



Nutritional Information

March 2012

Please note: This product sheet contains information correct at time of publication. However, recipes may change so always check product packaging for the latest information.

Variety	Format Size	Values per 100g				of which sugars	Fat	of which saturates	Fibre	Sodium
		Energy		Protein	CHO					
		kJ	kcal	g	g					
Stage 1 Breakfast Jars—from about 4 months										
Creamed Porridge Breakfast	125g	318	76	2.1	11.9	7.3	2.1	1.2	0.3	0.03
Creamy Rice Breakfast	125g	329	78	2.0	13.4	8.1	1.8	1.2	0.1	0.03
Banana Yogurt Breakfast	125g	341	81	1.7	15.5	11.2	1.2	0.7	0.5	0.02
Apple & Cranberry Breakfast	125g	275	65	0.8	14.6	9.3	0.1	Nil	1.2	<0.02
Stage 1 Savoury Jars—from about 4 months										
Mixed Vegetable Medley	125g	169	41	1.2	4.6	2.2	1.4	0.1	2.4	0.02
Tender Carrots & Potatoes	125g	134	32	0.8	5.8	3.0	0.1	Nil	2.2	<0.02
Sweet Parsnip & Potato Puree	125g	283	67	1.6	10.5	2.0	1.6	0.1	2.2	<0.02
Vegetables with Rice & Chicken	125g	265	63	2.7	6.9	1.5	2.4	0.4	1.6	<0.02
Penne with Tomato & Courgette (from 6 mnths)	125g	292	70	2.1	8.8	2.5	1.7	0.1	1.1	0.02
Cheesy Spinach & Potato Bake	125g	299	71	3.0	8.7	1.7	2.7	0.8	1.0	0.05
My First Sunday Dinner	125g	246	59	2.3	6.0	2.4	2.4	0.4	2.0	0.03
Cottage Pie	125g	279	67	2.6	7.9	2.0	2.4	0.6	1.7	0.02
Tasty Vegetable Risotto	125g	368	88	2.5	10.0	4.2	3.9	1.7	1.4	0.04
Spaghetti Bolognese (from 6 mnths)	125g	257	61	2.3	7.6	2.4	2.1	0.4	1.4	0.02
Pasta in a Tomato & Ham Sauce (from 6 mnths)	125g	256	61	2.9	7.1	2.2	2.0	0.7	1.5	0.07
Sweet Squash & Chicken	125g	283	68	2.4	8.6	2.8	2.3	0.5	1.5	0.02
Stage 1 Dessert Jars—from about 4 months										
Apple & Blueberry Dessert	125g	298	70	0.6	16.0	10.8	0.2	Nil	1.1	<0.02
Apple & Pear Pudding	125g	257	61	0.5	13.5	9.0	0.2	0.01	1.4	<0.02
Banana & Rice Pudding	125g	299	70	1.0	15.7	11.1	0.2	0.01	0.9	<0.02
Banana & Peach Dessert	125g	292	69	1.1	15.2	12.1	0.1	0.01	1.4	<0.02
Banana Custard	125g	385	91	2.5	14.6	9.5	2.5	1.6	0.1	0.04
Rice Pudding	125g	357	85	2.2	14.6	8.1	1.9	1.2	0.1	0.02
William Christ Pears	125g	256	60	0.5	13.4	8.7	0.2	Nil	1.5	<0.02
Mango & Banana Melba	125g	272	64	0.8	14.3	10.2	0.2	0.01	1.0	<0.02
Red Fruit & Apple Compote	125g	281	66	0.6	14.6	10.8	0.2	Nil	1.0	<0.02
Apple & Banana Crumble (from 6 mnths)	125g	312	74	1.0	15.1	10.9	0.7	0.4	1.5	<0.02
Apple & Banana Puree	125g	250	59	0.5	13.2	12.6	0.1	Nil	1.7	<0.02
Just Fruit Pots—from about 4 months										
Apple & Pear	4 x 100g	209	50	0.2	11.0	9.3	0.1	Nil	1.9	<0.02
Apple, Peach & Mango	4 x 100g	208	49	0.3	10.9	9.4	0.1	Nil	1.7	<0.02
Apple, Strawberry & Blueberry	4 x 100g	213	50	0.3	11.2	10.7	0.1	Nil	1.7	<0.02
Apple & Banana	4 x 100g	220	52	0.4	12.4	10.9	0.1	Nil	1.7	<0.02

