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NESTUM® Oats and Rice

Infant Cereal from 6 months onward.

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Infant Cereal from 6 months onward.

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Features & Benefits

- Offers more than 50% of daily iron in two servings
- Supports cognitive development
- Fortified with vitamin C to enhance iron absorption
- Contains B.lactis cultures to help maintain digestive health
- Contains vitamins and minerals to Support growth and development

Ingredients

Oat Flour, Rice Flour, Sugar, Calcium Carbonate, Dipotassium Hydrogen Phosphate (Acidity Regulator), Vitamin C (L-Ascorbic Acid), Ferrous Fumarate (Iron), Maltodextrin (Bulking Agent), Artificial Vanillin Flavour, Zinc Sulfate, Vitamin E (DL-Alpha Tocopheryl Acetate), Niacin (Nicotinamide), Bifidobacterium Lactis Cultures, Vitamin B5 (Calcium Pantothenate), Vitamin B1 (Thiamin Mononitrate), Vitamin B2 (Riboflavin), Vitamin A Acetate, Vitamin B6 (Pyridoxine Hydrochloride), Vitamin B9 (Folic Acid), Vitamin B7 (Biotin), Vitamin D3 (Cholecalciferol), Vitamin B12 (Cyanocobalamin).

Contains: Oats. May Contain Wheat And Milk.

Nutritional Information

Nutrition Facts	
Datos De Nutrición	
Serving Size/ Tamaño por Ración 1/4 cup/taza (15g)	
Serving Per Container/Raciones por Envase 48	
Amount Per Serving/ Cantidad por Ración 15g	
Calories/Calorías	60 (250kJ)
Total Fat / Grasa Total	1g
Saturated Fat / Grasa Saturada	0g
Trans Fat/Grasa Trans	0g
Sodium/ Sodio	10mg
Potassium/Potasio	60mg

Nutrition Facts

Total Carb. / Carb. Total	13g
Dietary Fiber/ Fibra Dietética	0g
Sugars/ Azúcares	4g
Protein/ Proteínas	<1g
% Daily Value / % Valor Diario*	
Protein / Proteínas	5%
Vitamin A/ Vitamina A	15%
Vitamin C/ Vitamina C	70%
Calcium / Calcio	8%
Iron / Hierro	30%
Vitamin D / Vitamina D	10%
Vitamin E / Vitamina E	15%
Thiamin / Tiamina (B1)	20%
Riboflavin / Riboflavina (B2)	15%
Niacin / Niacina (PP)	10%
Vitamin B6 /Vitamina B6	10%
Folic Acid / Acido Fólico	20%
Vitamin B12 / Vitamina B12	8%
Biotin / Biotina	4%
Pantothenic Ac./ Ac. Pantoténico	10%
Phosphorus / Fósforo	8%
Zinc	8%

% Daily values for infants according to FDA guidelines.

% Valores diarios para lactantes según los lineamientos de FDA.

Preparation:

1. Wash your hands before preparing infant's food. Make sure all utensils are thoroughly clean.
2. Warm 3.2 oz. (95mL) of breastmilk or formula recommended by your pediatrician and pour into a bowl.
3. Add 2 Tbsp. (15g) of NESTUM® Infant Cereal.
4. Stir until smooth. Remember to always feed your infant with clean utensils.

Source URL: <https://www.babyandme.nestle.info/nestumr-oats-and-rice>

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