

INFANT & TODDLER CEREAL COMPARISON

	ENERGY	SUGAR	CALCIUM	IRON	FIBER	FOLIC ACID	VIT B12
ENRICHED FULL CREAM COW MILK (100 ML)	267 KJ	4.8 g	120 mg	-	0	48 µg	0.4 µg
FORMULA MILK (100 ML)	291 KJ	3.25 g	84 mg	1.13 mg	0	20.63 µg	0.14 µg
NESTUM (25G SERVING WITH 100 ML FORMULA MILK)	684 KJ	5.75 g	165 mg	4.93 mg	0.9 g	45.63 µg	0.49 µg
NESTUM (25G SERVING WITH 100 ML FULL CREAM ENRICHED COW MILK)	660 KJ	7.3 g	201 mg	3.8 mg	0.9 g	74 µg	0.75
CERELAC (25G SERVING WITH WATER)	444 KJ	5.75 g	112.5 mg	3 mg	0.35g	17.5 µg	0.4 µg
PURITY (25G SERVING WITH 100 ML ENRICHED FULL CREAM COW MILK)	684 KJ	10.8 g	151.5 mg	3.5 mg	0.7 g	57.2 µg	0.48
PURITY (25G WITH 100 ML FORMULA MILK)	708.5KJ	9.25 g	115.5 mg	4.63 mg	0.7 g	29.83 µg	0.22
BOKOMO INSTANT OATS (25G/ 1/2 SACHET WITH 100 ML ENRICHED FULL CREAM COW MILK)	600 KJ	7.3 g	217.5 mg	1.35 mg	2 g	108 µg	0.9 µg
BOKOMO INSTANT OATS (25G /1/2 SACHET WITH 100 ML FORMULA MILK)	513 KJ	5.75 g	181.5 mg	2.48 mg	2 g	80.63 µg	0.64 µg
WEETBIX (1 BLOCK WITH 100 ML ENRICHED FULL CREAM COW MILK)	563 KJ	5.4 g	No info+120 mg	1.35 mg	2.4 g	No info + 48 µg	No info + 0.4
WEETBIX (1 BLOCK WITH 100 ML FORMULA MILK)	587KJ	3.85 g	No info +84 mg	2.48 mg	2.4 g	No info + 20.63 µg	No info + 0.14
TODDLER PRONUTRO PER 25G SERVING WITH 100ML FULL CREAM COW MILK	610 KJ	12.43 g	495 mg	2.6 mg	2.13 g	104 µg	0.4 µg
TODDLER PRONUTRO PER 25G SERVING WITH 100ML FORMULA MILK	634 KJ	10.88 g	459 mg	3.73 mg	2.13 g	76.63 µg	0.14 µg

CONCLUSION

Energy

Nestum with formula milk and purity with enriched cow milk are the highest in energy. Cerelac with water is the lowest in energy.

Folic acid

Bokomo and Nestum prepared with formula/ enriched cow milk are the highest in Folic acid.

Vitamin B 12

Bokomo Instant Oats and Nestum prepared with Enriched Cow Milk are the highest in Vitamin B12

Sugar

The Purity brand (prepared with Milk or Formula) and Toddler Pronutro per serving are the highest in sugar. Weetbix served with Formula Milk are the lowest in sugar, followed by Weetbix served with Enriched Full Cream Cow Milk. Bokomo Instant Oats served with Formula Milk, Cerelac served with water and Nestum served with Formula Milk have a similar sugar content.

Iron

Toddler Pronutro (prepared with Formula Milk or Enriched Cow Milk) and Nestum (served with Formula/ Enriched Full Cream Cow Milk) and Purity (served with Formula Milk) are the highest in Iron.

Fiber

Weetbix, Bokomo Instant Oats and Pronutro are the highest in fiber.

Calcium

Toddler Pronutro (prepared with Formula/ Enriched Full Cream Cow Milk) are the highest in calcium followed by Bokomo Instant Oats (prepared with Enriched Full Cream Cow Milk), followed by Nestum (prepared with Enriched Full Cream Cow Milk) and then Bokomo Instant Oats prepared with Formula Milk.