

Nutrient Data Chart 2008		Heinz Little Kids Foods										All nutrient data is per 100g (unless otherwise indicated)				
PRODUCT	INGREDIENTS	ENERGY (kJ)	PROTEIN (g)	FAT (g)	SATURATED FAT (g)	TOTAL CARBOHYDRATE (g)	SUGARS (g)	DIETARY FIBRE (g)	SODIUM (mg)	POTASSIUM (mg)	IRON (mg)	VITAMIN C (mg)	THIAMIN (mg)	RIBOLFAVIN (mg)	NIACIN (mg)	FOLATE (µg)
<b>HEINZ LITTLE KIDS</b>																
<b>220g Little Kids Meals - Cans (1 - 3 Years)</b>																
Vegetables and Beef Risotto	Vegetables (42%) (Tomatoes, Carrots, Peas), Water, Rice (15%), Beef (10%), Beef Stock, Potato Starch, Maize Thickener (1422), Natural Flavours, Herb Extract, Natural Colour (Paprika Extract)	255	3.6	1.4	0.7	7.9	1.6	0.9	105	80	0.8	N/A	N/A	N/A	N/A	N/A
Spaghetti Bolognaise	Vegetables (38%) (Tomatoes (28%), Onion, Carrots (4.0%)), Spaghetti (Wheat, Contains Traces of Egg) (35%), Beef (10%), Beef Stock, Water, Apple Juice, Maize Thickener (1422), Natural Flavours, Herb Extracts, Romano Cheese, Natural Colour (Paprika Extract), Food Acid (Citric Acid), Spice.	275	4.2	1.7	0.8	8.0	1.5	0.6	50	95	0.7	N/A	N/A	N/A	N/A	N/A
Pasta Chicken & Vegetables	Wheat Pasta (37%), Water, Vegetables (15%) (Carrots (8%), Onion, Peas (2.5%)), Chicken (10%), Pineapple Juice, Wheat Flour, Full Cream Milk, Tapioca Starch, Natural Flavour (Contains Egg), Romano Cheese, Herb Extracts, Parsley, Colour (Riboflavin)	325	4.0	0.7	0.4	13.2	1.4	0.7	75	45	0.7	N/A	N/A	N/A	N/A	N/A
Macaroni & Meatballs	Vegetables (67%) (Tomatoes (46%), Carrots (8%), Potatoes (8%), Onion), Macaroni (Wheat, Contains Traces of Milk & Egg) (18%), Meatballs (Beef, Onion, Wheat Flour, Wheat Gluten, Salt, Vegetable Oil, Wheat Starch, Mineral Salt (451), Natural Flavour) (14%), Maize Thickener (1422), Potato Starch, Herb Extracts, Spice, Natural Colour (Paprika Extract)	330	3.9	2.9	1.0	8.7	2.0	0.9	105	115	0.9	N/A	N/A	N/A	N/A	N/A
Chicken & Pumpkin Risotto	Vegetables (40%) (Pumpkin (26%), Sweet Potato, Peas (3.5%)), Water, Rice (15%), Chicken (10%), Ground Rice, Maize Thickener (1422), Soy Sauce (Contains Wheat), Herb, Spice.	220	3.3	1.2	0.7	6.7	2.9	0.8	60	90	0.6	N/A	N/A	N/A	N/A	N/A
Creamy Tuna with Vegetables	Water, Vegetables (23%) (Carrots, Sweetcorn (5%), Pumpkin, Onion, Red Capsicum (2.5%), Spinach (1.0%)), Full Cream Milk, Rice, Tuna (8%), Cornstarch, Cream (0.5%), Romano Cheese, Unsalted Butter, Natural Onion Flavour, Spice Extract, Spices, Salt.	205	3.4	1.0 2.4mg (EPA) 12.5mg (DHA) 0.03g (omega-3) 0.1g (poly) 0mg (trans) 0.3g (mono)	0.6	7.6	1.4	1.5	10	80	N/A	N/A	N/A	N/A	N/A	N/A
