

Alula Gold Stage 4 Junior



Alula Gold Stage 4 Junior NUTRITION INFORMATION

Refer to pack for serving guide and ingredient list.

| Formulated supplementary food for young children. | | | | |
|--|----|----------------------|--------------|----------------------------------|
| Serves per can: Approx. 27 Serve size: Approx. 225mL (32.4g + 200mL water) | | Per serve (225mL) | Per 100mL | % RDI† per serve (1-3 yrs) |
| Energy | kJ | 624 | 277 | |
| Protein | g | 3.15 | 1.4 | |
| Fat, total | g | 6.39 | 2.84 | |
| Saturated | g | 1.26 | 0.56 | |
| Trans | g | 0.05 | 0.02 | |
| Polyunsaturated | g | 2.52 | 1.12 | |
| Total Omega 3 | mg | 413 | 184 | |
| DHA | mg | 30 | 13.3 | |
| α-Linolenic Acid (ALA) | mg | 380 | 169 | |
| Monounsaturated | g | 2.23 | 0.99 | |
| Carbohydrate | g | 19 | 8.43 | |
| Sugars | g | 19 | 8.43 | |
| Dietary Fibre | g | 1.35 | 0.60 | |
| Sodium | mg | 35 | 15 | |
| Vitamins | | | | |
| Vitamin A | µg | 101 | 45 | 34 |
| Vitamin B ₁ | mg | 0.25 | 0.11 | 50 |
| Vitamin B ₂ | mg | 0.40 | 0.18 | 50 |
| Vitamin B ₆ | mg | 0.35 | 0.16 | 50 |
| Vitamin B ₁₂ | µg | 0.50 | 0.22 | 50 |
| Vitamin C | mg | 15 | 6.7 | 50 |
| Vitamin D | µg | 1.6 | 0.73 | 32 |
| Vitamin E | mg | 2.5 | 1.1 | 50 |
| Folate | µg | 50 | 22 | 50 |
| Niacin | mg | 2.5 | 1.1 | 50 |
| Minerals | | | | |
| Calcium | mg | 248 | 110 | 35 |
| Iodine | µg | 35 | 16 | 50 |
| Iron | mg | 3.0 | 1.3 | 50 |
| Magnesium | mg | 22.5 | 10 | 28 |
| Phosphorus | mg | 180 | 80 | 36 |
| Zinc | mg | 1.1 | 0.5 | 25 |
| Lutein | µg | 45 | 20 | |

All quantities are expressed as averages

†Recommended Dietary Intake (Food Standards Code)

Contains milk and soy.

Want to find out more.



Phone: 0800 552 229 or visit: www.alula.co.nz

Contact hours: 11am – 7pm

Ingredients list

Milk solids, vegetable oils (including **soybean**), oligofructose, long-chain polyunsaturated fatty acids from single-cell sources (docosahexaenoic acid [DHA] contain **milk**), emulsifier (**soy** lecithin), lutein, antioxidants (mixed tocopherols concentrate, ascorbyl palmitate).

Minerals: Calcium, phosphorus, magnesium, iron, zinc, iodine.

Vitamins: Vitamin C, vitamin E, niacin, vitamin B₂, vitamin A, vitamin D, folic acid, vitamin B₆, vitamin B₁, vitamin B₁₂.

Contains milk and soy.

Alula Gold Stage 4 Premium Milk Drink has no artificial colours, flavours or preservatives.

How to prepare

As a drink

Pour 200mL of water into a cup or shaker and add 4 scoops of **Alula Gold Stage 4** powder. Shake or stir until dissolved.



As a yummy fruit smoothie

Pour 200mL of water into a blender. Add 4 scoops of **Alula Gold Stage 4** powder plus your choice of fruit e.g. banana. Blend well and serve. Freeze to make into fruity ice blocks.



As a substitute

Replace regular cow's milk with **Alula Gold Stage 4** when preparing cereals for breakfast, baking treats or cooking meals for your child.



Feeding/Serving guide table

|  CHILD'S AGE |  WATER (mL) |  LEVEL SCOOPS OF POWDER |  DAILY SERVES SUGGESTED SERVES PER DAY* |
|--|---|---|--|
| 2+ yrs | 200 | 4 | 1-2 |

**"Suggested Serves per Day" is provided as a guide when your child's intake of energy and nutrients may not be adequate. Use only the enclosed scoop in the preparation of a drink. Discard any unfinished serves.

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