

# Alula Gold Stage 3 Toddler



## Alula Gold Stage 3 Toddler NUTRITION INFORMATION

Refer to pack for serving guide and ingredient list.

Formulated supplementary food for young children 12 months and over.				
Serves per can: Approx. 30 Serve size: Approx. 220mL (30g + 200mL water)		Per serve (220mL)	Per 100mL	% RDI† per serve (1-3 yrs)
Energy	kJ	594	270	
Protein	g	2.86	1.30	
Fat, total	g	6.25	2.84	
Saturated	g	1.23	0.56	
Trans	g	0.04	0.02	
Polyunsaturated	g	2.46	1.12	
Total Omega 3	mg	403	183	
DHA	mg	30.1	13.7	
α-Linolenic Acid (ALA)	mg	372	169	
Monounsaturated	g	2.18	0.99	
Carbohydrate	g	18.5	8.42	
Sugars	g	18.5	8.42	
Lactose	g	18.5	8.42	
Sucrose	g	0	0	
Dietary Fibre	g	0	0	
Sodium	mg	32	15	
<b>Vitamins</b>				
Vitamin A	µg	105	48	35
Vitamin B <sub>1</sub>	mg	0.25	0.11	50
Vitamin B <sub>2</sub>	mg	0.40	0.18	50
Vitamin B <sub>6</sub>	mg	0.35	0.16	50
Vitamin B <sub>12</sub>	µg	0.50	0.23	50
Vitamin C	mg	15	6.8	50
Vitamin D	µg	1.7	0.78	34
Vitamin E	mg	2.5	1.1	50
Folate	µg	50	23	50
Niacin	mg	2.5	1.1	50
<b>Minerals</b>				
Calcium	mg	240	109	34
Iodine	µg	35	16	50
Iron	mg	3.0	1.4	50
Magnesium	mg	22	10	28
Phosphorus	mg	175	80	35
Zinc	mg	1.1	0.50	25
Lutein	µg	44	20	

Want to find out more.



Phone: 0800 552 229 or visit: [www.alula.co.nz](http://www.alula.co.nz)

Contact hours: 11am – 7pm

All quantities are expressed as averages  
†Recommended Dietary Intake (Food Standards Code)

**Contains milk and soy.**

## Ingredients list

**Milk** solids, vegetable oils (including **soybean**), 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 B<sub>2</sub>, vitamin A, vitamin D, folic acid, vitamin B<sub>6</sub>, vitamin B<sub>1</sub>, vitamin B<sub>12</sub>.

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**Alula Gold Stage 3 Premium Milk Drink** has no artificial colours, flavours or preservatives and does not contain sucrose (table sugar).

## How to prepare

### As a drink

Pour 200mL of water into a cup or shaker and add 4 scoops of **Alula Gold Stage 3** 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 3** 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 3** when preparing cereals for breakfast, baking treats or cooking meals for your child.



## Feeding/Serving guide table

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

\*"Suggested Serves per Day" is provided as a guide when your toddler'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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