

Nutritional Information

Organic Porridge

Blueberry, Cream and Vanilla Porridge

Serving 400 g net

Average Quantity	Per 200g (Recommended Serving)	
Energy	801 kJ	401 kJ
Protein	3.6 g	1.8 g
Total Fat	7.7 g	3.8 g
- Saturated	3.8 g	1.9 g
Carbohydrate	25.7 g	12.8 g
Sugars	7.1 g	3.5 g
Sodium	73 mg	37 g

Ingredients: Purified Water, Oats*15%, Blueberry*9%, Cream*6%, Vanilla Essence*, Blueberry Essence*, Salt*. *Organic Ingredients. This product contains dairy (cream). Made in New Zealand from local and imported goods.

Honey, Apricot and Sultana Porridge

Serving 400 g net

Average Quantity	Per 200g (Recommended Serving)	Per 100 g
Energy	773 kJ	386 kJ
Protein	4 g	2 g
Total Fat	2.5 g	1.3 g
- Saturated	0.5 g	0.2 g
Carbohydrate	34.5 g	17.3 g
Sugars	16.4 g	8.2 g
Sodium	79 mg	40 g

Ingredients: Purified Water, Oats*14%, Sultana*7%, Skim Milk*, Apricot*4%, Honey 3%, Cinnamon, Salt*. *Organic Ingredients. This product contains dairy (skim milk). Made in New Zealand from local and imported ingredients.



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