



ESTD 1962

for healthcare professional use

# Kendamil®

## product data card

### Apple & Blackcurrant Porridge

#### Description

Our Apple & Blackcurrant baby porridge contains the very best of nature. Suitable for use from 6 months onwards.

We don't do palm oil, fish oil or added sugar. What we do do is real fruit, creamy milk, high quality grains and essential vitamins and minerals. Simple.

#### Presentation

Kendamil Apple & Blackcurrant Baby Porridge is packaged in a 150g box and has approximately 7 servings per pack.

#### Contraindications

Not suitable for infants with galactosaemia, lactose intolerance, or allergy to any of the ingredients.

#### Shelf life

24 months from date of manufacture.

#### Storage

Keep the packet closed after use and store in a fresh and dry place. Once opened, consume before 1 month.

#### Ingredients

Allergy Advice: For Allergens See Ingredients In **Bold**.

Cereals (51%)(**Oat** flour, Hydrolysed **Wheat** flour), Skimmed **milk** powder (25%), Whey powder (**milk**), Fruit flakes (6%)(Apple, Blackcurrant, Lemon, Rice flour), Vegetable rapeseed oil, **Barley** malt extract, Natural Flavourings, Minerals (Calcium carbonate, Zinc sulphate, Ferric pyrophosphate), Vitamins (Vitamin A, Vitamin D3, Vitamin E, Vitamin C, Vitamin B1, Vitamin B2, Vitamin B6, Niacin, Folic acid, Pantothenic acid, Biotin).

Made with 28g apple, 1.7g blackcurrant and 0.5g lemon.

## Typical Nutritional Values

		per 100g	per 20g serving	% Labelling Reference Values
Energy	kJ	1696	339	
	kcal	402	80	
Fat	g	8	1.6	
of which saturates	g	1.1	0.22	
Carbohydrates	g	65	13	
of which sugars**	g	33	6.6	
Fibre	g	3.9	0.8	
Protein	g	15.5	3.1	
Salt**	g	0.3	0.06	
<b>Vitamins</b>				
Vitamin A	µg RE	360	72	18%
Vitamin D3	µg	6.5	1.3	13%
Vitamin E	mg-α-TE	6	1.2	
Thiamine B1	mg	0.9	0.18	36%
Riboflavin B2	mg	1	0.2	25%
Vitamin B6	mg	0.65	0.13	19%
Niacin Equivalent	mg-NE	4.6	0.92	10%
Biotin	µg	14.5	2.9	
Folic Acid	µg	45	9	15%
Pantothenic Acid	mg	2.6	0.52	
Vitamin C	mg	60	12	48%
<b>Minerals</b>				
Calcium	mg	450	90	23%
Iron	mg	7.5	1.5	25%
Zinc	mg	4.5	0.9	23%

\*% Labelling Reference Values for infants and young children

\*\* Contains naturally occurring sugars and salt only.

## Preparation

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1. Put approximately 2 tablespoons (20g) of porridge in a bowl. Then add approximately 4 tablespoons (55ml) of warm (recently boiled) water. Use as part of a varied weaning diet.
2. Stir well and allow to cool, then check temperature before serving.

Let the baby's appetite guide you and adjust the amount fed depending on their needs. The consistency can be altered by adding more or less water.