

Nutrient Data Chart 2008		Heinz Infant Foods (Cans & Jars)						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)	CALCIUM (mg)	IRON (mg)	VITAMIN C (mg)	
<b>HEINZ 4 - 6 MONTHS</b>													
<b>120g Fruits - cans</b>													
Apples	Apples (100%), Vitamin C	255	1.0	0.4	12.6	12.0	0.9	13	90	N/A	N/A	30 (min)	
Pears	Pears (100%), Vitamin C	280	0.5	0.4	14.3	9.2	1.4	5	85	N/A	N/A	30 (min)	
<b>120g Vegetables - cans</b>													
Pumpkin & Sweetcorn	Pumpkin (63%), Sweetcorn (24%), Water	190	1.9	0.6	7.0	5.1	2.2	3	220	N/A	N/A	N/A	
<b>120g Meals - cans</b>													
Lamb & Vegetables	Water, Vegetables (24%) (Carrots, Potatoes, Yellow Split Peas), Lamb (10%), Maize Thickener (1422), Maize Polenta, Ground Rice, Herb	185	3.3	0.7	5.8	0.1	0.6	27	65	N/A	0.9	N/A	
Pumpkin, Potato & Beef	Vegetables (52%) (Pumpkin (46%), Potatoes (6%)), Water, Beef (10%), Beef Stock, Maize Thickener (1422), Maize Polenta, Ground Rice, Parsley, Herb Extract.	255	2.9	2.2	6.9	1.6	0.8	13	140	N/A	0.7	N/A	
Chicken, Noodles and Vegetables	Water, Vegetables (21%) (Yellow Split Peas, Carrots (7%), Onion, Potatoes (2.5%)), Chicken (12%), Rice Noodles (7%), Maize Thickener (1422), Herb Extract, Pepper.	185	2.7	1.6	4.4	0.1	0.6	50	50	N/A	0.9	N/A	
<b>4 x120g Multipacks - cans</b>													
Apples	Apples (100%), Vitamin C	255	1.0	0.4	12.6	12.0	0.9	13	90	N/A	N/A	30 (min)	
Pears	Pears (100%), Vitamin C	280	0.5	0.4	14.3	9.2	1.4	5	85	N/A	N/A	30 (min)	
<b>110g Fruits - jars</b>													
Pear & Banana	Pears (88%), Banana (12%), Vitamin C	305	0.6	0.4	15.6	11.3	1.8	5	100	N/A	N/A	30 (min)	
Fruity Apple	Apples (100%), Vitamin C	255	1.0	0.4	12.6	12.0	0.9	13	90	N/A	N/A	30 (min)	
Fruity Pear	Pears (100%), Vitamin C	280	0.5	0.4	14.3	9.2	1.4	5	85	N/A	N/A	30 (min)	
Apple & Mango	Apples (90%), Mango (10%), Vitamin C	255	0.5	0.4	13.1	12.6	1.3	9	95	N/A	N/A	30 (min)	
<b>110g Vegetables - jars</b>													
Pumpkin & Sweetcorn	Pumpkin (63%), Sweet Corn (24%), Water	190	1.9	0.6	7.0	5.1	2.2	3	220	N/A	N/A	N/A	
Parsnip, Carrot & Sweet Potato	Vegetables (65%) (Parsnip (22%), Carrots (18%), Sweet Potato (15%), Potatoes), Water	120	1.7	0.2	3.8	1.1	2.2	13	110	N/A	N/A	N/A	
<b>110g Meals - jars</b>													
Pumpkin, Potato & Beef	Vegetables (52%) (Pumpkin (46%), Potato (6%)), Water, Beef (10%), Beef Stock, Maize Thickener (1422), Maize Polenta, Ground Rice, Parsley, Herb Extract.	255	2.9	2.2	6.9	1.6	0.8	13	140	N/A	0.7	N/A	
Sweetcorn & Chicken	Water, Vegetables (25%) (Sweetcorn (17%), Yellow Split Peas, Carrots, Spinach), Brown Rice, Chicken (5%), Maize Thickener (1422), Maize Polenta, Ground Rice, Herb Extracts.	215	2.2	1.1	7.8	1.3	0.7	25	60	N/A	0.5	N/A	

