

BELAMY'S ORGANIC

TODDLER MILK DRINK STEP 3 (12–36 MONTHS)




A premium toddler milk made from certified organic Australian milk, that nutritionally supports the dietary needs of children from 1 year of age when nutritional intake may not be adequate.

Indications: Active toddlers from 1 to 3 years of age, when dietary intake may be inadequate.

Contraindications: Confirmed cow's milk protein allergy, galactosaemia, lactose intolerance. Not for use for infants under 12 months of age.



PREPARATION INSTRUCTIONS

-  Wash hands before preparing. Wash and rinse cup and stirring utensil thoroughly.
-  Use only the enclosed scoop. Always use a dry scoop. Fill the scoop and level off using the levelling blade on the tin. Always add one level scoop (8.6 g) of powder to each 50 mL drinking water.
-  Add 4 level scoops (34.4 g) of powder to 200 mL of safe drinking water. Stir or shake briskly to dissolve the powder. Serve immediately. Prepare separately and discard unfinished drinks.

NUTRITIONAL INFORMATION

Serves per package: 26 Serves size: 228 mL		Average quantity per serve	% RDI per serve	Average quantity per 100 mL of prepared feed
Energy		645 kJ		283 kJ
Protein		6.9 g		3.0 g
Fat, total		5.2 g		2.3 g
- Saturated		2.4 g		1.0 g
- Trans		0.12 g		0.05 g
- Monounsaturated		1.3 g		0.57 g
- Polyunsaturated		1.3 g		0.57 g
- Omega 3		139 mg		60 mg
α-Linolenic acid (ALA)		110 mg		48 mg
Docosahexaenoic acid (DHA)		23 mg		10.0 mg
Eicosapentaenoic acid (EPA)		5.5 mg		2.4 mg
- Omega 6		1100 mg		480 mg
Linoleic acid (LA)		1100 mg		480 mg
Carbohydrate		20 g		8.5 g
- Sugars		20 g		8.5 g
Sucrose		NIL		NIL
Dietary Fibre		285 mg		124 mg
Sodium		86 mg		38 mg
VITAMINS	Vitamin A	73 µg RE	25%	32 µg RE
	Vitamin B6	0.15 mg	21%	0.07 mg
	Vitamin B12	0.50 µg	50%	0.22 µg
	Vitamin C	14.9 mg	50%	6.5 mg
	Vitamin D	1.2 µg	25%	0.54 µg
	Vitamin E	2.5 mg αTE	50%	1.1 mg αTE
	Thiamin (Vitamin B1)	0.21 mg	42%	0.09 mg
	Riboflavin (Vitamin B2)	0.40 mg	50%	0.18 mg
	Niacin (Vitamin B3)	1.4 mg	28%	0.61 mg
Folate (Vitamin B9)	38 µg	38%	17 µg	
MINERALS	Calcium	275 mg	39%	120 mg
	Iodine	35 µg	50%	15 µg
	Iron	2.8 mg	47%	1.2 mg
	Magnesium	21 mg	26%	9.1 mg
	Phosphorus	186 mg	37%	81 mg
	Potassium	290 mg		126 mg
	Zinc	1.1 mg	25%	0.48 mg
OTHER	Prebiotics: GOS ¹	413 mg		180 mg

% RDI = % Recommended Dietary Intake for children aged 1 to 3 years.

¹ GOS – Galacto-oligosaccharides

INGREDIENTS

Organic milk solids (91.1%) [organic whole milk liquid or powder, organic liquid skim milk liquid or powder, organic demineralised whey powder (milk), organic lactose (milk)], Organic vegetable oils [organic soy oil, organic sunflower oil, emulsifier (organic soy lecithin)], Organic galacto-oligosaccharides (GOS) (milk), Dried DHA (fish) oil [milk solids, emulsifier (soy lecithin), antioxidants (sodium ascorbate, mixed tocopherols, ascorbyl palmitate)], Minerals (calcium carbonate, ferrous sulphate, zinc sulphate, potassium iodide, magnesium chloride), Vitamins (sodium ascorbate, vitamin E acetate, niacinamide, vitamin A acetate, vitamin D3, vitamin B12, thiamin hydrochloride, ascorbic acid, pyridoxine hydrochloride, folic acid).

ALLERGENS: Milk, fish & soy.

SERVING GUIDE

Age of child	Quantity per serve		Serves per day
	Drinking water (mL)	Level measuring scoops of powder	
Over 12 months	200	4	1–2

Displacement volume: 1 scoop of Bellamy's Organic Step 3 Toddler Milk (8.6 g) + 50 mL of water = 57 mL total volume. The suggested number of serves is provided as a serving guide, for when a toddler's nutritional intake is inadequate and are based on the National Health and Medical Council Dietary Guidelines (2013). Toddlers should be offered and encouraged to eat a wide variety of nutritious foods to meet their nutrient needs, and to provide a basis for lifelong healthy eating habits. As well as a drink on its own, Bellamy's Organic Step 3 Toddler Milk can replace regular milk when preparing breakfast, baking or cooking, to boost the nutrition of toddler foods.

KEY FEATURES

- ACO and NASAA Certified Organic
- Zinc, Iron, Vitamins A, B6, B12, C, D & Folate to support normal immune system function
- Iodine & Iron for cognitive function
- Vitamin A & Zinc to support healthy vision
- Calcium and Vitamin D for strong bones and teeth
- 16 essential vitamins and mineral to support growth and development
- No added table sugar (sucrose), dextrose or maltodextrin
- No added artificial colours or preservatives
- No added artificial or natural flavours
- Made in Australia and readily available

Net weight: 900 g

Availability: Coles, Woolworths, Chemist Warehouse, selected pharmacies & bellamysorganic.com.au

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