Cheese Filled Ravioli	Cheese Ravioli (Wheat Semolina, Wheat Flour, Water, Ricotta Cheese, Tasty Cheese, Breadcrumbs (Contain Wheat, Soy & Traces of Sesame), Egg, Cheese Powder, Maize Starch, Onion, Spices) (55%), Tomato Sauce (Tomatoes (38%), Cheese, Sugar, Butter, Salt, Maize Thickener (1422), Spice and Spice Extracts, Flavours, Food Acid (Citric Acid)). Contains 7% Cheese.	330	2.8	2.2	1.3	11.6	3.0	N/A	200	95	N/A	N/A	N/A	N/A	N/A	N/A
Cheesy Macaroni	Pasta (Durum Wheat Flour, Egg) (45%), Water, Cream, Cheese (2.5%), Maize Thickener (1422), Canola Oil, Onion, Emulsifiers (472e, 471), Yeast Extract, Salt, Natural Flavour (Contains Barley), Stabilisers (415, 412, 339), Spice Extract, Antioxidant (Tocopherol), Soy Oil, Colour (Beta Carotene).	340	1.9	4.4	1.8	8.5	0.4	0.4	200	35	N/A	N/A	N/A	N/A	N/A	N/A
Globetotters Sweet & Sour Chicken	Vegetables (36%) (Tomatoes, Carrots (8%), Red Capsicum (5%), Zucchini, Onion), Water, Pineapple Juice, Chicken (10%), Wheat Noodles (Contains Traces of Egg and Milk), Sugar, Maize Thickener (1422), Spices (Paprika, Ginger), Natural Flavour, Food Acid (Acetic Acid), Spice Extract.	350	2.7	1.8	0.6	13.6	7.5	0.7	25	150	0.7	N/A	N/A	N/A	N/A	N/A

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PRODUCT	INGREDIENTS	ENERGY (kJ)	PROTEIN (g)	FAT (g)	SATURATED FAT (g)	TOTAL CARBOHYDRATE (g)	SUGARS (g)	DIETARY FIBRE (g)	SODIUM (mg)	POTASSIUM (mg)	IRON (mg)	VITAMIN C (mg)	THIAMIN (mg)	RIBOLFAVIN (mg)	NIACIN (mg)	FOLATE (µg)	
Globetotters Lamb Moussaka	Vegetables (65%) (Tomatoes, Potatoes, Carrots, Onions, Peas, Zucchini, Roasted Eggplant (2.0%)), Water, Lamb (10%), Cornflour, Wheat Flour, Herbs (Parsley, Basil, Oregano), Natural Flavours, Cheese, Spice	230	3.4	1.2	0.5	7.0	1.7	1.2	20	195	0.6	N/A	N/A	N/A	N/A	N/A	
Beef Burgundy	Vegetables (44%) (Tomatoes, Potatoes (8%), Onion, Carrots (4.8%), Green Beans (4.4%), Sweet Potato, Red Capsicum), Water, Beef (12%), Grape Juice, Beef Stock, Cornflour, Mushrooms, Tapioca Starch, Natural Flavour, Spice.	240	3.2	1.9	0.9	6.3	1.5	N/A	30	155	N/A	N/A	N/A	N/A	N/A	N/A	
Chicken Paella	Vegetables (48%) (Tomatoes, Onion (6%), Sweetcorn (6%), Peas (3.6%), Red Capsicum), Rice (16%), Water, Chicken (10%), Full Cream Milk, Black Olives, Cornflour, Parmesan Cheese, Herbs, Natural Flavours (Contains Egg and Wheat), Spice.	260	3.2	1.1	0.5	9.1	1.7	0.9	50	125	N/A	N/A	N/A	N/A	N/A	N/A	
<b>100g Little Kids Mini Meals (1 - 3 Years)</b>																	