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

Note:- All values are averages

Prepared by H. J. Heinz Company Australia Limited

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PRODUCT	INGREDIENTS	ENERGY (kJ)	PROTEIN (g)	FAT (g)	TOTAL CARBOHYDRATE (g)	SUGARS (g)	DIETARY FIBRE (g)	SODIUM (mg)	POTASSIUM (mg)	CALCIUM (mg)	IRON (mg)	VITAMIN C (mg)	
<b>HEINZ 7 - 9 MONTHS</b>													
<b>120g Meals - cans</b>													
Creamy Pasta & Tuna	Water, Full Cream Milk (22%), Wheat Pasta (Contains Traces of Egg) (9%), Carrots, Ground Rice, Maize Thickener (1422), Tuna (2.5%), Romano Cheese, Onion Flavour, Spice	250	3.1	1.1	9.0	0.6	0.3	35	60	N/A	N/A	N/A	
<b>170g Fruits - jars</b>													
Apple & Orange	Apple (97%), Orange (3.0%), Vitamin C, Natural Flavour	240	0.7	0.2	12.4	11.3	1.5	12	32	N/A	N/A	30 (min)	
Pear & Banana	Pears (88%), Banana (12%), Vitamin C	305	0.6	0.4	15.6	11.3	1.8	5	100	N/A	N/A	30 (min)	
<b>170g Meals - jars</b>													
Mum's Recipe - Ellen's Lentils & Vegetables	Vegetables (63%) (Pumpkin (36%), Sweet Potato (9%), Green Beans (5%), Carrots, Potatoes, Sweetcorn, Spinach), Water, Lentil Flour (4.5%), Ground Rice, Unsalted Butter, Natural Onion Flavour, Herb & Spice Extracts.	265	2.5	1.4	8.8	3.1	2.2	5	285	N/A	N/A	N/A	
Mum's Recipe - Natalie's Pumpkin & Couscous	Vegetables (69%) (Pumpkin (48%), Potatoes, Green Peas, Carrots, Zucchini, Spinach), Wheat Couscous (21%), Water, Unsalted Butter, Tapioca Flour, Natural Onion Flavour, Spice Extract.	240	1.9	0.9	8.6	3.0	1.3	4	290	N/A	N/A	N/A	
Mum's Recipe - Erica's Chicken, Corn & Sweet Potato	Vegetables (52%) (Pumpkin, Sweet Potato (10%), Potato, Sweetcorn (8%), Parsnips, Onions, Red Capsicum, Spinach), Water, Chicken (10%), Cornflour, Spice, Spice Extract.	255	2.8	1.8	8.2	2.3	1.0	14	195	N/A	0.6	N/A	
Mum's Recipe - Vivian's Cheesy Pasta Bolognese	Vegetables (48%) (Tomatoes (21%), Carrots (8%), Onion, Sweet Potato, Zucchini (3.5%), Sweetcorn, Celery, Spinach), Water, Beef (10%), Wheat Pasta (Contains Traces of Egg) (6%), Beef Stock, Maize Starch, Parmesan Cheese (0.5%), Spice Extract.	230	4.3	1.4	5.9	0.8	0.9	35	115	N/A	0.7	N/A	
Mum's Recipe - Georgina's Chicken & Vegetable Risotto	Vegetables (49%) (Tomatoes, Carrots (5%), Sweet Potato (5%), Onion, Potatoes, Zucchini (4.0%), Celery, Sweetcorn, Mushrooms), Water, Chicken (10%), Brown Rice (8%), Cornflour, Parmesan Cheese, Herbs & Herb Extract, Spice Extract.	255	3.5	1.5	7.9	0.4	0.9	75	N/A	N/A	0.6	N/A	
Mum's Recipe - Kate's Tuna Ratatouille	Vegetables (52%) (Tomatoes (28%), Zucchini (8%), Carrots, Sweetcorn, Red Capsicum, Onion), Water, Risoni Wheat Pasta (Contains Traces of Egg and Milk), Tuna (7%), Cornflour, Herb, Spice Extract, Spice.	210	3.0	0.3	8.2	1.6	0.9	15	135	N/A	N/A	N/A	
Globetotters Vegetable Napolitana	Vegetables (86%) (Tomatoes (57%), Carrots, Onion, Sweetcorn (5%), Zucchini (5%), Red Capsicum, Mushrooms, Celery), Wheat Pasta (Contains Traces of Egg), Cornflour, Parmesan Cheese, Herbs (Parsley, Basil, Oregano), Spice Extract, Spice.	225	2.1	1.7	7.0	2.5	1.1	18	65	N/A	N/A	N/A	

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PRODUCT	INGREDIENTS	ENERGY (kJ)	PROTEIN (g)	FAT (g)	TOTAL CARBOHYDRATE (g)	SUGARS (g)	DIETARY FIBRE (g)	SODIUM (mg)	POTASSIUM (mg)	CALCIUM (mg)	IRON (mg)	VITAMIN C (mg)	
Globetotters Mango Chicken	Vegetables (24%) (Carrots, Onion, Pumpkin, Zucchini), Water, Rice (20%), Chicken (10%), Mango (10%), Apricot, Cornflour, Coconut, Unsalted Butter, Basil, Spices, Natural Flavour.	330	2.7	2.7	10.3	3.0	0.9	15	135	N/A	N/A	N/A	
Globetotters Butter Chicken	Vegetables (38%) (Tomatoes (18%), Onion, Sweet Potato, Carrots (4.0%), Zucchini (4.0%), Potatoes (4.0%)), Water, Chicken (10%), Full Cream Milk, Brown Rice, Maize Starch, Unsalted Butter (2.0%), Sultanas, Spices, Sugar, Coriander, Food Acid (Citric Acid), Spice Extract	400	3.1	4.0	10.8	2.6	0.6	30	40	N/A	N/A	N/A	
<b>HEINZ 7 - 9 MONTHS - Cook At Home</b>													
<b>80g Sauces</b>													
White Sauce	Full Cream Milk (48%), Water, Vegetables (10%) (Carrot (4.0%), Zucchini (4.0%), Onion (2.0%)), Ground Rice Unsalted Butter, Cornflour, Garlic, Basil, Spices, Spice Extract.	295	2.0	3.8	7.0	2.9	N/A	30	130	N/A	N/A	N/A	
Creamy Pumpkin & Basil Sauce	Vegetables (70%) (Pumpkin (60%), Sweet Potato, Carrot), Water, Cornflour, Cream (1.5%), Unsalted Butter, Basil, Garlic, Spice Extract.	235	1.6	2.0	7.3	3.4	N/A	8	245	N/A	N/A	N/A	
Primavera Sauce	Vegetables (85%) (Tomatoes (65%), Onion (6%), Pumpkin, Sweet Potato, Sweetcorn (4.0%), Zucchini (2.0%)), Apple Juice, Ground Rice, Cornflour, Parmesan Cheese (1.5%), Parsley, Basil, Garlic.	200	1.5	0.5	8.5	3.1	N/A	27	N/A	N/A	N/A	N/A	
<b>250g Pasta</b>													
ABC Pasta Shapes	Duram Wheat Semolina, Tomato, Spinach, Mineral (Iron), Contains Traces of Egg And Milk.	1490	13.0	2.3	67.5	2.5	N/A	20	N/A	N/A	19.0	N/A	
<b>170g Yoghurts Desserts - jars</b>													
Strawberry & Rice Yoghurt Dessert	Fruit and Fruit Juice (72%) (Apple Juice, Apples (21%), Strawberry Juice (4.0%), Cherry Juice), Yoghurt (Cultured Milk) (14%), Rice (10%), Maize Thickener (1422), Ground Rice, Natural Flavour	290	1.6	0.8	13.6	6.0	N/A	9	80	N/A	N/A	N/A	
<b>170g Puddings - jars</b>													
Chocolate Mousse	Full Cream Milk (82%), Sugar, Maize Starch, Cocoa Powder (1.5%), Vanilla Flavour	415	3.0	3.3	14.1	9.0	N/A	25	60	N/A	N/A	N/A	

