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HiPP

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5-Grain with Prune

Production date:  
Best before:

11\_1591EM  
FS2 11/14

## Milk Pap 5-Grain with Prune

### Preparation

Choose amount of water and pap powder depending on age and appetite according to dosage table.



Boil fresh drinking water and leave it to cool down to about 50 °C.



Put the recommended amount of powder (according to table) into a pap dish.



Measure boiled water (according to table), add to powder and stir.



Let it swell until it reaches the required consistency. Check temperature.

### The special HiPP ingredients

45 % Follow-on milk (skimmed milk powder, vegetable oils (sunflower oil, rapeseed oil, coconut oil), whey powder (partially demineralised), maltodextrin, vitamin C, ferrous sulphate, zinc sulphate, vitamin E, niacin, pantothenic acid, vitamin B<sub>1</sub>, vitamin A, vitamin B<sub>6</sub>, vitamin B<sub>12</sub>, potassium iodate, folic acid, copper sulphate, vitamin K, sodium selenate, vitamin D, biotin), 31 % five grain cereal mix (durum wheat semolina, wheat semolina, wholemeal oat flour, rice flour, corn flour), whey powder, dextrose, fibre (galacto-oligosaccharides from lactose), 3 % prune flakes, corn starch, calcium carbonate, vitamin B<sub>1</sub>, vitamin A, vitamin D.

### Important information

- For the sake of your baby's health it is important to adhere to the instructions for preparation and the quantities indicated.
- Always feed your baby the milk pap using a spoon and prepare it freshly for each meal.
- Seal opened sachet well after using, store at room temperature in a dry and hygienic manner – use up content within 3-4 weeks.
- Please do not warm up the pap in the microwave oven (danger of scalding!).
- Ensure regular dental care at bedtime from your baby's first tooth onward and do not feed your baby afterwards.

Please pay attention to your baby's balanced diet and healthy way of living.

### Prebiotic dietary fibres (GOS\*)

- ✓ Prebiotic dietary fibres (GOS\*) can also be found in breast milk and support baby's healthy intestinal flora.
- ✓ HiPP milk paps Praebiotik\* are ideal in combination with HiPP Combiotic\* milk formulae.

*Ausdrück Stoff HiPP*

\*Galactooligosaccharides – derived from lactose

### The proper dosage

Every baby is different, so daily portions of pap may vary greatly. Our dosage table is intended to help you preparing different amounts of milk pap correctly.

|                                | Powder (g)                  | Water (ml) | Portion (g) |
|--------------------------------|-----------------------------|------------|-------------|
| from the 6 <sup>th</sup> month | 45 (approx. 4 table spoons) | 135        | 180         |
| from the 8 <sup>th</sup> month | 50 (4-5 table spoons)       | 150        | 200         |
| for a smaller portion          | 40 (3-4 table spoons)       | 120        | 160         |

