

Nutrition Information:

Servings per package: 25

Serving size: 1 cup or 230mL (prepared as 36g of dry powder and 200mL of water)

	Avg. quantity per serving	% RDI† (per serving)	Avg. quantity per 100mL prepared drink
Energy	639 kJ (153 Cal)		278 kJ (67 Cal)
Protein	5.8 g		2.5 g
Fat, total	6.0 g		2.6 g
Saturated	3.9 g		0.7 g
Trans	0.3 g		0.1 g
Polyunsaturated	0.2 g		0.1 g
Omega 3	110 mg		48 mg
DHA	37.4 mg		16.3 mg
EPA	9.7 mg		4.2 mg
Monounsaturated	1.6 g		0.7 g
Carbohydrate	19.7 g		8.6 g
Sugars	13.6 g		5.9 g
Lactose	9.1 g		4.0 g
Dextrose	3.9 g		1.7 g
Maltose	0.6 g		0.2 g
Sucrose	0.0 g		0.0 g
Dietary Fibre	1.5 g		0.7 g
Sodium	106 mg		46 mg
Potassium	368 mg		160 mg
Minerals			
Calcium	240 mg	34%	104 mg
Iron	3.0 mg	50%	1.3 mg
Magnesium	27 mg	33%	12 mg
Phosphorus	173 mg	35%	75 mg
Zinc	1.1 mg	25%	0.5 mg
Iodine	35 µg	50%	15.2 µg
Vitamins			
Vitamin A	100 µg	33%	43 µg
Thiamin	0.17 mg	33%	0.07 mg
Riboflavin	0.4 mg	50%	0.2 mg
Niacin	1.7 mg	33%	0.7 mg
Vitamin B ₆	0.23 mg	33%	0.1 mg
Vitamin B ₁₂	0.5 µg	50%	0.2 µg
Vitamin C	10 mg	33%	4.3 mg
Vitamin D	1.9 µg	39%	0.8 µg
Vitamin E	1.7 mg	33%	0.7 mg
Folate	50 µg	50%	22 µg

† Recommended Dietary Intake for children 1-3 years