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PRODUCT	INGREDIENTS	ENERGY (kJ)	PROTEIN (g)	FAT (g)	TOTAL CARBOHYDRATE (g)	SUGARS (g)	DIETARY FIBRE (g)	SODIUM (mg)	POTASSIUM (mg)	CALCIUM (mg)	IRON (mg)	VITAMIN C (mg)	
<b>HEINZ 10 - 15 MONTHS</b>													
<b>170g Fruits - jars</b>													
Pear, Pineapple & Mango	Pears (90%), Mango (7%), Pineapple Juice (3.0%), Vitamin C	250	0.5	0.2	12.8	6.8	2.2	10	155	N/A	N/A	30 (min)	
<b>170g Meals - jars</b>													
Mum's Recipe - Rochelle's Alphabet Pasta, Tomato & Beef	Vegetables (63%) (Tomatoes (39%), Onion, Carrots (7%), Zucchini, Mushrooms (1.5%)), Wheat Pasta (Contains Traces of Egg) (11%), Beef (10%), Beef Stock, Water, Cornflour, Herbs & Spices, Romano Cheese, Herb & Spice Extracts.	290	4.7	1.5	8.6	0.6	0.8	30	155	N/A	0.8	N/A	
Mum's Recipe - Kerryn's Creamy Pasta & Tuna Mornay	Water, Vegetables (27%) (Carrots, Sweetcorn (5%), Onion, Pumpkin (4.0%), Celery, Red Capsicum (2.0%), Spinach), Full Cream Milk, Tuna (8%), Wheat Pasta (Contains Traces of Egg) (7%), Cornflour, Romano Cheese, Onion Flavour, Spice.	205	4.1	0.3	6.9	1.0	0.7	30	95	N/A	N/A	N/A	
Mum's Recipe - Jennifer's Beef & Vegetable Casserole	Vegetables (47%) (Tomatoes (24%), Carrots, Sweet Potato, Sweetcorn, Onion (4.0%), Peas (2.5%), Mushrooms (1.5%)), Water, Beef Stock, Beef (10%), Brown Rice, Cornflour, Parsley, Onion Flavour, Spice.	280	3.6	1.5	9.0	0.6	1.0	25	N/A	N/A	0.9	N/A	
Mum's Recipe - Danielle's Chicken, Pasta & Vegetable Medley	Vegetables (53%) (Tomatoes (23%), Carrots, Pumpkin (5%), Potatoes (5%), Sweetcorn, Zucchini, Red Capsicum, Spinach), Water, Chicken (11%), Brown Rice, Wheat Pasta (Contains Traces of Egg & Milk) (6%), Cornflour, Basil, Onion Flavour, Spice Extract, Spice.	255	3.2	1.6	8.8	0.9	1.0	60	135	N/A	0.7	N/A	
Mum's Recipe - Sara's Golden Vegetable Couscous	Golden Vegetables (53%) (Pumpkin, Sweetcorn, Sweet Potato, Carrots), Tomatoes, Water, Wheat Couscous (9%), Chickpea Flour, Cornflour, Herbs & Spice, Spice Extract.	215	1.8	0.4	9.2	3.3	1.5	8	205	N/A	N/A	N/A	
Mum's Recipe - Melanie's Vegetable & Beef Risotto	Vegetables (51%) (Tomatoes (22%), Sweetcorn (15%), Zucchini (6%), Onions, Red Capsicum, Broccoli, Spinach) Water, Rice (11%), Beef (10%), Cornflour, Herbs & Spice, Spice Extract.	260	3.1	1.3	9.0	1.7	1.0	14	135	N/A	0.8	N/A	
Mum's Recipe - Elizabeth's Salmon & Dill Pasta	Wheat Pasta (Contains Traces of Egg) (28%), Water, Full Cream Milk, Vegetables (14%) (Carrots (6%), Onion, Red Capsicum (3.0%)), Pink Salmon (8%), Lemon Juice (3.0%), Cornflour, Cheese, Dill, Onion Extract, Spice.	300	3.4	1.5	0.2	1.7	0.5	55	105	N/A	N/A	N/A	