Creamy Capsicum Pasta with Tuna	Vegetables (Tomatoes, Onion, Red Capsicum (5%)), Spring Onion (1%), Pasta (30% Minimum) (Wheat Flour, Egg, Vitamins (B3, B1, B2, Folate), Mineral (Iron)), Mayonnaise (Water, Sunflower Oil, Vinegar, Sugar, Thickeners (1442, 415), Egg Yolk, Mustard, Garlic, Spice), Tuna (15%), Tomato Paste, Contains Traces of Milk, Soy, Sesame, Crustacean	445	5.6	8.3 Trans 0.1 g Poly 4.7g Omega 3 0.05g EPA 7.5mg DHA 39mg Mono 2.5g	1.0	11.2	5.2	0.9	255	90	N/A	N/A	N/A	N/A	N/A	N/A	
Lemon Mayo Pasta with Tuna and Corn	Pasta (30% Minimum) (Wheat Flour, Egg, Vitamins (B3, B1, B2, Folate), Mineral (Iron)), Mayonnaise (30%) (Water, Sunflower Oil, Vinegar, Sugar, Thickeners (1442, 415), Egg Yolk, Mustard, Garlic, Spice), Vegetables (Corn (11%), Cucumber (7%), Red Capsicum), Tuna (15%), Natural Lemon Flavour, Contains Traces of Milk, Soy, Sesame, Crustacean	495	5.5	10.5 Trans 0.1 g Poly 5.3g Omega 3 0.05g EPA 7.5mg DHA 39mg Mono 3.2g	1.3	12.4	4.7	0.7	340	25	N/A	N/A	N/A	N/A	N/A	N/A	
Mango and Basil Pasta with Tuna	Pasta (40% Minimum) (Wheat Flour, Vitamins (B3, B1, B2, Folate), Mineral (Iron)), Mango (16%) (Contains Preservative (223)), Tuna (15%), Vegetables (Onion, Red Capsicum (5%)), Sunflower Oil, Vinegar, Thickeners (1442, 415), Garlic, Herbs (Including Basil), Contains Traces of Egg, Milk, Soy, Sesame, Crustacean	475	5.4	2.3 Trans 0.1 g Poly 1.3g Omega 3 0.05g EPA 7.5mg DHA 39mg Mono 0.5g	0.3	17.0	8.1	1.2	26	110	N/A	N/A	N/A	N/A	N/A	N/A	
Sundried Tomato Pasta with Tuna	Vegetables (Tomatoes (29%), Onion, Sundried Tomatoes (8%)), Pasta (30% Minimum) (Wheat Flour, Egg, Vitamins (B3, B1, B2, Folate), Mineral (Iron)), Tuna (15%), Sunflower Oil, Garlic, Thickeners (1442, 415), Herbs & Spice, Contains Traces of Milk, Soy, Sesame, Crustacean	385	5.8	3.3 Trans 0.1 g Poly 1.8g Omega 3 0.05g EPA 7.5mg DHA 39mg Mono 0.9g	0.4	9.1	2.4	1.3	155	205	N/A	N/A	N/A	N/A	N/A	N/A	
<b>85g Little Kids Breadsticks (1 - 3 Years)</b>																	
Cheddar Cheese	Wheat Flour, Canola Oil, Cheddar Cheese Powder [Cheese & Milk Powders, Mineral Salt (339, 331), Food Acid (Lactic Acid), Yeast Extract (Contains Barley)] (7%), Malt Extract (from Barley), Yeast, Salt, Mineral (Iron), Vitamins (Thiamin, Riboflavin, Niacin, Folate).	1770	15.1	12.3	4.3	60.4	4.3	3.9	480	130	4.3	N/A	0.7	0.57	3.6	140	
Cheesybite	Wheat Flour, Canola Oil, Cheddar Cheese Powder [Cheese & Milk Powders, Mineral Salt (339, 331), Food Acid (Lactic Acid), Yeast Extract (Contains Barley)] (7%), Yeast Extract (Contains Soy) (4.0%), Yeast, Salt, Mineral (Iron), Vitamins (Thiamin, Riboflavin, Niacin, Folate).	1550	15.3	11.4	3.6	58.8	3.6	5.1	470	300	4.3	N/A	0.7	0.57	3.6	140	