### Composition

|                             | per 100 g powder | per ready to eat portion 180 g |
|-----------------------------|------------------|--------------------------------|
| energy kJ                   | 1,796            | 808                            |
| fat (of which)              | 426              | 192                            |
| - saturates                 | 11.4 g           | 5.1 g                          |
| carbohydrate (of which)     | 2.6 g            | 1.2 g                          |
| - sugars                    | 67.6 g           | 30.4 g                         |
| fibre                       | 33.9 g           | 15.3 g                         |
| protein                     | 2.6 g            | 1.2 g                          |
| salt*                       | 12.0 g           | 5.4 g                          |
| sodium                      | 0.38 g           | 0.18 g                         |
| potassium                   | 0.15 g           | 0.07 g                         |
| chloride                    | 610 mg           | 275 mg                         |
| calcium                     | 310 mg           | 140 mg                         |
| phosphorus                  | 430 mg 108 %**   | 195 mg 49 %**                  |
| magnesium                   | 310 mg           | 140 mg                         |
| iron                        | 47 mg            | 21 mg                          |
| zinc                        | 3.0 mg           | 1.4 mg                         |
| copper                      | 2.8 mg 70 %**    | 1.3 mg 33 %**                  |
| iodine                      | 130 µg           | 59 µg                          |
| selenium                    | 56.0 µg 80 %**   | 25 µg 36 %**                   |
| manganese                   | 10 µg            | 4.5 µg                         |
| vitamin A                   | 340 µg           | 155 µg                         |
| vitamin D                   | 400 µg 100 %**   | 180 µg 45 %**                  |
| vitamin E                   | 6.5 µg 65 %**    | 2.9 µg 29 %**                  |
| vitamin K                   | 5.5 mg           | 2.5 mg                         |
| vitamin B <sub>1</sub>      | 17 µg            | 7.7 µg                         |
| vitamin B <sub>2</sub>      | 37 mg 148 %**    | 17 mg 68 %**                   |
| niacin                      | 0.69 mg          | 0.31 mg                        |
| vitamin B <sub>6</sub>      | 0.68 mg          | 0.31 mg                        |
| folic acid                  | 1.7 mg           | 0.77 mg                        |
| vitamin B <sub>12</sub>     | 0.17 mg          | 0.08 mg                        |
| pantothenic acid            | 50 µg            | 23 µg                          |
| biotin                      | 1.1 µg           | 0.5 µg                         |
| linolenic acid (Omega-3-FA) | 2.5 mg           | 1.1 mg                         |
| galacto-oligosaccharides    | 10 µg            | 4.5 µg                         |
| galacto-oligosaccharides    | 0.26 g           | 0.12 g                         |
| galacto-oligosaccharides    | 1.6 g            | 0.7 g                          |

\*calculated from the natural amount of ingredients  
\*\*% of daily requirements

### What's in it

- ✓ follow-on milk to suit age  
As a basis for our milk paps, we use follow-on milk, which meets babies' requirements and is suitable as an ingredient in paps from 4 to 6 months. For the sake of your baby's health, follow-on milk contains\*:
- ✓ calcium & vitamin D  
important for the formation of bones
- ✓ zinc & vitamin C  
for the body's own defences
- ✓ iodine  
supports the thyroid function
- ✓ vitamin A  
supports the immune system

\*as required by law

- ✓ omega-3 fatty acids (ALA)  
important for brain and nerve cells
- ✓ prebiotic dietary fibres (GOS\*)  
support healthy intestinal flora
- \*galactooligosaccharides derived from lactose
- ✓ valuable, easily digestible cereals  
(contain gluten)

### What's not in it

- ✗ flavouring
- ✗ added colouring\*
- ✗ preservatives\*

\*as required by law

FROM THE  
6<sup>th</sup>  
MONTH

HiPP

## Milk Pap 5-Grain with Prune

PRAEBIOTIK®

prebiotic  
dietary  
fibres (GOS)

Prepare with water

### Use

This milk pap is an ideal meal for children being fed weaning food and is suitable from the 6<sup>th</sup> month to complement breastfeeding or infant formulae fed from a bottle. If you want to switch over to using follow-on milk for bottle meals before your baby is six months old, please consult with your paediatrician.

Years of experience and scientific progress serve to guarantee the very high quality of HiPP milk paps. Our nutritional experts constantly face the challenge of keeping the milk paps from HiPP up to the latest technical standard. And all of this we do gladly for the natural and healthy development of your baby.

- Extensive raw material checks
- Constant monitoring during production
- Stringent control of toxic substances
- Without any genetically modified ingredients

### If you have any questions concerning your baby's diet

#### Exporter

HiPP GmbH & Co. Export KG,  
Theresienhalstraße 68,  
4810 Gmunden, Austria

#### Producer

Vivera d.o.o. (a member of  
HiPP Group), Ulica kralja  
Zvonimira 1,  
44400 Glina, Croatia

Filling height due to technical reasons. Packed in a protective atmosphere.  
Best before: see top of package.

Milk Pap 5-Grain with Prune

AL2918-C e 250g

AL2918-C  
716.783



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**HiPP's freshness guarantee:** The foil sachet guarantees optimal freshness and aroma protection. This product left our house in perfect condition – please make sure the sachet is undamaged before using. Foil sachet and box must be recycled separately. Store in a dry place at room temperature. Use up the opened sachet within 3-4 weeks.

If properly stored, the originally sealed bag is best before: see top of package.