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PRODUCT	INGREDIENTS	ENERGY (kJ)	PROTEIN (g)	FAT (g)	TOTAL CARBOHYDRATE (g)	SUGARS (g)	DIETARY FIBRE (g)	SODIUM (mg)	POTASSIUM (mg)	CALCIUM (mg)	IRON (mg)	VITAMIN C (mg)	
Globetotters Chicken Chasseur	Vegetables (55%) (Tomatoes (33%), Carrots (8%), Potatoes, Onion, Mushrooms (2.0%)), Water, Chicken (10%), Rice, Cornflour, Parsley, Tarragon.	215	2.5	1.1	7.3	0.8	0.7	45	N/A	N/A	1.4	N/A	
Globetotters Lamb Rogan Josh	Vegetables (57%) (Tomatoes (32%), Carrots (11%), Onion, Zucchini (4.0%), Pumpkin), Rice (17%), Lamb (10%), Water, Cornflour, Cheese, Beef Stock, Herbs and Spices (Traces of Soy and Wheat).	280	3.5	1.2	9.9	2.0	0.9	30	170	N/A	N/A	N/A	
Globetotters Sweet & Sour Pork	Vegetables (37%) (Tomatoes (19%), Carrots, Red Capsicum (5%), Zucchini (4.0%), Onion), Pineapple Juice (17%), Water, Pork (10%), Wheat Noodles (Contain Traces of Egg & Milk), Apple Juice Concentrate, Cornflour, Spices, Natural Flavour, Spice Extract.	380	3.0	1.7	14.9	7.5	0.7	20	N/A	N/A	N/A	N/A	
<b>170g Desserts - jars</b>													
Banana & Peach Yoghurt Dessert	Fruit & Fruit Juice (50%) (Banana (23%), Peach (14%), Pear Juice), Water, Yoghurt, (Cultured Milk) (12%), Ground Rice, Maize Thickener (1422), Pearl Barley, Rice, Rolled Oats, Vanilla Flavour.	260	1.3	0.7	12.3	3.6	N/A	18	110	N/A	N/A	N/A	
<b>220g Fruits - cans</b>													
Apples	Apples (100%), Vitamin C	255	1.0	0.4	12.6	12.0	0.9	13	90	N/A	N/A	30 (min)	
<b>220g Meals - cans</b>													
Beef Risotto	Vegetables (68%) (Tomatoes (31%), Green Split Peas, Carrots (10%), Potatoes, Onion), Beef (10%), Rice (9%), Water, Beef Stock, Maize Thickener (1422), Herb Extract	280	4.1	1.3	9.1	0.5	1.1	17	155	N/A	0.7	N/A	
Country Chicken & Vegetables	Vegetables (29%) (Green Split Peas, Carrots (9%), Potatoes (7%), Spinach), Water, Full Cream Milk (23%), Chicken (10%), Rice, Maize Thickener (1422), Ground Rice, Flavour, Herb Extract	315	3.7	2.6	8.9	1.8	0.8	30	170	N/A	0.6	N/A	
Alphaggetti Bolognese	Vegetables (51%) (Tomatoes (33%), Onion, Carrots), Wheat Pasta (Contains Milk & Traces of Egg) (29%), Beef (10%), Beef Stock, Maize Thickener (1422), Romano Cheese, Herb Extract	265	3.6	1.4	8.3	1.1	0.7	30	130	N/A	0.7	N/A	
Steak & Vegetables	Vegetables (46%) (Carrots (13%), Green Split Peas, Tomatoes, Potatoes (5%), Swede), Water, Beef Stock, Beef (10%), Rice, Maize Thickener (1422), Ground Rice, Herb Extract	265	4.3	1.1	6.2	0.2	1.0	25	130	N/A	0.8	N/A	
<b>HEINZ 10 - 15 MONTHS - Cook At Home</b>													
<b>80g Sauces</b>													
Cacciatore Sauce	Vegetables (72%) (Tomatoes (54%), Mushrooms (7%), Onion (6%), Red Capsicum, Olives (1.0%)), Apples, Cornflour, Parmesan Cheese (2.0%), Garlic (1.5%), Basil, Oregano.	250	1.9	1.0	9.4	4.5	N/A	65	N/A	N/A	N/A	N/A	
Stroganoff Sauce	Vegetables (30%) (Tomatoes, Mushrooms (10%), Onion (6%), Red Capsicum, Zucchini), Beef Stock, Full Cream Milk, Sour Cream (6%), Apples, Cornflour, Garlic, Parsley, Spices.	270	2.8	2.6	7.0	3.1	N/A	65	240	N/A	N/A	N/A	

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Traditional Gravy	Beef Stock (50%), Vegetables (32%) (Onion (12%), Tomatoes (12%), Carrots, Zucchini (3.0%), Red Capsicum (1.5%)), Apples, Cornflour, Unsalted Butter, Garlic.	225	1.9	2.2	1.4	6.1	N/A	60	245	N/A	N/A	N/A	
<b>200g Pasta</b>													
Pasta Shapes (Dinosaurs)	Duram Wheat Semolina, Tomato, Spinach, Mineral (Iron), Contains Traces of Egg And Milk.	1490	13.0	2.3	67.5	2.5	N/A	20	N/A	N/A	19.0	N/A	
<b>HEINZ ALL AGES FROM 6 MONTHS</b>													
<b>120g Custards - cans</b>													
Custard with Banana	Water, Full Cream Milk, Sugar, Ground Rice, Maize Thickener (1422), Banana (1.5%), Natural Banana Flavour, Vanilla Flavour.	220	1.3	1.0	11.5	4.7	N/A	18	35	N/A	N/A	N/A	
Chocolate Custard	Water, Full Cream Milk, Sugar, Ground Rice, Maize Thickener (1422), Cocoa Powder (0.5%), Vanilla Flavour	250	1.7	1.1	10.7	5.2	N/A	13	35	N/A	N/A	N/A	
Egg Custard	Water, Full Cream Milk, Sugar, Ground Rice, Maize Thickener (1422), Egg Yolk (2.0%), Vanilla Flavour	270	1.9	1.7	10.2	5.5	N/A	20	30	N/A	N/A	N/A	
Fruit Custard	Fruit & Fruit Juice (60%) (Pear Juice (36%), Peach (12%), Apricot, Pineapple Juice (4.0%)), Full Cream Milk, Water, Sugar, Ground Rice, Maize Thickener (1422), Vitamin C	355	1.6	0.7	17.7	6.1	N/A	15	60	N/A	N/A	N/A	
Caramel Custard	Water, Full Cream Milk, Brown Sugar, Ground Rice, Maize Thickener (1422), Natural Caramel Flavour, Vanilla Flavour.	265	1.4	1.0	12.0	5.9	N/A	13	16	N/A	N/A	N/A	
Vanilla Custard	Water, Full Cream Milk, Sugar, Ground Rice, Maize Thickener (1422), Vanilla Flavours.	265	1.5	0.4	13.3	6.4	N/A	12	20	N/A	N/A	N/A	
Apple Custard	Water, Full Cream Milk, Apples (21%), Sugar, Ground Rice, Maize Thickener (1422), Food Acid (Citric Acid), Vanilla Flavour.	335	1.3	1.1	15.8	7.8	N/A	15	20	N/A	N/A	N/A	
<b>120g Puddings - cans</b>													
Peach, Apricot & Semolina	Fruit & Fruit Juice (93%) (Apple Juice, Peaches (29%), Apples, Apricots (13%)), Wheat Semolina (Contains Traces of Soy & Milk) (7%)	305	1.2	0.1	16.1	10.3	1.1	5	85	N/A	N/A	N/A	
<b>120g Baby Breakfast - cans</b>													
Apple and Oatmeal	Fruit & Fruit Juice (82%) (Apples (52%), Apple Juice), Oatmeal (18%), Cinnamon Extract, Vanilla Flavour	285	1.6	0.8	12.4	8.0	1.9	6	85	N/A	N/A	N/A	
<b>110g Custards - jars</b>													
Egg Custard	Water, Full Cream Milk, Sugar, Ground Rice, Maize Thickener (1422), Egg Yolk (2.0%), Vanilla Flavour	270	1.9	1.7	10.2	5.5	N/A	20	30	N/A	N/A	N/A	
Custard with Banana	Water, Full Cream Milk, Sugar, Ground Rice, Maize Thickener (1422), Banana (1.5%), Natural Banana Flavour, Vanilla Flavour.	220	1.3	1.0	11.5	4.7	N/A	18	35	N/A	N/A	N/A	

