

# Buckwheat

## Our special HiPP ingredients

Buckwheat flour 39%, **whey** product, skimmed **milk** powder 13%, vegetable oils (sunflower oil, rapeseed oil), galacto-oligosaccharides from **lactose**, calcium carbonate, vitamin C, ferric diphosphate, vitamin E, vitamin B<sub>1</sub>, vitamin A, potassium iodate, vitamin D.

## Preparation Guide

Choose the amount of water and cereal powder according to the feeding guide and depending on your baby's age and appetite.



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



Put the recommended amount of powder (according to feeding guide) into a bowl.



Measure boiled water (according to feeding guide), add to the powder and stir.



Leave to stand to thicken until it reaches the desired consistency. Check the temperature.

## Feeding Guide

Each baby is different, so daily milk cereal portions may differ greatly. Our feeding guide shall help you prepare different amounts of milk cereal correctly.

	Powder (g)	Water (ml)	Portion (g)
from 4 months	35 (approx. 3 tablespoons)	120	155
from the 6 <sup>th</sup> month	40 (3-4 tablespoons)	135	175
from the 8 <sup>th</sup> month	45 (approx. 4 tablespoons)	150	195

## Nutritional information

Typical values	per ready to eat portion 155 g (daily requirement*)	per 100 g powder (daily requirement*)
energy kJ	638	1,823
kcal	151	433
fat (of which)	4.0 g	11.5 g
- saturates	0.5 g	1.3 g
carbohydrate (of which)	23.8 g	67.9 g
- sugars <sup>1</sup>	12.3 g	35.0 g
fibre	0.8 g	2.4 g
protein	4.6 g	13.2 g
salt <sup>2</sup>	0.15 g	0.40 g
sodium	0.06 g	0.16 g
calcium	137 mg (34%)	390 mg (98%)
iron	1.6 mg (27%)	4.7 mg (78%)
iodine	12.8 µg (18%)	36.5 µg (52%)
vitamin A	131 µg (33%)	375 µg (94%)
vitamin D	2.5 µg (25%)	7.1 µg (71%)
vitamin E	1.7 mg	4.8 mg
vitamin C	16 mg (64%)	45.0 mg (180%)
vitamin B <sub>1</sub>	0.24 mg (48%)	0.68 mg (136%)
<b>further nutritional values</b>		
linolenic acid (omega-3-FA)	0.11 g	0.30 g
galacto-oligosaccharides	0.6 g	1.6 g

<sup>1</sup>sugars occur naturally in the ingredients

<sup>2</sup>calculated from the natural salt content of the ingredients used  
\*% of the Nutrient Reference Value (NRV)

## Important information

- It is important for your baby's health that you follow the instructions carefully and adhere to the indicated quantities when preparing their cereal.
- Always feed the cereal from a spoon and prepare it freshly each time.
- Close the opened sachet tightly after each use, store in a dry and hygienic place at room temperature and use up within 3-4 weeks.
- Please do not warm up the cereal in the microwave (risk of scalding!).
- Please make sure to brush your baby's teeth regularly after they get their first tooth.

Ensure a balanced, varied diet and a healthy lifestyle for your baby.

## HiPP MILK CEREALS

Strictly controlled – for your baby's safe and well-balanced diet.

✓ carefully processed – gentle on baby's tummy

✓ no added sugars\*

✓ with iron – for blood formation and cognitive development

✓ rich in calcium\*\* – for the bones

✓ with iodine – for thyroid function

✓ omega-3 fatty acids (ALA) – for brain and nerve tissue development

✓ PRAEBIOTIK®

✓ valuable, easily digestible cereal

\*sugars occur naturally in the ingredients

\*\*as required by law

This milk cereal is an ideal meal for babies receiving weaning food. It is suitable from 4 months to complement breast-feeding or to complement bottle-fed infant formula.

## If you have questions about your baby's diet, please contact:

**Exporter:**  
HiPP Austria GmbH  
Theresienthalstraße 68  
4810 Gmunden, Austria

**Producer:**  
HiPP Croatia d.o.o.  
Kralja Zvonimira 1  
44400 Glina, Croatia

e 250 g

Please open here

Production date:  
Best before:

Buckwheat

20\_0499EM  
FS4 09/22

FROM 4 MONTHS



Climate-positive

HiPP

MILK & CEREAL

Buckwheat

PRAEBIOTIK®

no added sugars

## From idea to conviction

Years of experience and scientific progress serve to guarantee the very high quality of HiPP milk cereals. Our nutritional experts constantly face the challenge of keeping the milk cereals 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.

The first climate-positive milk cereal in HiPP's premium quality:

HiPP actively contributes to climate protection: collectively we improve our climate footprint with every cereal.  
hipp-climatepositive.com

## Eco-friendly packaging



Cardboard made from recycled paper



Cardboard & foil sachet can be disposed of separately



Vegetable-oil based printing inks – mineral oil-free

Contents may settle during shipping. Packaged in a protective atmosphere.

Best before: see top of pack

Milk Pap  
Buckwheat

AL2917-04

e 250 g

gluten-free

AL2917-04



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## Freshness guarantee:

The foil sachet ensures optimal freshness and aroma protection. This product left our factory in perfect condition – please make sure the sachet is undamaged before consumption. Foil sachet and cardboard box must be recycled separately. Store in a dry place at room temperature and use up the opened sachet within 3-4 weeks.

Best before (if unopened and stored properly): see top of pack