



Nutritional Information

February 2016

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								
		Energy		Fat	of which saturates	Carbo-hydrate	of which sugars	Fibre	Protein	Salt
		<i>kJ</i>	<i>kcal</i>	<i>g</i>	<i>g</i>	<i>g</i>	<i>g</i>	<i>g</i>	<i>g</i>	<i>g</i>
Stage 1 Dried Breakfast Cereals—from about 4 months										
Baby Rice	160g	1608	379	0.7	0.1	85.1	0.3	1.4	7.3	<0.05
Banana & Peach Breakfast	230g	1802	427	11.2	3.8	68.5	41.2	1.5	12.4	0.48
Creamy Porridge (from 6 months)	160g	1812	431	12.9	4.0	62.8	39.0	2.8	14.4	0.65
Stage 1 Breakfast Jars—from about 4 months										
Apple & Cranberry Breakfast	125g	275	65	0.1	Nil	14.6	9.3	1.2	0.8	<0.05
Banana Yogurt Breakfast	125g	346	82	1.1	0.7	16.3	10.7	0.5	1.4	0.05
Creamy Rice Breakfast	125g	329	78	1.8	1.2	13.4	8.1	0.1	2.0	0.05
Creamed Porridge Breakfast (from 6 months)	125g	318	76	2.1	1.2	11.9	7.3	0.3	2.1	0.05
Stage 1 Savoury Jars—from about 4 months										
Tender Carrots & Potatoes	125g	134	32	0.1	Nil	5.8	3.0	2.2	0.8	<0.05
Simply Carrots	125g	126	30	0.1	0.02	5.0	4.3	3.2	0.7	0.1
Simply Squash	125g	186	44	0.2	Nil	8.6	3.0	0.7	1.6	0.02
Mixed Vegetable Medley	125g	170	41	1.4	0.1	4.6	2.2	2.4	1.2	0.05
Tasty Vegetable Risotto	125g	368	88	3.9	1.7	10.0	4.2	1.4	2.5	0.1
Sweet Parsnip & Potato puree	125g	283	67	1.6	0.1	10.5	2.0	2.2	1.6	<0.05
Penne with Tomato & Courgette (from 6 months)	125g	257	61	1.7	0.1	8.8	2.5	1.1	2.1	0.05
Pumpkin, Carrot & Apple Spaghetti (from 6 months)	125g	371	88	2.8	0.4	11.9	3.6	2.4	2.7	<0.05
Cheesy Spinach & Potato Bake	125g	307	73	2.7	0.8	8.7	1.7	1.0	3.0	0.08
Carrots, Sweetcorn & Sweet Potato with apricot (from 6 months)	125g	354	84	2.6	0.4	11.3	4.4	2.7	2.6	0.08
Sweet Squash & Chicken	125g	284	68	2.3	0.5	8.6	2.8	1.5	2.4	0.08
My First Sunday Dinner	125g	246	59	2.4	0.4	6.0	2.4	2.0	2.3	0.08
Pasta in a Tomato & Ham Sauce (from 6 months)	125g	256	61	2.0	0.7	7.1	2.2	1.5	2.9	0.18
Cottage Pie	125g	281	67	2.4	0.6	7.9	2.0	1.7	2.6	0.05
Vegetables with Rice & Chicken	125g	265	63	2.4	0.4	6.9	1.5	1.6	2.7	<0.05
Spaghetti Bolognese (from 6 months)	125g	257	61	2.1	0.4	7.6	2.4	1.4	2.3	0.05
Stage 1 Dessert Jars—from about 4 months										
Simply Apples	125g	211	50	0.1	Nil	11.2	10.7	1.7	0.2	<0.05
Simply Pears	125g	230	55	0.3	Nil	11.0	10.0	3.0	0.5	<0.05
Mango & Banana Melba	125g	272	64	0.2	Nil	14.3	9.5	1.0	0.8	<0.05

Variety	Format Size	Values per 100g								
		Energy		Fat	Of which saturates	Carbohydrate	of which sugars	Fibre	Protein	Salt