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Vanilla Custard	Water, Full Cream Milk, Sugar, Ground Rice, Maize Thickener (1422), Vanilla Flavours.	265	1.5	0.4	13.3	6.4	N/A	12	20	N/A	N/A	N/A	
Strawberry & Banana Custard	Water, Full Cream Milk, Sugar, Ground Rice, Strawberry Juice (3.0%), Maize Thickener (1422), Banana (1.0%), Flavours.	265	1.5	1.1	11.7	5.8	N/A	18	30	N/A	N/A	N/A	
<b>HEINZ ALL AGES FROM 6 MONTHS</b>													
<b>110g Gels - jars</b>													
Fruits of the Forest Gel	Fruit Juice (99%) (Apple, Pear, Strawberry, Blackcurrant, Cherry), Vegetable Gums (Carrageenan, Carob Bean), Food Acid (Potassium Citrate), Vitamin C	230	0.1	0.1	13.1	11.7	N/A	11	170	N/A	N/A	30 (min)	
Apple & Blackcurrant Gel	Fruit Juice (99%) (Apple (48%), Pear, Blackcurrant (7%)), Vegetable Gums (Carrageenan, Carob Bean), Food Acid (Potassium Citrate), Vitamin C	205	0.1	0.1	11.8	8.9	N/A	12	160	N/A	N/A	30 (min)	
Summer Fruits Gel	Fruit Juice (99%) (Apple, Orange, Passionfruit, Pineapple), Vegetable Gums (Carrageenan, Carob Bean), Vitamin C, Food Acid (Potassium Citrate).	230	0.1	0.1	12.7	12.6	N/A	6	160	N/A	N/A	30 (min)	
Apple, Mango & Kiwifruit Gel	Fruit & Fruit Juice (99%) (Apple Juice (82%), Kiwifruit (10%), Mango (7%)), Vegetable Gums (Carrageenan, Carob Bean), Food Acid (Potassium Citrate), Vitamin C	185	0.1	0.1	10.2	9.4	N/A	11	160	N/A	N/A	30 (min)	
<b>110g Baby Breakfast - jars</b>													
Creamy Banana Porridge	Fruit (39%) (Banana (22%), Apples), Apple Juice, Oatmeal (19%), Full Cream Milk, Cream (1.0%), Vitamin C, Vanilla Flavour	260	2.6	1.5	8.9	8.7	1.2	12	115	N/A	N/A	N/A	
Apple & Oatmeal	Fruit & Fruit Juice (82%) (Apples (52%), Apple Juice), Oatmeal (18%), Cinnamon Extract, Vanilla Flavour	285	1.6	0.8	12.4	8.0	1.9	6	85	N/A	N/A	N/A	
Apple & Banana Cereal	Fruit & Fruit Juice (74%) (Apple Juice (57%), Banana (17%)), Water, Cereal (Ground Rice, Maize Polenta) (8%), Maize Thickener (1422), Natural Flavour	285	1.2	0.1	14.4	8.2	1.7	6	40	N/A	N/A	N/A	
Apple & Blueberry Muesli	Apples (50%), Apple Juice, Oatmeal (15%), Blueberries (5%)	275	1.7	0.8	11.7	8.5	1.9	6	75	N/A	N/A	N/A	
<b>110g Yoghurt Desserts - jars</b>													
Banana Yoghurt Dessert	Fruit & Fruit Juice (69%) (Pear Juice, Bananas (13%)) Yoghurt (Cultured Milk) (25%), Ground Rice, Maize Thickener (1422), Food Acid (Citric Acid)	340	1.2	0.9	16.7	6.3	N/A	22	125	N/A	N/A	N/A	
Strawberry Yoghurt Dessert	Fruit Juice (69%) (Apple, Strawberry (5%), Cherry), Yoghurt (Cultured Milk) (25%), Ground Rice, Maize Thickener (1422), Natural Flavour	315	1.1	0.9	15.5	8.7	N/A	19	70	N/A	N/A	N/A	
Fruit Salad Yoghurt Dessert	Fruit & Fruit Juice (69%) (Pear Juice (55%), Apricot (11%), Banana (3.0%), Orange Juice), Yoghurt (Cultured Milk) (25%), Ground Rice, Maize Thickener (1422)	320	1.2	0.9	15.7	7.3	N/A	22	145	N/A	N/A	N/A	

