# Alula Gold Stage 3 Toddler



# Want to find out more.



Phone: 0800 552 229 or visit: www.alula.co.nz Contact hours: 11am – 7pm

## 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 <sup>+</sup> 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	
∝-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	
Vitamins				
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 B12	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
Minerals				
Calcium	mg	240	109	34
lodine	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	

All quantities are expressed as averages <sup>†</sup>Recommended Dietary Intake (Food Standards Code) **Contains milk and soy.** 

#### **Ingredients list**

**Milk** solids, vegetable oils (including **soybean**), longchain 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  $B_2$ , vitamin A, vitamin D, folic acid, vitamin  $B_6$ , vitamin  $B_1$ , vitamin  $B_{12}$ .

#### Contains milk and soy.

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

### Feeding/Serving guide table



\*"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 th preparation of a drink. Discard any unfinished serves.

#### 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.



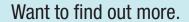
#### As a yummy fruit smoothie

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.







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