



GROWING UP OAT DRINK

Launched September 2021

FIRST OAT DRINK SPECIFICALLY TAILORED TO MEET THE NUTRITIONAL NEEDS OF TODDLERS AGED 1-3 YEARS

DAIRY FREE – WHEAT FREE – SOYA FREE

- ✓ Oat based
- ✓ Low in sugars
- ✓ No artificial sweeteners
- ✓ Plant protein
- ✓ Calcium, iron, iodine & zinc
- ✓ Vitamins A, B2, Folate, B12, D & C

A higher energy, fat and protein oat plant-based drink that is dairy and soya free. The addition of pea protein helps elevated protein levels to 1.8g per 100ml. Under dietetic advice, can be used as a main drink for healthy growing toddlers from 1 year upwards. Fortified with key vitamins and minerals for 1-3 year olds.

Nutrients	per 100ml* single serve	per 300ml* daily serve	% DRVs# 1-3 year olds
Energy kJ/kcal	252/60	756/180	
Protein g	1.8	5.4	
Fat g	3.3	9.9	
Saturates g	.3	0.9	
Carbohydrates g	5.9	17.7	
...of which sugars g	2.5	7.5	
Fibre g	0.2	0.6	
Vitamin A µg	60	180	45%
Riboflavin mg	0.21	0.63	105%
Folate µg	15	45	64%
Vitamin B12 µg	0.38	1.14	228%
Vitamin C mg	12	36	120%
Vitamin D µg	1.5	4.5	45%
Calcium mg	120	360	103%
Zinc mg	.9	2.7	54%
Iron mg	1.4	4.2	61%
Iodine µg	11.3	33.9	48%

* Recommended single serving for 1-3 year olds & daily serving for 3-4 year olds. Caroline Walker Trust 2014. Eating well for 1-4 year olds: practical guide. #PHE 2016. Government recommendations for energy and nutrients for males and females aged 1 – 18 years and 19+ years.

Ingredients: Oat base [Water, Oat (7,8%)], Vegetable oils [Rapeseed, Sunflower], Pea protein, Maltodextrin, Calcium [Calcium carbonate], Natural flavour, Acidity regulator [Potassium phosphates], Stabiliser Gellan gum, Iron, Potassium Iodide, Zinc, Vitamins [A, B2, B9, B12, C, D2]