juice, Apple, Banana (2.0%)), Vegetable Gum (Pectin), Rice Flour, Antioxidant (Ascorbic Acid), Vegetable Oil (Protected with Antioxidant (Tocopherol)), Hi-Maize Starch, Malt Extract, Flavours, Natural Colour (Annatto). Dried Fruit Contains Preservative (Sulphur Dioxide). Product Contains Traces of Peanuts, Nuts (Almonds, Cashews, Macadamia, Hazelnuts, Walnuts, Pecans), Seeds (Sesame, Sunflower) and Soy.	Wheat Barley Oats	Wheat	Milk	✓	Soy (Trace)	Sesame (Trace)	Nuts, Peanuts (Trace)	✓	✓	✓	Natural Colour	Flavour	Dried fruit contains Sulphur Dioxide	Dried fruit contains Sulphur Dioxide	
Strawberry Fruit Bars	Skim Milk Powder, Concentrated Pear Juice, Dried Pears (20%), Cereal Brans (Rice Bran, Oat Bran, Barley Bran, Wheat Bran), Fruit Pieces (11%) (Apple Juice, Apples, Strawberry (1.5%)), Vegetable Gum (Pectin), Rice Flour, Vegetable Oil (Protected with Antioxidant (Tocopherol)), Hi-Maize Starch, Malt Extract, Flavours, Natural Colour (Carmine). Dried Fruit Contains Preservative (Sulphur Dioxide). Product Contains Traces of Peanuts, Nuts (Almonds, Cashews, Macadamia, Hazelnuts, Walnuts, Pecans), Seeds (Sesame, Sunflower) and Soy.	Wheat Barley Oats	Wheat	Milk	✓	Soy (Trace)	Sesame (Trace)	Nuts, Peanuts (Trace)	✓	✓	✓	Natural Colour	Flavour	Dried fruit contains Sulphur Dioxide	Dried fruit contains Sulphur Dioxide	

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6 x 15g Little Kids Yoghurt Drizzled Muesli Fingers Multipacks (1-3 Years)																
Sultana Apple	Muesli [Heinz Muesli & Apple Cereal (Apple Puree, Ground Rice, Rolled Oats, Wheat Flakes, Skim Milk Powder, Wheat Germ, Maize Flakes, Vegetable Oil, Vitamins (Vitamin C, Niacin, Thiamin), Antioxidant (Rosemary Extract), Mineral (Iron) (20%)), Concentrated Pear Juice, Oats, Sultanas (Contains Vegetable Oil) (13%), Apple (Paste & Pieces), Honey], Yoghurt Coating [Sugar, Vegetable Fat, Yoghurt Powder (3.5%), Milk Protein, Emulsifiers (Soy Lecithin, 492), Food Acid (Citric Acid)] (22%), Contains Preservative (Sulphur Dioxide) & Traces of Barley, Peanuts, Nuts (Almonds, Cashews, Macadamia, Hazelnuts, Walnuts, Pecans) & Seeds (Sesame, Sunflower). Each bar contains 7% Apple (minimum) & 18% Oats.	Wheat & Oats. Barley (trace)	Wheat	Milk	✓	Soy	Sesame (trace)	Nuts, Peanuts (trace)	✓	✓	Sugar, Honey	✓	✓	Fruit contains Sulphur Dioxide	Fruit contains Sulphur Dioxide	
Apple Blackcurrant	Muesli [Heinz Muesli & Apple Cereal (Apple Puree, Ground Rice, Rolled Oats, Wheat Flakes, Skim Milk Powder, Wheat Germ, Maize Flakes, Vegetable Oil, Vitamins (Vitamin C, Niacin, Thiamin), Antioxidant (Rosemary Extract), Mineral (Iron) (21%)), Oats, Concentrated Juices (Pear & Blackcurrant (5%) (From Blackcurrants)), Apple (Pieces & Paste), Honey], Yoghurt Coating [Sugar, Vegetable Fat, Yoghurt Powder (3.5%), Milk Protein, Emulsifiers (Soy Lecithin, 492), Food Acid (Citric Acid)] (22%), Contains Preservative (Sulphur Dioxide) & Traces of Barley, Peanuts, Nuts (Almonds, Cashews, Macadamia, Hazelnuts, Walnuts, Pecans) & Seeds (Sesame, Sunflower). Each bar contains 20% Apple (minimum) & 18% Oats.	Wheat & Oats. Barley (Trace)	Wheat	Milk	✓	Soy	Sesame (Trace)	Nuts, Peanuts (Trace)	✓	✓	Sugar, Honey	✓	✓	Fruit contains Sulphur Dioxide	Fruit contains Sulphur Dioxide	
Fruit Salad	Muesli [Heinz Muesli & Apple Cereal (Apple Puree, Ground Rice, Rolled Oats, Wheat Flakes, Skim Milk Powder, Wheat Germ, Maize Flakes, Vegetable Oil, Vitamins (Vitamin C, Niacin, Thiamin), Antioxidant (Rosemary Extract), Mineral (Iron) (20%)), Dried Fruit (Pineapple (8%), Apricot, Paw Paw, Orange), Concentrated Pear Juice (From Pears) (16%), Oats, Apricot Paste, Honey], Yoghurt Coating [Sugar, Vegetable Fat, Yoghurt Powder (3.5%), Milk Protein, Emulsifiers (Soy Lecithin, 492), Food Acid (Citric Acid)] (22%), Dried Fruit Contains Preservative (Sulphur Dioxide), Contains Traces Of Barley, Peanuts, Nuts (Almonds, Cashews, Macadamia, Hazelnuts, Walnuts, Pecans) & Seeds (Sesame, Sunflower). Each Bar Contains 18% Oats.	Wheat & Oats. Barley (Trace)	Wheat	Milk	✓	Soy	Sesame (Trace)	Nuts, Peanuts (Trace)	✓	✓	Sugar, Honey	Natural Colour	Natural Flavour	Fruit contains Sulphur Dioxide	Fruit contains Sulphur Dioxide	
