



## ***Nutrient Data Charts Little Kids Foods***

These nutrient charts of Heinz Little Kids foods have been prepared in good faith by H.J. Heinz Company Australia as a handy reference for health professionals and consumers. It is not a substitute for careful reading of the ingredient list of each product.

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 allergen and nutrient status of the food may change without further notice.**

**If in doubt, contact the manufacturer of the food prior to consumption.**

## Nutrient Data Charts

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### 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 17<sup>th</sup> 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.

### IMPORTANT

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

If in doubt, contact the manufacturer of the food prior to consumption.

### FURTHER INFORMATION

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

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