

Nutrient Data Chart 2006		Heinz 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)	
HEINZ CEREALS														
125g HEINZ CEREALS FROM 6 MONTHS (when prepared as directed)														
Multigrain Banana Breakfast	Ground Rice, Maize Flour, Soy Flour, Concentrated Pear Juice, Banana Puree (4.0%), Banana Flavour, Vitamins [Vitamin C, Niacin (B3), Thiamin (B1)], Mineral (Iron)	195	1.5	0.9	7.8	1.2	0.3	1	8	2.3	2.2	0.04	0.33	
High Protein Multigrain Mix	Oat Flour, Wheat Flour, Soy Flour (19%), Gluten, Vitamins [Vitamin C, Niacin (B3), Thiamin (B1)], Mineral (Iron).	190	2.8	0.9	6.0	0.5	0.6	2	55	2.3	2.2	0.04	0.33	
100g HEINZ TEETHING RUSKS ALL AGES FROM 6 MONTHS														
Plain Teething Rusks	Wheat Flour, Wheat Germ, Skim Milk Powder, Yeast, Salt, Mineral (Iron)	1530	17.7	2.3	65.2	3.4	4.4	330	230	N/A	N/A	N/A	N/A	
Vegetable Teething Rusks	Wheat Flour, Vegetable Powder (Carrot, Tomato, Capsicum) (4.0%), Wheat Germ, Skim Milk Powder, Yeast, Salt, Mineral (Iron)	1530	17.8	2.7	63.7	3.5	5.3	300	280	N/A	N/A	N/A	N/A	
260g HEINZ CEREALS FROM 9 MONTHS (when prepared as directed)														
Muesli & Apple	Apple Puree (28%), Ground Rice, Rolled Oats, 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	
HEINZ ORGANIC CEREALS														
125g HEINZ ORGANIC CEREALS AROUND 6 MONTHS (when prepared as directed)														
Rice Cereal	Organic Ground Rice (Contains Traces of Organic Soy & Wheat) (97%), Organic Vegetable Oil, Antioxidant (Rosemary Extract), Vitamin C, Mineral (Iron).	170	0.8	0.4	7.8	0	0.3	6	10	2.2	N/A	N/A	N/A	
125g HEINZ ORGANIC CUSTARD ALL AGES FROM 6 MONTHS (when prepared as directed)														
Vanilla Custard	Organic Ground Rice (Contains Traces of Organic Soy & Wheat), Organic Milk Powders (Full Cream and Skim), Organic Apple Juice Concentrate, Cornflour, Natural Vanilla Flavour	505	5.4	4	15.6	11.3	0.3	55	245	2.2	N/A	N/A	N/A	

Key:-
N/A = Not Available

Note:- All values are averages

Prepared by H. J. Heinz Company Australia Limited