Appendix I

The amounts of Iron, calcium and vitamin C per 100g of each product of the four groups

100g of product			
RTE cereals (Group 1)	Iron (mg)	Calcium (mg)	Vit C (mg)
Corn flakes (original)	8	--	--
Corn flakes (honey+nuts)	8	--	--
Corn flakes (mango)	14	--	--
Chrunchy nuts	8	--	--
Multi grain Start	11.6	--	--
Ricicles	8	--	--
Coco pops (Rocks)	8	--	--
Rice krispies	8	--	--
Shreddies (original)	8.62	--	--
Shreddies (choco)	7.23	--	--
Shreddies (frosted)	7.25	--	--
	8.8±2.1		
RTE cereals (Group 2)	Iron (mg)	Calcium (mg)	Vit C (mg)
Coco pops (original)	8	456	--
Coco pops (chocos)	8	264	--
Smacks	8	264	--
Frosties	8	456	--
Miel pops	8	264	--
Frozen	8	456	--
Froot loops	8	264	134
Curiously cinnamon	7.4	560	--
Country corn flakes	11.8	500	--
Golden nuggets	7.5	460	--
Chocapic	11.7	479	--
Cheerios	13.3	465	61.5
Clusters	14.5	560	--
Nesquik	11.8	490	--
Lion cereal	8	468	--
	9.5±2.4	427.1±107	
Malted milk dinks (Group 3)	Iron (mg)	Calcium (mg)	Vit C (mg)
Heinz Complan	13.5	500	30
GSK Horlicks – classic	26	741	111
Ovaltine (original)	18.2	1200	67.5
Ovaltine (Chocolate light)	14	1000	80
Cadbury Bourn Vita	45	100	135
GSK Viva	18.9	500	14.8
Nestle Milo (Chocolate)	20	500	30
Nestle Milo (active-go)	10.5	477	50
GSK Horlicks (junior-2)	21	833.3	50
	20.8±10.2	650.1±329.2	63.1±39.7

Milk powder formulas (Group 4)	Iron (mg)	Calcium (mg)	Vit C (mg)
Promise PE gold (1-10)	8.4	563	48
Nido (3 - 5)	6.1	1110	40
Similac (3 and above)	6.8	975	72
Aptamil kid (3-6)	8.3	631	104
Bebelac junior (3 -6)	12	768	98
Nestle Carnation	9.7	577	**57.7**
Nido fortified	10	1300	50
Pediasure complete	6.48	444	46.3
Nan optipro (3-6)	7.6	620	90
Novalac Genio (3-6)	16.5	925	93
	9.2±3.1	791.3±276.1	69.9±24.4

Appendix II

The amounts of nutrients per 100g of each product of the four groups

100g of product						
RTE cereals (Group 1)						
	Protein (g)	Fat (g)	CHO (g)	Energy (kcal)	Vit B12 (mcg)	Vit B9 (mcg)
Corn flakes (original)	7	0.9	84	378	2.1	166
Corn flakes (honey&nut)	6	5	82	402	2.1	334
Corn flakes (mango)	4.7	0.5	88	379	2.1	84
Chrunchy nuts	6	5	82	402	2.1	334
Multi grain Start	8	3.5	79	390	2.1	332
Ricicles	4.5	0.8	89	383	2.1	166
Coco pops (Rocks)	7	8	75	410	2.1	166
Rice krispies	7	1.5	85	384	2.1	166
Shreddies (original)	10.4	2.1	72.4	370	NA	138
Shreddies (choco)	8.8	2.2	75.2	374	NA	112
Shreddies (frosted)	8.7	1.7	76.1	372	NA	115
	7.1 ± 1.8	2.8± 2.3	80.7±5.6	385.8±13.5	2.1	192.1±94.6
RTE cereals (Group 2)						
	Protein (g)	Fat (g)	CHO (g)	Energy (kcal)	Vit B12 (mcg)	Vit B9 (mcg)
Coco pops (original)	5.7	2.5	84	385	2.1	166
Coco pops (chocos)	9	2.5	78	381	2.1	166
Smacks	6	1.5	84	382	2.1	166
Frosties	4.5	0.6	87	375	2.1	166
Miel pops	5	1	88	383	2.1	166
Frozen	8	2.5	77	379	2.1	166
Froot loops	8	3.5	80	391	2.1	166
Curiously cinnamon	5.7	10.1	73.4	418	NA	180
Country corn flakes	7.3	1.2	84	380	NA	168
Golden nuggets	7.6	1.5	81.5	379	NA	176
Chocapic	8.1	4.5	75.8	389	NA	176
Cheerios	8.1	4.5	75.8	389	NA	194
Clusters	9	3.8	73	378	NA	237
Nesquik	7.7	4	75.4	384	NA	180
Lion cereal	7.5	7.4	75.7	410	NA	180
	7.1±1.4	3.4±2.6	79.5±4.9	386.9±11.9	2.1	176.9±18.6

Malted-milk drinks (Group 3)						
	Protein (g)	Fat (g)	CHO (g)	Energy (kcal)	Vit B12 (mcg)	Vit B9 (mcg)
Heinz Complan	8.5	3	79.5	379	0.76	75
GSK Horlicks – classic	11	2	79	376.9	1.9	370
Ovaltine (original)	9.5	8	72.3	399	1.8	72.9
Ovaltine (Chocolate light)	7.4	5.9	73	384	2.5	200
Cadbury Bourn Vita	7.9	1	96.4	424	2.7	450
GSK Viva	11.2	4.1	78	394	0.37	71.1
Nestle Milo (Chocolate)	11	11	66.6	414.8	2.1	0
Nestle Milo (active-go)	11	12	68	424	1.8	0
GSK Horlicks (junior-2)	15.8	4	74.2	387	2	250
	10.4±2.5	5.7±3.9	76.3±8.8	398.1±18.6	1.77±0.8	165.4±162.6
Milk powder formulas (Group 4)						
	Protein (g)	Fat (g)	CHO (g)	Energy (kcal)	Vit B12 (mcg)	Vit B9 (mcg)
Promise PE gold (1-10)	15.8	15.8	61	451	1.13	31
Nido (3 - 5)	20	20.2	49	458	0	150
Similac (3 & bove)	18.2	22.8	51	485	3	104
Aptamil kid (3-6)	10.4	19.4	55.8	439	1	88
Bebelac junior (3 -6)	11.2	14	59.5	408	0.94	126
Nestle Carnation	13.9	18.8	59.2	464	0	0
Nido fortified	24.1	26.2	39	493	1.8	160
Pediasure complete	13.87	18.19	61.3	463	1.39	116
Nan optipro (3-6)	14.49	21.2	58	481	1.4	130
Novalac Genio (3-6)	12	19.2	62.2	469.6	2	120
	15.4±4.3	19.6±3.4	55.6±7.3	461.2±24.7	1.3±0.9	102.5±50.8