



Nutritional information

Cow & Gate My first banana muesli, Foods 10 months +

Composition	Typical values per 100g dry product	Per 35g cereal portion ¹ (%LRV [†])	Units
Energy	1527kJ / 365kcal	681kJ / 163kcal	
Fat	6.0	5.2	g
of which saturates	1.0	2.4	g
Carbohydrate	64.2	26.5	g
of which sugars*	19.2	10.8	g
Fibre	6.9	2.4	g
Protein	10.2	6.7	g
Salt	0.025	0.125	g
Vitamins			
Vitamin A	264	127 (32%)	µg RE
Vitamin E	3.4	1.3	mg α-TE
Vitamin B ₆	0.5	0.2mg (29%)	mg
Pantothenic acid	1.8	1.2mg	mg
Biotin	8.1	5.1	µg
Vitamin D ₃	10	3.6 (36%)	µg
Vitamin C	38	15 (60%)	mg
Thiamin (B ₁)	0.5	0.3 (62%)	mg
Niacin (B ₃)	5.3	2.0	mg
Folic acid	40	21 (21%)	µg
Minerals			
Calcium	200	177 (44%)	mg
Iron	10.8	3.8 (63%)	mg
Zinc	6.2	2.5 (63%)	mg

*Naturally occurring sugars. Contains naturally occurring sugar only.

¹Based on a 35g serving of cereal (approximately 4 tablespoons) made with 90ml of whole cow's milk (approximately 6 tablespoons). There are approximately nine 35g portions in this pack.

[†]Labelling Reference Value for infants & young children.