		<i>kJ</i>	<i>kcal</i>	<i>g</i>	<i>g</i>	<i>g</i>	<i>g</i>	<i>g</i>	<i>g</i>	<i>g</i>
Stage 1 Dessert Jars—from about 4 months										
William Christ Pears	125g	256	60	0.2	Nil	13.4	8.7	1.5	0.5	<0.05
Apple & Blueberry Dessert	125g	298	70	0.2	Nil	16.0	10.8	1.1	0.6	<0.05
Apple & Pear Pudding	125g	262	62	0.2	Nil	13.8	9.9	1.4	0.5	<0.05
Banana & Peach Dessert	125g	292	69	0.1	0.01	15.2	12.1	1.4	1.1	<0.05
Red Fruit & Apple Compote	125g	279	66	0.2	Nil	14.9	10.8	1.0	0.6	<0.05
Apple & Banana Crumble (from 6 months)	125g	312	74	0.7	0.4	15.1	10.9	1.5	1.0	<0.05
Banana & Rice Pudding	125g	299	70	0.2	0.01	15.7	11.1	0.9	1.0	<0.05
Banana Custard	125g	385	91	2.5	1.6	14.6	9.5	0.1	2.5	0.1
Rice Pudding	125g	357	85	1.9	1.2	14.6	8.1	0.1	2.2	0.05
Stage 1 Savoury pouches—from about 4 months										
Cottage Pie	100g	296	71	2.8	0.6	7.7	1.8	1.7	2.8	0.05
Carrots, Cauliflower & Peas	100g	188	45	1.8	0.1	4.6	1.9	2.4	1.4	0.05
Parsnip, Sweet Squash & Chicken Dinner	100g	298	71	2.9	0.6	7.1	2.2	2.2	3.1	<0.05
Sweet Squash, Sweetcorn & Peas	100g	265	63	2.0	0.1	8.7	2.8	1.4	1.9	<0.05
Parsnips, Sweet Potato & Broccoli	100g	223	53	1.8	0.1	6.8	2.4	2.3	1.3	<0.05
Stage 1 Fruits with baby rice pouches—from about 4 months										
Apples & baby rice	70g	195	46	0.1	Nil	10.4	5.8	0.8	0.5	<0.05
Bananas & baby rice	70g	265	63	0.1	Nil	13.9	8.5	1.0	1.0	<0.05
Peaches & baby rice	70g	198	47	0.1	Nil	10.1	4.9	1.1	0.8	<0.05
Pears & baby rice	70g	209	49	0.2	Nil	10.4	4.6	1.6	0.7	<0.05
Stage 1 Fruits with yogurt pouches—from about 4 months										
Banana, apple & apricot with yogurt	70g	283	67	0.1	Nil	14.5	11.5	1.5	1.2	<0.05
Peach, mango & banana with yogurt	70g	291	69	0.2	Nil	14.5	11.5	1.7	1.4	<0.05
Stage 1 100% Fruit Pouches—from about 4 months										
Apple, Pear & Banana	100g	253	60	0.2	Nil	12.9	11.3	2.2	0.5	<0.05
Apple, Strawberry & Banana	100g	229	54	0.1	Nil	11.9	10.9	1.8	0.5	<0.05
Banana, Pear & Mango	100g	315	74	0.2	Nil	16.2	13.7	2.1	0.9	<0.05
Mango, Apple & Peach	100g	233	55	0.2	Nil	12.0	11.5	1.8	0.4	<0.05
Peach, Apple, Blueberry & Raspberry	100g	208	49	0.1	Nil	10.8	10.2	1.7	0.4	<0.05
Pear, Banana & Kiwi (from 6 months)	100g	258	61	0.3	Nil	12.6	10.6	2.6	0.7	<0.05
Plum, Pear & Blackcurrant	100g	237	56	0.3	Nil	11.3	9.4	2.9	0.6	<0.05
Stage 1 Fruits and Cereal Pouches—from six months										
Apple, Banana & Raspberry Breakfast	100g	275	65	0.2	Nil	14.2	10.3	1.4	0.9	<0.05
Mango, Apple & Banana Breakfast	100g	280	66	0.2	Nil	14.4	10.8	1.5	0.9	<0.05