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Note:- All values are averages

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Nutrient Data Chart 2008		Heinz Infant Foods (Cans & Jars)						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)	CALCIUM (mg)	IRON (mg)	VITAMIN C (mg)	
<b>110g Delights - jars</b>													
Apricot Rice Pudding	Pear Juice, Apricot (23%), Rice (7%), Maize Polenta, Cornflour, Cream, Unsalted Butter, Vanilla Flavour	480	1.4	2.7	20.2	13.3	N/A	10	130	N/A	N/A	N/A	
Rhubarb Rice Pudding	Apple Juice, Rhubarb (17%), Banana, Maize Polenta (3.5%), Ground Rice, Cornflour, Natural Banana Flavour.	310	0.9	0.1	16.3	8.0	0.5	5	125	N/A	N/A	N/A	
Apple & Raspberry Pudding	Fruit & Fruit Juice (79%) (Apples (23%), Grape Juice, Apple Juice (16%), Raspberries (12%), Blueberries, Cranberry Juice, Cherry Juice), Rolled Oats, Ground Rice, Vitamin C, Natural Vanilla Flavour	285	1.4	0.5	13.4	5.5	1.3	5	75	N/A	N/A	N/A	
<b>170g Custards - jars</b>													
Egg Custard	Water, Full Cream Milk, Sugar, Ground Rice, Maize Thickener (1422), Egg Yolk (2.0%), Vanilla Flavour.	270	1.9	1.7	10.2	5.5	N/A	20	30	N/A	N/A	N/A	
<b>HEINZ ALL AGES FROM 6 MONTHS</b>													
<b>4 x 120g Custard Multipacks - cans</b>													
Custard with Banana	Water, Full Cream Milk, Sugar, Ground Rice, Maize Thickener (1422), Banana (1.5%), Natural Banana Flavour, Vanilla Flavour.	220	1.3	1.0	11.5	4.7	N/A	18	35	N/A	N/A	N/A	
Egg Custard	Water, Full Cream Milk, Sugar, Ground Rice, Maize Thickener (1422), Egg Yolk (2.0%), Vanilla Flavour	270	1.9	1.7	10.2	5.5	N/A	20	30	N/A	N/A	N/A	
Apple Custard	Water, Full Cream Milk, Apples (21%), Sugar, Ground Rice, Maize Thickener (1422), Food Acid (Citric Acid), Vanilla Flavour.	335	1.3	1.1	15.8	7.8	N/A	15	20	N/A	N/A	N/A	
<b>4 x 100g Custard Multipacks - cans</b>													
Fruit Medley	Apple (49%), Banana (25%), Peach (20%), Full Cream Milk Powder (3.0%), Concentrated Orange Juice, Cornflour, Concentrated Lemon Juice, Vitamin C.	335	1.5	0.9	15.4	14.0	N/A	16	N/A	N/A	N/A	10	
Apple & Mango	Apple (54%), Banana (30%), Mango (11%), Full Cream Milk Powder (3.0%), Cornflour, Concentrated Lemon Juice, Vitamin C.	350	1.4	1.0	16.1	14.1	N/A	16	N/A	N/A	N/A	11	
<b>220g ALL Natural Soups</b>													
Pumpkin & Leek	Vegetables (66%) (Pumpkin (50%), Onion, Leek (6%)), Water, Cream ,Cornflour, Spices.	170	1.5	1.0	5.7	3.6	1.0	6	270	N/A	N/A	N/A	
Garden Vegetable	Vegetables (61%) (Tomatoes (16%), Sweetcorn (8%), Potatoes, Pumpkin, Onion, Zucchini (5%), Sweet Potato (5%), Celery, Red Capsicum), Water ,Cornflour, Spice.	150	1.1	0.2	6.8	2.0	1.0	7	150	N/A	N/A	N/A	
Chicken & Vegetable	Vegetables (50%) (Pumpkin, Sweet Potato (8%), Potatoes, Yellow Split Peas, Tomatoes, Sweetcorn (2.5%), Onion)), Water, Chicken (10%), Cornflour, Herb, Spice.	245	3.0	1.8	7.1	1.8	0.9	12	190	N/A	N/A	N/A	

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Note:- All values are averages