Variety	Format Size	Values per 100g				CHO	of which sugars	Fat	of which saturates	Fibre	Sodium
		Energy		Protein							
		kJ	kcal	g	g						
Fruit & Cereal—from about 4 months											
Strawberry & Banana	4 x 100g	300	71	0.5	16.0	13.4	0.2	Nil	1.5	<0.02	
Banana & Peach	4 x 100g	324	77	0.7	17.6	14.1	0.1	Nil	1.2	<0.02	
Fruit & Yogurt—from about 4 months											
Apple & Pear	4 x 100g	250	59	1.2	12.6	10.4	0.1	Nil	1.4	<0.02	
Banana & Peach	4 x 100g	266	63	1.3	13.5	11.3	0.1	Nil	1.3	<0.02	
100% Fruit Pouches—from about 4 months											
Banana, Pear & Mango	100g	315	74	0.9	16.2	15.4	0.2	Nil	2.1	<0.02	
Peach, Apple, Blueberry & Raspberry	100g	208	49	0.4	10.8	10.2	0.1	Nil	1.7	<0.02	
Apple, Strawberry & Banana	100g	229	54	0.5	11.9	11.4	0.1	Nil	1.8	<0.02	
Mango, Apple & Peach	100g	233	55	0.4	12.0	11.5	0.2	Nil	1.8	<0.02	
Mini Pots—from about 4 months											
Apple & Pear with a bit of yogurt	6 x 50g	239	56	0.8	12.0	11.4	0.2	Nil	1.7	<0.02	
Banana & Peach with a bit of yogurt	6 x 50g	255	60	0.9	13.1	12.5	0.1	Nil	1.6	<0.02	
Stage 2 Breakfast Jars—from 7 months											
Creamy Porridge Breakfast	190g	317	76	2.8	8.5	2.9	3.3	1.4	0.4	0.03	
Breakfast Duet: Strawberry Cereal with Yogurt	190g	294	70	1.6	12.0	7.0	1.5	0.8	0.9	0.02	
Breakfast Duet: Tropical Cereal with Yogurt	190g	306	73	1.6	12.8	8.1	1.5	0.8	0.7	0.02	
Stage 2 Savoury Jars—from 7 months											
Spaghetti with Tomatoes & Mozzarella	190g	293	70	2.9	8.6	2.8	2.4	0.6	1.1	0.04	
Vegetable Lasagne	190g	307	73	2.8	9.3	2.1	2.5	0.9	1.1	0.04	
Parsnip, Potato & Turkey Casserole	190g	284	68	2.7	8.1	1.3	2.4	0.4	1.5	0.05	
Vegetable & Chicken Risotto	190g	276	66	2.6	8.6	1.5	2.1	0.4	1.0	0.05	
Vegetables with Noodles & Chicken	190g	283	68	3.1	7.4	1.8	2.5	0.4	1.5	0.05	
Cheesy Pasta Bake	190g	295	70	3.0	9.0	2.2	2.2	0.8	0.7	0.05	
Hearty Cottage Pie	190g	282	67	2.8	8.7	1.9	2.0	0.6	1.6	0.05	
Spaghetti Bolognese	190g	288	68	2.7	8.5	1.9	2.1	0.4	1.3	0.02	
Scrumptious Sunday Lunch	190g	288	68	2.8	9.1	1.4	2.0	0.4	1.4	0.05	
Tomato, Courgette & Potato Bake	190g	285	68	2.6	9.3	2.7	1.9	0.6	1.5	0.06	
Pasta Italiana with Ham	190g	310	74	3.1	8.0	1.9	3.0	0.9	1.3	0.08	
Lancashire Hotpot	190g	266	63	2.1	8.4	1.6	2.0	0.5	1.7	0.05	
Spaghetti Carbonara	190g	350	83	4.1	9.3	1.5	3.2	1.1	0.5	0.07	
Star Pasta with Sweet Squash & Chicken	190g	274	65	3.0	8.1	1.6	2.1	0.4	1.0	<0.02	
Rigatoni Napoli	190g	285	68	2.5	9.3	2.4	2.0	0.3	1.1	0.05	
Vegetable, Pork & Apple Roast Dinner	190g	275	66	2.5	7.6	2.0	2.5	0.7	1.4	0.02	
Stage 2 Dessert Jars—from 7 months											
Fruit Duet: Apple & Apricot with Yogurt	160g	306	73	1.5	13.5	8.0	1.3	0.8	0.4	0.02	
Fruit Duet: Mango & Banana with Yogurt	160g	370	87	1.7	16.8	11.7	1.4	0.8	0.4	<0.02	
Apple & Vanilla Dessert	160g	347	82	1.4	15.7	11.4	1.4	0.8	0.6	<0.02	
Cocoa & Vanilla Dessert	190g	490	116	3.2	18.4	14.3	3.2	2.0	0.5	0.04	
Rice Pudding with Apple & Pear	190g	369	87	2.2	15.2	9.0	1.9	1.2	0.3	0.03	
Strawberry & Raspberry Yogurt	160g	318	75	1.5	13.9	9.9	1.4	0.8	0.6	0.02	