Apple, Blueberry & Banana Muesli with yogurt	100g	282	67	0.3	Nil	13.4	9.1	1.5	1.8	<0.05
Peach, Apple & Banana Muesli with yogurt	100g	284	67	0.2	Nil	13.6	9.4	1.6	1.9	<0.05
Cherry, Apple & Banana Breakfast	100g	291	69	0.2	Nil	15.0	11.3	1.5	1.0	<0.05

Variety	Format Size	Values per 100g								
		Energy		Fat	of which saturates	Carbohydrate	of which sugars	Fibre	Protein	Salt
		kJ	kcal	g	g	g	g	g	g	g
Stage 1 'Just Fruit' Fruit Pots—from about 4 months										
Apple, Peach & Mango	4 x 100g	208	49	0.1	Nil	10.9	9.4	1.7	0.3	<0.05
Apple & Pear	4 x 100g	208	49	0.1	Nil	10.9	9.4	1.7	0.3	<0.05
Apple, Strawberry & Blueberry	4 x 100g	210	50	0.1	Nil	11.2	10.7	1.7	0.3	<0.05
Stage 2 Breakfast Jars—from 7 months										
Breakfast Layer: Strawberry Cereal with Yogurt	160g	294	70	1.5	0.8	12.0	7.0	0.9	1.6	0.05
Breakfast Layer: Tropical Cereal with Yogurt	160g	306	73	1.5	0.8	12.8	8.1	0.7	1.6	0.05
Creamy Porridge Breakfast	190g	317	76	3.3	1.4	8.5	2.9	0.4	2.8	0.05
Stage 2 Savoury Jars—from 7 months										
Spaghetti Carbonara	190g	350	83	3.2	1.1	9.3	1.5	0.5	4.1	0.18
Pasta Italiana with Ham	190g	310	74	3.0	0.9	8.0	1.9	1.3	3.1	0.2
Parsnip, Potato & Turkey Casserole	190g	283	67	2.4	0.4	8.1	1.3	1.5	2.6	<0.05
Scrumptious Sunday Lunch	190g	286	68	2.0	0.4	9.1	1.4	1.4	2.7	<0.05
Lancashire Hotpot	190g	270	64	2.0	0.5	8.6	1.6	1.7	2.1	<0.05
Rigatoni Napoli	190g	283	67	2.0	0.3	9.3	2.4	1.1	2.5	0.05
Spaghetti with Tomatoes & Mozzarella	190g	313	75	2.5	0.7	9.1	3.4	1.4	3.2	0.1
Vegetable Lasagne	190g	300	72	2.8	0.6	8.8	2.4	1.0	2.3	0.05
Tasty Vegetable Bake	190g	359	86	3.3	0.8	10.2	2.7	1.8	2.9	0.08
Hearty Cottage Pie	190g	282	67	2.0	0.6	8.7	1.9	1.6	2.8	<0.05
Vegetable & Chicken Risotto	190g	276	66	2.1	0.4	8.6	1.5	1.0	2.6	<0.05
Spaghetti Bolognese	190g	279	66	2.1	0.4	8.5	1.9	1.3	2.7	0.05
Wholemeal Spaghetti with Mediterranean Vegetables	190g	281	67	2.6	0.7	7.2	2.8	2.0	2.7	0.05
Cheesy Pasta Bake	190g	291	69	2.2	0.8	9.0	2.2	0.7	3.0	0.13
Star Pasta with Sweet Squash & Chicken	190g	274	65	2.1	0.4	8.1	1.6	1.0	3.0	<0.05
Vegetables with Noodles & Chicken	190g	283	68	2.5	0.5	7.4	1.8	1.5	3.1	<0.05
Carrot, Salmon & Dill Risotto	190g	271	65	2.5	0.3	6.8	2.7	1.5	3.0	0.08
Stage 2 Dessert Jars—from 7 months										
Cocoa & Vanilla Dessert	190g	490	116	3.2	2.0	18.4	14.3	0.5	3.2	0.1
Rice Pudding with Apple & Pear	190g	365	86	1.8	1.2	15.2	9.0	0.3	2.2	0.05
Apple & Vanilla Dessert	190g	343	81	1.2	0.7	16.0	11.6	0.6	1.3	0.05
Fruit Layer: Mango & Banana with Yogurt	160g	370	87	1.4	0.8	16.8	11.7	0.4	1.7	0.05