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<b>6 x 15g Little Kids Fruit Bars Multipacks (1 - 3 Years)</b>																	
Apricot Fruit Bars	Dried Fruit (23%) (Apricot (15%), Pears), Apricot Paste (21%), Concentrated Pear Juice, Skim Milk Powder, Cereal Brans (Rice Bran, Barley Bran, Oat Bran, Wheat Bran), Vegetable Oil, Hi-Maize Starch, Malt Extract, Flavour, Food Acid (Ascorbic Acid), Natural Colour (Annatto). Dried Fruit Contains Preservative (Sulphur Dioxide). Product Contains Traces Of Peanuts, Nuts (Almonds, Cashews, Macadamia, Hazelnuts, Walnuts, Pecans), Seeds (Sesame, Sunflower) and Soy.	1400	10.1	6.4	2.6	54.4	41.0	8.9	105	N/A	N/A	N/A	N/A	N/A	N/A	N/A	
Banana Fruit Bars	Skim Milk Powder, Concentrated Pear Juice, Dried Pears (20%), Cereal Brans (Rice Bran, Oat Bran, Barley Bran, Wheat Bran), Fruit Pieces (11%) (Apple Juice, Apple, Banana (2.0%), Vegetable Gum (Pectin), Rice Flour, Antioxidant (Ascorbic Acid)), Vegetable Oil (Protected with Antioxidant (Tocopherol)), Hi-Maize Starch, Malt Extract, Flavours, Natural Colour (Annatto). Dried Fruit Contains Preservative (Sulphur Dioxide). Product Contains Traces of Peanuts, Nuts (Almonds, Cashews, Macadamia, Hazelnuts, Walnuts, Pecans), Seeds (Sesame, Sunflower) and Soy.	1450	10.7	6.7	2.7	55.8	40.7	9.0	115	N/A	N/A	N/A	N/A	N/A	N/A	N/A	
Strawberry Fruit Bars	Skim Milk Powder, Concentrated Pear Juice, Dried Pears (20%), Cereal Brans (Rice Bran, Oat Bran, Barley Bran, Wheat Bran), Fruit Pieces (11%) (Apple Juice, Apples, Strawberry (1.5%), Vegetable Gum (Pectin), Rice Flour), Vegetable Oil (Protected with Antioxidant (Tocopherol)), Hi-Maize Starch, Malt Extract, Flavours, Natural Colour (Carmine). Dried Fruit Contains Preservative (Sulphur Dioxide). Product Contains Traces of Peanuts, Nuts (Almonds, Cashews, Macadamia, Hazelnuts, Walnuts, Pecans), Seeds (Sesame, Sunflower) and Soy.	1460	10.4	6.4	2.5	57.6	40.0	8.8	110	N/A	N/A	N/A	N/A	N/A	N/A	N/A	

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<b>6 x 15g Little Kids Yoghurt Drizzled Muesli Fingers Multipacks (1-3 Years)</b>																	
Sultana Apple	Muesli [Heinz Muesli & Apple Cereal (Apple Puree, Ground Rice, Rolled Oats, Wheat Flakes, Skim Milk Powder, Wheat Germ, Maize Flakes, Vegetable Oil, Vitamins (Vitamin C, Niacin, Thiamin), Antioxidant (Rosemary Extract), Mineral (Iron) (20%)), Concentrated Pear Juice, Oats, Sultanas (Contains Vegetable Oil) (13%), Apple (Paste & Pieces), Honey], Yoghurt Coating [Sugar, Vegetable Fat, Yoghurt Powder (3.5%), Milk Protein, Emulsifiers (Soy Lecithin, 492), Food Acid (Citric Acid)] (22%), Contains Preservative (Sulphur Dioxide) & Traces of Barley, Peanuts, Nuts (Almonds, Cashews, Macadamia, Hazelnuts, Walnuts, Pecans) & Seeds (Sesame, Sunflower). Each bar contains 7% Apple (minimum) & 18% Oats.	1600	6.0	9.4	8.1	64.6	42.0	6.6	75	445	N/A	N/A	N/A	N/A	N/A	N/A	
