



Tables of Nutritive Values Infant Foods

These tables of the nutritive values of Heinz food varieties have been prepared as a handy reference for consumers and health professionals.

The nutritive values of all Heinz foods have been established by analysis or calculated from ingredient nutritive values. The careful selection of ingredients and the optimum control of cooking processes ensures that maximum amounts of vitamins (that are sensitive to losses during processing) and mineral elements are retained. While representative average figures are provided in the tables, it is important to note that values of some nutrients are subject to natural variation (such as seasonality, cultivar & crop location) and other changes (such as product and meal preparation).

Please bear in mind that it is important to always check the labels carefully on any food product because foods are reformulated occasionally, and the nutrient status may change without further notice. If in doubt, contact the manufacturer of the food prior to consumption.

STANDARDS ADOPTED FOR THE TABLES OF NUTRITIVE VALUES

PROTEIN

The protein content is determined by multiplying the amount of total nitrogen by the factor 6.25.

CARBOHYDRATE

The carbohydrate content is "carbohydrate by difference" calculated by subtracting the values for water, protein, fat, dietary fibre, ash, and other substances such as any quantified unavailable carbohydrates from 100 per cent. This methodology is as defined by the Australia New Zealand Food Standards Code.

SUGARS

The sugars content is the sum of all monosaccharides and disaccharides.

DIETARY FIBRE

The dietary fibre is measured using the AOAC 17th Edition 2000 series method.

FAT

The fat content represents the total fatty acids.

SATURATED FAT

The saturated fat content is determined either by individual fatty acid analysis or by calculation using data obtained from food composition tables.

ENERGY VALUE

The energy value is expressed in kilojoules. The conversion factor from kilojoules to kilocalories (Calories) is:

1 kilocalorie (Calorie) = 4.18 kilojoules.

The energy value is derived by multiplying the total protein, fat, carbohydrates and dietary fibre by their respective Energy Factors.

ie. carbohydrate	17kJ/g
dietary fibre	8kJ/g
fat	37kJ/g
protein	17kJ/g

Organic acids, alcohol, polyols and other substances can also contribute to the total energy value.

PREPARATION AND STORAGE OF HEINZ INFANT FOODS

Heinz infant foods should be stored in dry conditions at cool even temperatures. Foods (in jars, cans and pouches) are usually fed at lukewarm or room temperature. To heat, spoon (or empty in case of pouch) amount of food to be fed to infant into a clean heatproof container. Stand container in simmering water for 3-5 minutes. If using a microwave, heat for only a few seconds. Stir, then test the temperature on the inside of your wrist. Feeding the infant from the original container is not recommended as the product may become contaminated with amylase enzymes from the infant's saliva which will digest or thin the carbohydrates in the left over portion of food. Unused baby food can be refrigerated in a clean sealed glass or plastic container for use within 48 hours. Uneaten food should be discarded 48 hours after opening.

COMPOSITIONAL CHARACTERISTICS OF HEINZ INFANT FOODS

Heinz infant fruit drinks are prepared from natural juices and concentrates without added sugar. Fruit drinks specially formulated for infants are more dilute than regular juices. All Heinz infant fruit drinks are already diluted, and are ready to drink. Heinz fruit drinks do not contain more than 4% natural fruit sugars. Fruit drinks should be served in a cup, or can be consumed with the use of the straw, in the case of the 150mL Heinz fruit drink packs.

Heinz yoghurt desserts are sterile products unlike conventional yoghurts and require no refrigeration prior to opening. Heinz yoghurt desserts do not contain live yoghurt cultures.

Heinz teething rusks. Salt is added to teething rusks where it is required in the manufacturing process. The salt influences the texture of the rusk, hardening it so it is suitable as a teething tool. Heinz teething rusks are designed to relieve gums by acting as a tool for biting and chewing, it is not designed to be consumed as a snack. Sugar is not added to the teething rusks.

Starch. Natural starches (like Cornflour) are used where possible. However, modified starches are used in some products so that they may withstand the sterilising process. The usage of modified starches is determined by the guidelines developed by J.E.C.F.A. (F.A.O./W.H.O Joint Expert Committee on Food Additives). In addition to preventing separation in the product, the starches also modify the consistency of the food making it easier to feed by spoon and contribute to uniform distribution of the nutrients.

Added Preservatives. No preservatives are necessary in Heinz infant foods in cans, jars and pouches since the food is sterilised in the container. The infant cereal range is also preservative free. Sulphur dioxide is present in the Little Kids fruit bars as it is a component of the dried fruit ingredients.

No added sugar. No sugar is added to Heinz baby foods except for a small amount in custards and some puddings/meals for taste and texture. (The word 'Sweetened' is indicated on the label where there is more than 4% sugar added to these foods). Sugar is added to some Little Kids foods.

Salt. Salt is not added to Heinz foods suitable for infants under 12 months (teething rusks are the exception). Sodium naturally occurs in a variety of foods. The level of naturally occurring sodium is kept below 75mg/100g.

IMPORTANT

PLEASE NOTE: *Always* check the labels carefully on any food product because foods are reformulated occasionally, and the nutrient status may change without further notice. If in doubt, contact the manufacturer of the food.

FURTHER INFORMATION

For further information about nutrient values in Heinz food products contact:

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