

Nutrient Data Chart 2008		Farex Infant Foods											All nutrient data is per 100g (unless otherwise indicated)	
PRODUCT	INGREDIENTS	ENERGY (kJ)	PROTEIN (g)	FAT (g)	TOTAL CARBOHYDRATE (g)	SUGARS (g)	DIETARY FIBRE (g)	SODIUM (mg)	POTASSIUM (mg)	IRON (mg)	VITAMIN C (mg)	THIAMIN (mg)	NIACIN (mg)	
125g FAREX CEREALS FROM 4-6 MONTHS														
(when prepared as directed)														
Baby Rice	Ground Rice, Vegetable Oil, Vitamin C, Antioxidant (Rosemary Extract), Mineral (Iron)	175	0.9	0.1	9.3	0.05	0.1	1	10	2.2	6.7	N/A	N/A	
Pear and Banana Baby Rice	Ground Rice, Pear Puree (35%), Concentrated Pear Juice, Banana Puree (11%), Vegetable Oil, Natural Fruit Flavours, Vitamin C, Antioxidant (Rosemary Extract), Mineral (Iron)	270	1.0	0.6	13.3	1.5	0.5	8	60	3.5	6.2	N/A	N/A	
125g FAREX CEREALS FROM 7-9 MONTHS														
(when prepared as directed)														
Original Mixed Cereal	Ground Rice, Maize Flour, Soy Flour, Vitamins [Vitamin C, Niacin (B3), Thiamin (B1)], Mineral (Iron)	180	1.5	0.2	8.4	0.2	0.4	1	35	2.3	2.2	0.04	0.33	
Banana Custard	Milk Powder (Full Cream and Skim), Ground Rice, Maize Starch, Pear Juice Concentrate, Banana (8%), Natural Banana Flavour	535	5.1	4.3	17.0	4.7	0.6	55	240	N/A	N/A	N/A	N/A	
260g FAREX PORRIDGE FROM 10-15 MONTHS														
(when prepared as directed)														
Fruity Porridge	Rolled Oats (67%), Apple Puree, Ground Rice, Pear Puree, Apricots (2.5%), Skim Milk Powder, Concentrated Pear Juice, Wheat Germ, Vegetable Oil, Flavours, Maize Flour, Vitamins [Vitamin C, Niacin (B3), Thiamin (B1)], Food Acid (Citric Acid), Mineral (Iron), Antioxidant (Rosemary Extract)	590	5.3	5.3	17.0	5.9	2.3	40	120	5.0	3.9	0.06	0.58	
Apple Muesli	Apple Puree (28%), Ground Rice, Rolled Oats (18%), Wheat Flakes, Skim Milk Powder, Wheat Germ, Maize Flakes, Vegetable Oil, Vitamins [Vitamin C, Niacin (B3), Thiamin (B1)], Antioxidant (Rosemary Extract), Mineral (Iron)	380	2.4	1.7	15.4	2.6	1.8	30	130	4.9	3.8	0.06	0.58	

Key:-
N/A = Not Available
(min) = Minimum

Note:- All values are averages