



ESTD 1962

Kendamil[®] creamy oatmeal

nutritional profile

Nutritional Profile		
Nutrient	per 80 calories (20g serving size)	% Daily Value*
Total Fat	1.8g	6%
Saturated Fat	1g	
Trans Fat	0.06g	
Cholesterol	6mg	
Sodium	40mg	
Total Carbohydrate	13g	13%
Dietary Fibre	0.9g	
Total Sugars**	6.4g	
Protein	3.1g	28%
Vitamin D	1.3mcg (52 IU)	13%
Calcium	80mg	31%
Iron	3.4mg	31%
Potassium	90mg	13%
Vitamin A	74mcgRAE	15%
Vitamin C	15mg	30%
Vitamin E	0.8mg	16%
Thiamin	0.08mg	25%
Riboflavin	0.1mg	25%
Niacin	1mg	25%
Vitamin B6	0.08mg	25%
Folic Acid (Folate DFE 20mcg)	12mcg	25%
Vitamin B12	0.13mcg	25%
Zinc	1mg	33%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet.

** Contains only naturally occurring sugars and sodium.

storage & shelf life

Keep the packet closed after use and store in a fresh and dry place. Once opened, consume before 1 month. Packaged in a protective atmosphere. Contents liable to settle after packaging.

preparation & ingredients

Step 1

Put approximately 2 tablespoons (0.7oz) of cereal in a bowl. Then add approximately 4 tablespoons (2fl oz) of warm (recently boiled) water.

Step 2

Stir well and allow to cool, then check temperature before serving.

Use as part of varied weaning diet.

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.

Ingredients

Whole Grain Oat Flour, Hydrolyzed Wheat Flour, Whole Milk Powder, Skimmed Milk Powder, Whey Powder (Milk), Inulin, Barley Malt Extract, **Minerals:** (Calcium Carbonate, Zinc Sulfate, Iron Pyrophosphate), **Vitamins:** Vitamin A (Acetate), Vitamin D, Vitamin E (Alpha Tocopheryl Acetate), Vitamin C (Ascorbic Acid), Vitamin B1 (Thiamine Hydrochloride), Vitamin B2 (Riboflavin), Vitamin B6 (Pyridoxine Hydrochloride), Niacinamide, Folic Acid, Vitamin B12).

Contains Wheat and Milk.

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