Strawberry & Raspberry Yogurt	160g	318	75	1.4	0.8	13.9	9.9	0.6	1.5	0.05
Stage 2 'Fruit & Pieces' Fruit Pots—from 7 months										
Apple & Banana	100g	238	56	0.1	Nil	12.6	11.5	1.7	0.4	<0.05
Apple & Strawberry	100g	198	47	0.1	Nil	10.4	9.9	1.7	0.2	0.05

Variety	Format Size	Values per 100g								
		Energy		Fat	of which saturates	Carbohydrate	of which sugars	Fibre	Protein	Salt
		<i>kJ</i>	<i>kcal</i>	<i>g</i>	<i>g</i>	<i>g</i>	<i>g</i>	<i>g</i>	<i>g</i>	<i>g</i>
Stage 2 'Fruit & Yogurt' Pots —from 7 months										
Apple, Banana & Raspberry Pudding	100g	363	86	2.2	1.4	14.0	11.2	0.6	2.3	0.08
Banana, Mango & Pineapple Pudding	100g	341	81	2.2	1.4	12.5	9.9	0.8	2.4	0.08
Stage 2 Savoury Pouches—from 7 months										
Scrummy Spaghetti Bolognese	130g	275	66	2.2	0.5	8.1	1.7	1.3	2.7	<0.05
Creamy Tomato and Leek Pasta	130g	311	74	2.6	0.9	9.3	2.2	0.7	3.0	0.1
Mediterranean Vegetable Spaghetti	130g	291	69	2.4	0.7	8.4	2.7	1.0	3.0	0.08
Hearty Vegetable, Pork and Apple Casserole	130g	283	68	3.0	0.9	7.0	1.6	1.3	2.5	<0.05
Hearty Cottage Pie	130g	279	67	2.4	0.6	7.7	1.8	1.5	2.8	<0.05
Vegetable & Chicken Risotto with Peas	130g	310	74	2.9	0.6	7.6	1.8	1.9	3.4	0.08
Mild Tomato & Chicken Curry	130g	304	73	2.8	0.6	8.0	2.3	1.5	3.1	0.08
Sweet Potato, Cauliflower & Sweetcorn Bake	130g	299	71	2.8	0.8	8.6	2.3	1.5	2.2	0.08
Creamy Vegetable & Fish Pie	130g	323	77	2.9	0.6	8.0	1.3	1.4	4.0	0.1
Squash & Chicken Pasta Bake	130g	292	70	2.4	0.5	8.2	2.0	1.0	3.3	<0.05
Yummy Vegetable Jumble	130g	325	78	3.1	1.1	8.4	2.0	1.6	3.2	0.08
Tasty Lancashire Hotpot	130g	281	67	2.6	0.5	8.0	1.4	1.6	2.1	<0.05
Stage 2 Tray Meals—from 9 months										
Creamy Vegetable Lasagne	230g	375	90	3.5	1.0	11.1	2.0	1.2	2.8	0.08
Garden Vegetable Risotto with Flaky White Fish	230g	303	72	2.4	0.8	9.0	1.7	1.5	2.9	0.1
Stage 3 Savoury Jars—from 10 months										
Pasta Carbonara	220g	372	89	3.8	1.1	9.3	1.5	0.5	4.1	0.18
Pasta with Tomatoes & Mozzarella	220g	313	75	2.5	0.7	9.1	3.4	1.4	3.2	0.1
Rigatoni Napoli	220g	312	74	2.1	0.2	11.0	2.9	1.2	2.2	0.05
Vegetables with Noodles & Chicken	220g	286	68	2.2	0.5	7.9	1.9	1.8	3.3	0.05
Pasta & Pork with Tomato & Herbs	220g	322	77	2.7	1.0	9.0	1.8	1.2	3.5	<0.05
Spaghetti Bolognese	220g	288	69	2.6	0.5	8.1	1.6	1.2	2.6	<0.05
Sweetcorn, Peppers & Chicken Risotto	220g	284	68	2.0	0.5	8.9	1.5	1.4	2.8	0.05
Stage 3 Tray meals—from 12 months onwards										
Paella with mixed Vegetables & Chicken	230g	352	84	2.8	0.6	10.4	1.1	1.7	3.4	0.25