10 x 15g Little Kids Biscuits																
Cocoa Malt	Wheat and Rice Flour, Unsalted Butter, Sugar, Cocoa Powder (7%), Malt Extract (From Barley) (6%), Raising Agent (Sodium Bicarbonate).	Barley, Wheat	Wheat	Butter	✓	✓	✓	✓	✓	✓	Sugar	✓	✓	✓	✓	
Honey Oat	Wheat Flour, Unsalted Butter, Sugar, Honey (8%), Rolled Oats (4.5%), Glucose, Raising Agent (Sodium Bicarbonate).	Wheat, Oats	Wheat	Butter	✓	✓	✓	✓	✓	✓	Sugar, Glucose, Honey	✓	✓	✓	✓	
Banana Oat	Wheat and Rice Flour, Unsalted Butter, Sugar, Banana (7%), Rolled Oats (4.0%), Glucose, Natural Banana Flavour, Raising Agent (Sodium Bicarbonate)	Wheat, Oats	Wheat	Butter	✓	✓	✓	✓	✓	✓	Sugar, Glucose	✓	Natural Flavour	✓	✓	
Strawberry Vanilla Oat	Wholegrain Cereals [Wholegrain Wheat Flour (55%), Rolled Oats (4.5%)], Vegetable Oil [Contains Emulsifiers (477, 471)], Strawberry Puree (10%), Sugar, Inulin (Dietary Fibre), Natural Flavours (Strawberry, Vanilla), Glucose, Raising Agent (Sodium Bicarbonate), Traces of Milk.	Wheat, Oats	Wheat	Milk (Trace)	✓	✓	✓	✓	✓	✓	Sugar, Glucose	✓	Natural Flavour	✓	✓	
Apple Cinnamon Oat	Wholegrain Cereals [Wholegrain Wheat Flour (55%), Rolled Oats (4.5%)], Vegetable Oil [Contains Emulsifiers (477, 471)], Apple Puree (10%), Sugar, Inulin (Dietary Fibre), Natural Apple Flavour, Glucose, Raising Agent (Sodium Bicarbonate), Cinnamon, Traces of Milk.	Wheat, Oats	Wheat	Milk (Trace)	✓	✓	✓	✓	✓	✓	Sugar, Glucose	✓	Natural Flavour	✓	✓	

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40g Little Kids Mini Rice Cakes																
Original	Wholegrain Brown Rice (100%), Traces of Wheat, Soy and Sesame	Wheat (Trace)	Wheat (Trace)	✓	✓	Soy (Trace)	Sesame (Trace)	✓	✓	✓	✓	✓	✓	✓	✓	
Apple	Wholegrain Brown Rice (83%), Concentrated Apple Juice (17%), Natural Apple Flavour, Traces of Wheat, Soy and Sesame	Wheat (Trace)	Wheat (Trace)	✓	✓	Soy (Trace)	Sesame (Trace)	✓	✓	✓	✓	✓	Natural Flavour	✓	✓	
15g x 6 Little Kids Rice Bars																
Banana Honey	Puffed Rice (39%), Rice Syrup, Skim Milk Powder, Humectant (Glycerine), Honey (6%), Inulin (Dietary Fibre), Cereal Brans (Rice Bran, Wheat Bran, Oat Flour, Barley Flour, Malt Extract), Canola Oil, Banana Juice Concentrate (2%), Natural Flavours, Emulsifier (Soy Lecithin), Traces of Peanuts, Tree Nuts and Sesame Seeds.	Wheat, Oats, Barley	Wheat	Milk	✓	Soy	Sesame (Traces)	Peanuts & Tree Nuts (Traces)	✓	✓	Honey, Rice Syrup	✓	Natural Flavour	✓	✓	
Berry Vanilla	Puffed Rice (37%), Rice Syrup, Skim Milk Powder, Fruit Juice Concentrates [Pear, Blackcurrant (1.5%), Blueberry (1.5%)], Humectant (Glycerine), Cereal Brans (Rice Bran, Wheat Bran, Oat Flour, Barley Flour, Malt Extract), Inulin (Dietary Fibre), Canola Oil, Natural Flavours (Strawberry, Vanilla, Blueberry), Emulsifier (Soy Lecithin), Traces of Peanuts, Tree Nuts and Sesame Seeds.	Wheat, Oats, Barley	Wheat	Milk	✓	Soy	Sesame (Traces)	Peanuts & Tree Nuts (Traces)	✓	✓	Rice Syrup	✓	Natural Flavour	✓	✓	
Apricot Delight	Puffed Rice (35%), Rice Syrup, Skim Milk Powder, Apricot Puree (7%), Humectant (Glycerine), Pear Juice Concentrate, Inulin (Dietary Fibre), Cereal Brans (Rice Bran, Wheat Bran, Oat Flour, Barley Flour, Malt Extract), Canola Oil, Coconut (2%), Natural Flavour, Emulsifier (Soy Lecithin), Traces of Peanuts, Tree Nuts and Sesame Seeds.	Wheat, Oats, Barley	Wheat	Milk	✓	Soy	Sesame (Traces)	Peanuts & Tree Nuts (Traces)	✓	✓	Rice Syrup	✓	Natural Flavour	✓	✓	