Variety	Format Size	Values per 100g				of which sugars	Fat	of which saturates	Fibre	Sodium
		Energy		Protein	CHO					
		kJ	kcal	g	g					
Creamy Rice Pudding	190g	350	83	2.9	12.4	3.0	2.4	1.5	0.1	0.03
Fruit & Pieces—from 7 months										
Apple & Strawberry with Real Apple Pieces	100g	198	47	0.2	10.4	9.9	0.1	Nil	1.7	<0.02
Apple & Banana with Real Apple Pieces	100g	243	58	0.4	12.9	12.3	0.1	Nil	1.7	<0.02
Stage 3 Savoury Jars—from 10 months										
Rigatoni Napoli	250g	313	75	2.2	11.1	2.9	2.1	0.2	1.2	0.09
Vegetables with Noodles & Chicken	250g	288	69	3.3	7.9	1.9	2.2	0.4	1.8	0.07
Spaghetti Bolognese	250g	289	69	2.6	8.1	1.6	2.6	0.5	1.2	0.05
Chunky Vegetable & Beef Casserole	250g	252	60	3.1	6.4	2.5	2.1	0.6	1.6	0.08
Pasta & Pork with Tomato & Herbs	250g	322	77	3.5	9.0	1.8	2.7	0.9	1.2	0.08
Pasta Carbonara	250g	372	89	4.1	9.3	1.5	3.8	1.1	0.5	0.07
Pasta with Tomatoes & Mozzarella	250g	313	75	3.2	9.1	3.4	2.5	0.6	1.4	0.06
Sweetcorn, Peppers & Chicken Risotto	250g	288	68	2.7	9.2	1.5	2.0	0.4	1.4	0.09
Scrumptious Tomato, Bean & Beef Hotpot	250g	299	71	3.7	8.7	0.9	2.0	0.6	1.7	0.09
Stage 3 Dessert Jars—from 10 months (200g)										
Creamy Rice Pudding with Apple	200g	445	105	2.2	16.5	9.9	3.4	2.1	0.1	0.03
Pancakes with Apple Sauce	200g	368	87	0.9	17.2	12.1	1.4	0.3	1.0	<0.02
Dried Cereals										
From about 4 months										
Baby Rice	160g	1608	379	7.3	85.1	0.3	0.7	0.1	1.4	<0.02
Apple, Orange & Banana Cereal	160g	1615	381	6.1	85.8	24.7	0.8	0.1	2.9	0.02
Banana & Peach Breakfast	230g	1802	427	12.4	68.5	41.2	11.2	3.8	1.5	0.19
From 6 months										
Banana Porridge	160g	1649	390	10.0	73.0	23.1	5.5	1.0	4.3	0.01
Creamy Porridge	160g	1812	431	14.4	62.8	39.0	12.9	4.0	2.8	0.26
Apple, Banana & 4 Cereal Breakfast (from 7 mnths)	250g	1556	368	10.0	69.6	17.8	3.2	0.7	10.6	<0.02
Baby Drinks—from 4 months										
Apple Juice with Mineral Water	500ml	67	16	Nil	3.7	3.5	0.1	Nil	Nil	<0.02
Mixed Fruit Juice with Mineral Water	500ml	94	22	0.1	5.2	5.0	0.1	Nil	Nil	<0.02
Pear & Peach Juice with Mineral Water	500ml	79	19	0.1	4.5	3.7	0.04	Nil	Nil	<0.02
Apple & Blackcurrant Juice with Mineral Water	500ml	82	19	0.1	4.6	4.2	0.1	Nil	0.01	<0.02
Mineral Water with a Splash of Red Grape Juice	200ml	65	15	0.1	3.6	3.5	0.1	Nil	0.02	<0.02
Mineral Water with a Splash of Apple Juice	200ml	50	11	Nil	2.6	2.4	0.1	Nil	Nil	<0.02

