

Porridge is a nutritious meal, full of vitamins and minerals such as iron and zinc.




Sempers porridge is made in Sweden, from milk from Swedish farms



PORRIDGE

HOW TO MAKE IT

For the right number of decilitres (dl), temperature and tablespoonfuls – see packaging.

-  Heat dl water to about °C and pour into a bowl.
-  Mix in tablespoons of porridge powder while you stir.
-  Stir until such time as the porridge is the right consistency. Then it's time to eat!

1 PORTION

See instructions on the packaging. Here is a quick translation
Vatten: water.
Pulver: powder.
dl means decilitre
msk means tablespoonful (15 ml).

CONSUMPTION

Porridge is satisfying for all mealtimes. Porridge is delicious for breakfast, lunch, snacks and dinner. The porridge however must not replace solid food over a longer period.

BEST BEFORE

The Best Before date is found on the top side of the packet. Once open the contents of the packet should be consumed within one month.

STORAGE

Keep dry and in a dark space at normal room temperature, max. 25° C. Ensure that the opened packet is kept

closed, or store in a tin with a lid.



Q: At what age can I start to give my child porridge?

A: Porridge may contain gluten. The recommendation is to slowly accustom the child to porridge while still breastfeeding or giving breast milk substitute (infant formula). One spoonful now and again is sufficient to start with and then you slowly increase the intake. Four months old is the earliest you can start to give your child porridge.

QUESTION: Should one change porridge variety when the child gets older?

ANSWER: No, if your child follows its height to weight ratio and feels well you do not need to change variety. Our porridges are adapted to children's needs at different ages. For example,

the porridge for older children has a lower fat content and a higher protein content so as to suit this age better. However, the nutritional content in all our porridges is fully sufficient for both small and large children.

QUESTION: Why is your porridge so watery? ANSWER: The child's saliva includes enzymes which break down the porridge. Consequently, the porridge may become watery for a period. You are welcome to feed from another plate for a period so you can avoid this problem.

HAVE YOU ANY QUESTIONS?

Please contact our Consumer Advice on phone + 46 20-62 20 00, 9.00 - 12.00 h. weekdays.
E-mail: konsumentkontakt@semper.se

