



Kendamil[®]

product data card

Organic Multigrain Porridge

Description

Our Organic Multigrain Porridge contains the very best of nature. Suitable for use from 7 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 Organic Multigrain Porridge is packaged in a 150g box and has approximately 10 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**.

Organic flours (75%) (**Wheat**, **oat**, rice), Organic small **oat** flakes (25%), Vitamins (Vitamin A, Thiamine (B1), Vitamin D3))

May contain **Milk**.

Typical Nutritional Values

| | | per 100g | per serving, 15g+90ml Usual Milk‡ | per serving (*%LRV) |
|--------------------|-------|----------|--------------------------------------|---------------------|
| Energy | kJ | 1617 | 498 | |
| | kcal | 386 | 119 | |
| Fat | g | 2.9 | 3.3 | |
| of which saturates | g | 0.4 | 1.2 | |
| Carbohydrates | g | 75 | 18 | |
| of which sugars** | g | 1 | 7 | |
| Fibre | g | 5.1 | 1 | |
| Protein | g | 12.5 | 3.2 | |
| Salt** | g | 0.03 | 0.06 | |
| Vitamins | | | | |
| Vitamin A | µg RE | 360 | 107 | 27% |
| Vitamin D3 | µg | 6 | 2.25 | 23% |
| Thiamine B1 | mg | 0.71 | 0.16 | 32% |

‡ Using Kendamil Organic Follow-On Milk

*% Labelling Reference Values for infants and young children

** Contains naturally occurring sugars and salt only.

Preparation

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1. Put approximately 1 1/2 tablespoons (15g) of porridge in a bowl. Then add approximately 6 tablespoons (90ml) 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.