Variety	Format Size	Values per 100g				of which sugars	Fat	of which saturates	Fibre	Sodium
		Energy		Protein	CHO					
		kJ	kcal	g	g					
Finger Foods										
Apple Elephant Biscuits	150g	1880	447	9.4	67.1	12.1	14.7	6.7	4.5	0.29
Apple Rice Cakes	40g	1650	389	6.7	87	15.2	1.2	0.3	1.6	0.02
Apple & Blueberry Rice Cakes	40g	1684	397	6.5	89.7	13.7	1.0	0.2	1.5	<0.02
Carrot & Pumpkin Rice Cakes	40g	1669	393	6.9	87.4	9.3	1.4	0.3	1.7	0.07
Squiggly Corn Puffs	30g	1645	388	9.9	81.1	0.5	2.0	0.3	3.0	<0.02
Plum & Apple Fruit Bar with Cereal	20g	1611	383	4.9	64.6	32.8	10.6	4.9	4.6	0.02
Peach & Apple Fruit Bar with Cereal	20g	1604	381	5.0	64.1	32.7	10.7	5.0	4.2	0.02
Growing Up Meals—from 12 months										
Scrumptious Lasagne	260g	327	77	4.3	11.4	2.2	1.4	0.7	1.0	0.09
Shell Pasta with Juicy Tomatoes & Courgettes	260g	342	81	2.5	11.2	2.3	2.7	0.3	1.1	0.09
Hearty Vegetable & Beef Casserole	260g	301	72	2.7	9.2	1.3	2.4	1.0	1.2	0.09
Potato, Pumpkin & Chicken Scrumble	260g	287	68	2.9	9.3	1.5	1.9	0.5	1.2	0.10
Squiggly Spaghetti in Tasty Tomato & Mozzarella Sauce	260g	361	86	4.1	10.3	1.7	2.9	1.3	1.1	0.09
Wholesome Vegetable & Chicken Risotto	260g	323	77	3.3	9.4	1.3	2.6	0.6	1.4	0.09
Classic Spaghetti Bolognese	260g	306	73	2.9	10.1	1.5	2.1	0.5	0.9	0.09
Wholesome Pots										
Stage 1—from about 4 months										
Sweet Pumpkin with Tender Carrots	2 x 100g	274	65	1.4	9.8	2.7	2.2	0.2	1.6	0.01
Succulent Tomato & Chicken Ragout	2 x 100g	287	68	2.5	8.3	2.6	2.8	0.5	1.1	<0.02
Stage 1—from 6 months										
Sweet Carrot & Pea Risotto with Chicken	2 x 100g	272	65	2.8	6.0	1.8	2.9	0.9	1.9	0.02
Juicy Tomato & Sweetcorn Pasta with Beef	2 x 100g	292	70	3.0	7.6	2.0	2.7	0.6	1.5	0.02
Stage 2—from 7 months										
Sweet Red Pepper & Aubergine Penne	2 x 190g	273	65	2.0	8.7	2.7	2.5	0.2	1.7	<0.02
Tasty Sweetcorn, Tomato & Chicken Risotto	2 x 190g	295	70	2.8	9.4	1.7	2.1	0.4	1.2	0.05
Scrumptious Cottage Pie with herbs	2 x 190g	285	68	2.6	8.3	1.5	2.4	0.6	1.3	<0.02
Stage 3—from 10 months										
Italian Vegetable Medley with Gnocchi	2 x 220g	299	71	2.1	8.8	3.1	2.7	0.2	1.7	0.10
Celeriac & Tender Beef Hotpot	2 x 220g	272	65	2.7	7.8	1.0	2.5	0.6	1.1	0.10
Cheesy Leek & Chicken Macaroni	2 x 220g	288	68	3.6	8.3	1.4	2.3	0.6	0.7	0.11

For any further information please contact:

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