Apple Blackcurrant	Muesli [Heinz Muesli & Apple Cereal (Apple Puree, Ground Rice, Rolled Oats, Wheat Flakes, Skim Milk Powder, Wheat Germ, Maize Flakes, Vegetable Oil, Vitamins (Vitamin C, Niacin, Thiamin), Antioxidant (Rosemary Extract), Mineral (Iron) (21%), Oats, Concentrated Juices (Pear & Blackcurrant (5%) (From Blackcurrants)), Apple (Pieces & Paste), Honey], Yoghurt Coating [Sugar, Vegetable Fat, Yoghurt Powder (3.5%), Milk Protein, Emulsifiers (Soy Lecithin, 492), Food Acid (Citric Acid)] (22%), Contains Preservative (Sulphur Dioxide) & Traces of Barley, Peanuts, Nuts (Almonds, Cashews, Macadamia, Hazelnuts, Walnuts, Pecans) & Seeds (Sesame, Sunflower). Each bar contains 20% Apple (minimum) & 18% Oats.	1550	7.1	9.3	7.8	59.8	37.3	8.9	85	450	N/A	N/A	N/A	N/A	N/A	N/A	
Fruit Salad	Muesli [Heinz Muesli & Apple Cereal (Apple Puree, Ground Rice, Rolled Oats, Wheat Flakes, Skim Milk Powder, Wheat Germ, Maize Flakes, Vegetable Oil, Vitamins (Vitamin C, Niacin, Thiamin), Antioxidant (Rosemary Extract), Mineral (Iron) (20%)), Dried Fruit (Pineapple (8%), Apricot, Paw Paw, Orange), Concentrated Pear Juice (From Pears) (16%), Oats, Apricot Paste, Honey], Yoghurt Coating [Sugar, Vegetable Fat, Yoghurt Powder (3.5%), Milk Protein, Emulsifiers (Soy Lecithin, 492), Food Acid (Citric Acid)] (22%), Dried Fruit Contains Preservative (Sulphur Dioxide), Contains Traces Of Barley, Peanuts, Nuts (Almonds, Cashews, Macadamia, Hazelnuts, Walnuts, Pecans) & Seeds (Sesame, Sunflower). Each Bar Contains 18% Oats.	1570	6.3	8.8	7.4	63.6	41.9	7.8	75	440	N/A	N/A	N/A	N/A	N/A	N/A	

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<b>10 x 15g Little Kids Biscuits</b>																	
Cocoa Malt	Wheat and Rice Flour, Unsalted Butter, Sugar, Cocoa Powder (7%), Malt Extract (From Barley) (6%), Raising Agent (Sodium Bicarbonate).	1930	7.4	17.7	11.5	65.2	16.2	4.9	75	250	N/A	N/A	N/A	N/A	N/A	N/A	
Honey Oat	Wheat Flour, Unsalted Butter, Sugar, Honey (8%), Rolled Oats (4.5%), Glucose, Raising Agent (Sodium Bicarbonate).	1960	6.9	17.7	12.2	68.0	19.3	3.4	95	110	N/A	N/A	N/A	N/A	N/A	N/A	
Banana Oat	Wheat and Rice Flour, Unsalted Butter, Sugar, Banana (7%), Rolled Oats (4.0%), Glucose, Natural Banana Flavour, Raising Agent (Sodium Bicarbonate)	1920	7.2	17.9	11.3	64.7	19.0	4.2	115	190	N/A	N/A	N/A	N/A	N/A	N/A	