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Nutrient Data Chart 2008		Heinz Infant Foods (Cans & Jars)						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)	CALCIUM (mg)	IRON (mg)	VITAMIN C (mg)	
<b>BABY'S OWN - All Ages from 6 Months</b>													
<b>110g Baby's Own - jars</b>													
Apple & Oatmeal	Fruit & Fruit Juice (82%) (Apples (52%), Apple Juice), Oatmeal (18%), Cinnamon Extract, Vanilla Flavour.	285	1.6	0.8	12.4	8.0	1.9	6	85	N/A	N/A	N/A	
Apple & Blueberry Muesli	Apples (50%), Apple Juice, Oatmeal (15%), Blueberries (5%).	275	1.7	0.8	11.7	8.5	1.9	6	75	N/A	N/A	N/A	
Fruits of the Forest Gel	Fruit Juice (99%) (Apple, Pear, Strawberry, Blackcurrant, Cherry), Vegetable Gums (Carrageenan, Carob Bean), Food Acid (Potassium Citrate), Vitamin C.	230	0.1	0.1	13.1	11.7	N/A	11	170	N/A	N/A	30 (min)	
Vanilla Custard	Water, Full Cream Milk, Sugar, Ground Rice, Maize Thickener (1422), Vanilla Flavours.	265	1.5	0.4	13.3	6.4	N/A	12	20	N/A	N/A	N/A	
<b>120g Baby's Own - jars</b>													
Custard with Egg	Water, Full Cream Milk, Sugar, Ground Rice, Maize Thickener (1422), Egg Yolk (2.0%), Vanilla Flavour.	270	1.9	1.7	10.2	5.5	N/A	20	30	N/A	N/A	N/A	
Custard with Banana	Water, Full Cream Milk, Sugar, Ground Rice, Maize Thickener (1422), Banana (1.5%), Natural Banana Flavour, Vanilla Flavour.	220	1.3	1.0	11.5	4.7	N/A	18	35	N/A	N/A	N/A	
<b>BABY'S OWN - 4 + Months</b>													
<b>120g Baby's Own - jars</b>													
Apples	Apples (100%), Vitamin C	255	1.0	0.4	12.6	12.0	0.9	13	90	N/A	N/A	30 (min)	
Pumpkin, Potato & Beef	Vegetables (52%) (Pumpkin (46%), Potatoes (6%)), Water, Beef (10%), Beef Stock, Maize Thickener (1422), Maize Polenta, Ground Rice, Parsley, Herb Extract.	255	2.9	2.2	6.9	1.6	0.8	13	140	N/A	0.7	N/A	
<b>BABY'S OWN - INFANT FRUIT DRINKS (Nutrient Data per 100mL)</b>													
<b>125mL Fruit Drink From 6 months - Ready to Drink</b>													
Apple & Blackcurrant	Water, Apple Juice (30%), Blackcurrant Juice (5%), Vitamin C	70	0.3	0.1	3.5	3.5	0	1	35	N/A	N/A	30 (min)	
Apple & Prune	Water, Apple Juice (16%), Prune Juice (9%), Vitamin C	60	0.2	0.1	3.2	3.2	0.1	2	32	N/A	N/A	30 (min)	
<b>1 Lt Fruit Drink From 6 months - Ready to Drink</b>													
Apple & Cranberry	Water, Reconstituted Juices [Apple Juice (31%), Cranberry (2.5%), Blackcurrant], Vitamin C, Food Acid (Citric Acid), Natural Flavour	65	0.3	0.1	3.5	3.4	0.1	3	N/A	N/A	N/A	30 (min)	
Pear	Water, Reconstituted Pear Juice (33%), Vitamin C, Food Acid (Citric Acid), Natural Flavour	60	0.1	0.1	3.4	3.2	0.1	2	N/A	N/A	N/A	30 (min)	
Apple & Blackcurrant	Water, Reconstituted Juices [Apple Juice (29%), Blackcurrant (5%)], Vitamin C, Food Acid (Citric Acid), Natural Flavour	65	0.1	0.1	3.4	3.3	0.1	2	N/A	N/A	N/A	30 (min)	

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(min) = Minimum

Note:- All values are averages

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Nutrient Data Chart 2008		Heinz Infant Foods (Cans & Jars)							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)	CALCIUM (mg)	IRON (mg)	VITAMIN C (mg)	
<b>150mL X 6 Fruit Drink From 6 months - Multipack - Ready to Drink</b>													
Apple	Water, Reconstituted Apple Juice (33%), Vitamin C, Food Acid (Citric Acid), Natural Flavour	70	0.3	0.1	3.5	2.3	0	3	N/A	N/A	N/A	30 (min)	
Summer Fruits	Water, Reconstituted Juices [Pear (30%), Peach (5%), Mango (3.0%)], Vitamin C, Food Acid (Citric Acid), Natural Flavour	65	0.1	0.1	3.6	3.3	0	2	N/A	N/A	N/A	30 (min)	
Pear	Water, Reconstituted Pear Juice (33%), Vitamin C, Food Acid (Citric Acid), Natural Flavour	60	0.1	0.1	3.4	3.2	0.1	2	N/A	N/A	N/A	30 (min)	
<b>HEINZ ORGANIC 4 - 6 MONTHS</b>													
<b>110g HEINZ ORGANIC - Jars (* denotes organic)</b>													
Sweet Baby Vegetables	Vegetables (65%)* (Sweet Potato, Carrots (15%), Potatoes (15%), Sweetcorn (14%)), Water.	175	1.5	0.4	7.3	2.8	1.5	15	120	N/A	N/A	N/A	
Golden Vegetable Mash	Pumpkin (65%)*, Sweet Potato (22%)*, Water	225	1.8	0.2	10.4	2.9	1.1	9	225	N/A	N/A	N/A	
Fruity Pear and Apricot Swirl	Fruit (75%)* (Pears (54%), Apricots (21%)), Apple Juice*, Ground Rice*	250	0.6	0.1	13.3	9.1	0.9	3	90	N/A	N/A	N/A	
Apples, Bananas & Berries	Apples (85%)*, Bananas (12%)*, Blueberries (2.0%)*, Cranberry Juice	240	0.4	0.3	12.2	11.8	2.1	7	85	N/A	N/A	N/A	
Pineapple Passion	Fruit & Fruit Juice (96%)* (Apples, Pineapple Juice (10%), Passionfruit Juice (5%)), Ground Rice	255	0.6	0.1	12.9	10.6	1.0	5	24	N/A	N/A	N/A	
<b>HEINZ ORGANIC 7 - 9 MONTHS</b>													
<b>170g - HEINZ ORGANIC - jars (* denotes organic)</b>													
Tender Beef with Vegetable Mash	Vegetables (62%)* (Tomatoes, Sweet Potato, Zucchini (8%), Potatoes, Carrots (5%)), Apple Juice*, Brown Rice*, Beef (10%)*, Ground Rice.	215	3.9	2.2	3.4	2.2	1.1	13	150	N/A	0.7	N/A	
Chicken & Sweet Potato	Vegetables (44%)* (Sweet Potatoes (28%), Potatoes, Peas (5%), Onions, Pumpkin), Water, Chicken (10%)*, Cornflour, Parsley*.	250	2.9	2.0	7.0	1.8	1.0	12	85	N/A	1.1	N/A	
Butternut Pumpkin Pilaf	Vegetables (61%)* (Butternut Pumpkin (38%), Sweetcorn (18%), Onion, Zucchini, Spinach), Water, Brown Rice (7%)*, Cheeses (Ricotta, Parmesan), Cornflour, Spices & Spice Extract	230	2.1	0.9	8.9	3.2	1.3	14	135	N/A	N/A	N/A	
Provencale Chicken Pasta	Vegetables (74%)* (Tomatoes (54%), Carrots, Zucchini, Onion), Wheat Pasta (12%)*, Chicken (10%)*, Cornflour, Parmesan Cheese, Oregano, Spice Extract	260	3.3	1.8	7.4	1.9	1.0	35	165	N/A	0.7	N/A	
Lamb Shepherd's Pie	Vegetables (75%)* (Tomatoes (41%), Potatoes (13%), Carrots, Peas (5%), Sweetcorn, Onion), Lamb (10%)*, Water, Parsley*, Cornflour, Spice Extract, Thyme	240	3.1	1.7	6.7	2.1	1.3	17	210	N/A	1.2	N/A	