Ratatouille with Potatoes & Beef	230g	275	66	2.2	1.0	8.1	1.8	1.5	2.6	0.25
Classic Spaghetti Bolognese	230g	306	73	2.1	0.5	10.1	1.5	0.9	2.9	0.23
Hearty Vegetable & Beef Casserole	230g	301	72	2.4	1.0	9.2	1.3	1.2	2.7	0.23
Scrumptious Lasagne	230g	388	92	3.1	0.8	11.4	2.2	1.0	4.2	0.23
Potato, Pumpkin & Chicken Scrumble	230g	308	73	2.4	0.6	9.3	1.5	1.2	3.0	0.23

Variety	Format Size	Values per 100g								
		Energy		Fat	of which saturates	Carbohydrate	of which sugars	Fibre	Protein	Salt
		kJ	kcal	g	g	g	g	g	g	g
Wholesome Vegetable & Chicken Risotto	230g	323	77	2.6	0.6	9.4	1.3	1.4	3.3	0.23
Squiggly Spaghetti in Tasty Tomato & Mozzarella Sauce	230g	354	84	2.8	1.3	10.1	1.7	1.1	4.1	0.23
Shell Pasta with Juicy Tomatoes & Courgettes	230g	342	81	2.7	0.3	11.2	2.3	1.1	2.5	0.23
Ravioli with Bolognese Sauce	230g	358	85	2.9	0.6	11.3	1.8	1.4	2.8	0.23
Vegetable Ravioli in a chunky tomato sauce	230g	379	90	3.0	0.4	12.4	3.0	1.4	2.7	0.25
Number Pasta with vegetables in a pumpkin sauce	230g	292	70	2.5	0.8	9.1	2.4	0.9	2.2	0.23
Alphabet Pasta in a Bolognese sauce	230g	293	70	2.3	0.5	9.2	1.5	0.9	2.6	0.23
Zoo Pasta with vegetables in a cream sauce	230g	315	75	2.5	0.8	10.0	1.5	1.2	2.5	0.23
Mix Me! - from 15 months onwards										
Mix Me! Pear, Peach, Banana & Passion Fruit with crispy bites	121g	306	72	0.4	Nil	14.8	9.6	2.6	1.1	<0.05
Mix Me! Apple, Pear, Strawberry & Blueberry with crispy bites	121g	273	65	0.3	Nil	13.5	8.7	2.4	0.8	<0.05
Tray meals—from 18 months onwards										
Mild Chilli con carne	230g	314	75	2.5	0.7	8.8	1.4	1.8	3.4	0.23
Swiss style Macaroni Pasta in cheese sauce with carrots & courgettes	230g	309	74	2.5	1.2	9.0	1.9	0.9	3.3	0.23
Ristorante La Mamma: Vegetable Cannelloni	250g	376	90	3.4	0.8	10.9	1.9	1.3	3.2	0.23
Ristorante La Mamma: Lasagne	250g	356	85	3.4	1.4	9.5	1.7	1.2	3.5	0.25
Baby Drinks—from 4 months										
Apple Juice with Mineral Water	500ml	63	15	0.1	Nil	3.5	3.3	Nil	Nil	<0.05
Mixed Fruit Juice with Mineral Water	500ml	94	22	0.1	Nil	5.2	5.0	Nil	0.1	<0.05
Apple, Grape & Blackcurrant Juice with Mineral Water (from 12 months)	300ml	68	16	0.1	Nil	3.8	3.5	Nil	Nil	<0.05
Tropical Fruit Juice with Mineral Water (from 12 months)	300ml	67	16	0.1	Nil	3.6	3.4	Nil	0.1	<0.05
Apple Juice with Mineral Water (from 12 months)	300ml	63	15	0.1	Nil	3.5	3.3	Nil	Nil	<0.05
Spring Water (from 12 months)	300ml	Nil	Nil	Nil	Nil	Nil	Nil	Nil	Nil	0.005

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