Strawberry Vanilla Oat	Wholegrain Cereals [Wholegrain Wheat Flour (55%), Rolled Oats (4.5%)], Vegetable Oil [Contains Emulsifiers (477, 471)], Strawberry Puree (10%), Sugar, Inulin (Dietary Fibre), Natural Flavours (Strawberry, Vanilla), Glucose, Raising Agent (Sodium Bicarbonate), Traces of Milk.	1860	9.3	18.4	2.7	56.2	16.4	8.0	110	280	N/A	N/A	N/A	N/A	N/A	N/A	
Apple Cinnamon Oat	Wholegrain Cereals [Wholegrain Wheat Flour (55%), Rolled Oats (4.5%)], Vegetable Oil [Contains Emulsifiers (477, 471)], Apple Puree (10%), Sugar, Inulin (Dietary Fibre), Natural Apple Flavour, Glucose, Raising Agent (Sodium Bicarbonate), Cinnamon, Traces of Milk.	1830	9.5	18.1	2.7	54.6	15.3	9.2	115	310	N/A	N/A	N/A	N/A	N/A	N/A	
<b>40g Little Kids Mini Rice Cakes</b>																	
Original	Wholegrain Brown Rice (100%), Traces of Wheat, Soy and Sesame	1570	6.6	3.0	0.7	77.1	1.1	4.7	6	280	N/A	N/A	N/A	N/A	N/A	N/A	
Apple	Wholegrain Brown Rice (83%), Concentrated Apple Juice (17%), Natural Apple Flavour, Traces of Wheat, Soy and Sesame	1570	6.9	2.4	0.5	77.9	18.7	4.3	7	360	N/A	N/A	N/A	N/A	N/A	N/A	
<b>15g x 6 Little Kids Rice Bars</b>																	
Banana Honey	Puffed Rice (39%), Rice Syrup, Skim Milk Powder, Humectant (Glycerine), Honey (6%), Inulin (Dietary Fibre), Cereal Brans (Rice Bran, Wheat Bran, Oat Flour, Barley Flour, Malt Extract), Canola Oil, Banana Juice Concentrate (2%), Natural Flavours, Emulsifier (Soy Lecithin), Traces of Peanuts, Tree Nuts and Sesame Seeds.	1640	5.7	3.8	0.8	79.7	22.9	5.8	45	320	N/A	N/A	N/A	N/A	N/A	N/A	
Berry Vanilla	Puffed Rice (37%), Rice Syrup, Skim Milk Powder, Fruit Juice Concentrates [Pear, Blackcurrant (1.5%), Blueberry (1.5%)], Humectant (Glycerine), Cereal Brans (Rice Bran, Wheat Bran, Oat Flour, Barley Flour, Malt Extract), Inulin (Dietary Fibre), Canola Oil, Natural Flavours (Strawberry, Vanilla, Blueberry), Emulsifier (Soy Lecithin), Traces of Peanuts, Tree Nuts and Sesame Seeds.	1660	5.6	3.8	0.6	81.2	20.7	5.2	50	320	N/A	N/A	N/A	N/A	N/A	N/A	
Apricot Delight	Puffed Rice (35%), Rice Syrup, Skim Milk Powder, Apricot Puree (7%), Humectant (Glycerine), Pear Juice Concentrate, Inulin (Dietary Fibre), Cereal Brans (Rice Bran, Wheat Bran, Oat Flour, Barley Flour, Malt Extract), Canola Oil, Coconut (2%), Natural Flavour, Emulsifier (Soy Lecithin), Traces of Peanuts, Tree Nuts and Sesame Seeds.	1680	5.6	6.1	2.2	77.2	16.3	5.7	65	400	N/A	N/A	N/A	N/A	N/A	N/A	

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