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Nutrient Data Chart 2008		Heinz Infant Foods (Cans & Jars)						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)	CALCIUM (mg)	IRON (mg)	VITAMIN C (mg)	
<b>HEINZ ORGANIC 10 - 15 MONTHS</b>													
<b>170g - HEINZ ORGANIC - jars (* denotes organic)</b>													
Spring Lamb with Baby Vegetables	Vegetables (81%)* (Tomatoes, Carrots (15%), Potatoes, Peas (5%), Sweetcorn, Onion), Lamb (10%)*, Water, Ground Rice, Cornflour, Basil.	250	3.8	2.1	5.7	1.8	1.5	10	140	N/A	0.7	N/A	
Spinach, Pumpkin & Ricotta	Vegetables (66%)* (Pumpkin (33%), Tomatoes, Sweet Potato, Onion, Zucchini, Sweetcorn, Spinach (0.5%)), Water, Wheat Macaroni (11%)*, Cornflour, Ricotta (2.0%), Parmesan Cheese, Basil, Spice Extract, Spice.	215	2.0	0.6	8.7	2.9	0.9	16	140	N/A	N/A	N/A	
Cheesy Pasta Bake	Vegetables (45%)* (Pumpkin (10%), Sweetcorn, Carrots, Zucchini (8%), Sweet Potato, Spinach), Water, Full Cream Milk*, Wheat Pasta (7%)*, Cornflour, Cheeses (Parmesan (1.0%), Ricotta, Romano) (3.0%), Spice Extract, Spice.	220	2.2	1.2	7.8	2.7	1.1	35	100	N/A	N/A	N/A	
Country Chicken with Peas and Potatoes	Vegetables (44%)* (Sweetcorn, Potatoes (8%), Carrots (8%), Peas (8%), Onion, Zucchini), Water, Chicken (10%)*, Cornflour, Parsley*, Spice Extract, Onion Extract, Spices	230	3.0	1.6	6.4	1.7	1.3	15	135	N/A	0.7	N/A	
Apple & Cinnamon Porridge	Fruit (62%)* (Apples (30%), Pears, Sultanas), Oats (19%)*, Water, Cinnamon*, Vitamin C	260	2.0	0.8	10.0	9.5	3.1	6	70	N/A	N/A	N/A	
<b>HEINZ ORGANIC All Ages from 6 months</b>													
<b>110g - HEINZ ORGANIC - jars (* denotes organic)</b>													
Creamy Oats with Fig & Sultanas	Fruit (27%)* (Figs (22%), Sultanas (5%)), Yoghurt* (Cultured Milk), Oats (15%)*, Water, Full Cream Milk*, Apple Juice*, Cornflour, Natural Vanilla Flavour, Food Acid (Citric Acid)	360	2.4	1.4	15.1	5.9	1.0	28	130	N/A	N/A	N/A	
Stewed Pear & Current	Fruit & Fruit Juice (78%)* (Pears (46%), Apple Juice, Apples, Dried Currants (5%)), Full Cream Milk*, Oatmeal (Contains Traces of Wheat)*, Ground Rice, Food Acid (Citric Acid), Cinnamon*.	355	1.3	0.7	17.2	11.5	1.4	8	110	N/A	N/A	N/A	
Banana and Blueberry Custard	Fruit and Fruit Juice (86%)* (Banana (37%), Apples, Apple Juice, Blueberries (5%)), Full Cream Milk*, Ground Rice, Cornflour.	335	1.2	0.4	17.1	11.8	N/A	6	115	N/A	N/A	N/A	
<b>125ml - HEINZ ORGANIC - Infant Fruit Drink (* denotes organic)</b>													
Apple Apricot Carrot	Water, Apple Juice (25%)*, Apricot (8%)*, Apples (7%)*, Carrots (5%)*, Vitamin C.	85	0.1	0.1	4.5	4.0	N/A	4	50	N/A	N/A	30 (min)	
Pine Passion Guava	Water, Apple Juice (29%)*, Pineapple Juice (6%)*, Passionfruit Juice (1.5%)*, Pink Guava (1.0%)*, Vitamin C.	75	0.1	0	3.6	3.6	N/A	2	30	N/A	N/A	30 (min)	

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