

## Preparation Options From 6 Months



**Preparation using infant formula:** Prepare 170 ml of your chosen infant formula (according to instructions). Pour the prepared formula into a bowl and stir in 18 g Organic 3-Grain Porridge (approx. 3–4 tablespoons). Allow to soak and cool to body temperature (approx. 37°C).

**Half milk porridge:** Boil 100 ml full fat milk and 100 ml of water and allow to cool to approx. 50°C. Pour the liquid into a bowl and stir in 25 g Organic 3-Grain Porridge (approx. 5 tablespoons). Allow to soak and cool to body temperature (approx. 37°C).

**Preparation using breast milk:** Stir 25 g Organic 3-Grain Porridge (approx. 5 tablespoons) into 130 ml warm breast milk. Please note: in order to preserve valuable nutrients do not heat breast milk over 40°C. Breast milk naturally contains enzymes that liquefy the porridge. This phenomenon does not affect the quality of the meal in any way.

**Dairy-free porridge with fruit or vegetables:** Mix 20 g Organic 3-Grain Porridge (approx. 4 tablespoons) with 100 g fruit-based baby food from a jar or 100 g freshly puréed fruit and add 1 teaspoon of edible oil. Add water (approx. 90 ml, boiled, 50°C). Alternatively use 160 g warm vegetable-based baby food from a jar and add 2 teaspoons of the oil. Variation: Add meat (30 g) to the porridge.

## Preparation Options After 6 Months

**Preparation using Infant Follow-on Formula:** Boil 150 ml water and allow to cool to approx. 50°C. Add 5 measuring spoons of Holle Organic Infant Follow-on Formula 2 before stirring in 18 g Organic 3-Grain Porridge (3–4 tablespoons). From 10 months onwards porridges can also be prepared using Holle Organic Growing-Up Milk 3.

1 tablespoon Holle Organic 3-Grain Porridge = 5 g /  
1 measuring spoon Holle Organic Infant Follow-on Formula 2 = 4.7 g

### Important Notice

- ✓ Please follow the preparation instructions. For your baby's continuing health please follow all instructions carefully.
- ✓ Always freshly prepare food and do not re-use leftovers.
- ✓ Do not heat baby food in the microwave (scalding risk).
- ✓ Always check the temperature before giving the porridge to your baby (approx. 37°C).
- ✓ Pay special attention to your baby's dental hygiene once his or her first tooth has come through.
- ✓ Paediatrician's advice is recommended prior to the administration of the product.

### TIP:

- ✓ When using fresh milk we recommend adding 2 tablespoons of a vitamin C-rich fruit juice to improve iron absorption.
- ✓ Dairy-free recipes contain almost no fat. For these recipes we recommend adding 1–2 teaspoons of edible oil.

Should you have any questions concerning your child's nutrition or the preparation of our products you will find lots of additional information and useful tips at [www.holle.ch](http://www.holle.ch) or you can call us on +41 61 645 96 00. We are always happy to help!



## Holle

### Organic wholegrain porridge rice, corn and millet flour with vitamin B<sub>1</sub> suitable for babies from 6 months

- part of a balanced diet.
- fine organic wholegrain flakes.
- easy to prepare, ready in minutes.
- gluten-free.
- no added sugar<sup>1</sup>.

### Holle Stands For

- ✓ Over 80 years of experience producing high quality biodynamic baby food
- ✓ Trust, security, advice
- ✓ Sustainable use of natural resources

### Ingredients

Wholegrain rice flour\* 70%, **demeter** corn flour\*\* 20%, wholegrain millet flour\* 10%, thiamin (required by EU law)

\*from organic agriculture  
\*\*from biodynamic agriculture

### Nutritional Values

	per 100 g dry product	per serving <sup>2</sup> (with Infant Follow-on Formula 2)
Energy (kJ / kcal)	1640 / 387	788 / 187
Fat (g)	2.8	6.1
of which saturates (g)	0.6	2.2
Carbohydrate (g)	80.3	28.4
of which sugars <sup>1</sup> (g)	0.7	8.6
Protein (g)	8.6	4.3
Salt (g)	0.005	0.128
Thiamin (mg)	1.360	0.381

<sup>1</sup>contains naturally occurring sugars

<sup>2</sup>one package yields approx. 13 meals prepared using Infant Follow-on Formula 2

Holle baby food GmbH  
CH-4125 Riehen  
Tel. +41 61 645 96 00  
[www.holle.ch](http://www.holle.ch)

Holle Office Germany:  
D-79650 Schopfheim

Made in Germany



DE-ÖKO-001  
EU Agriculture

e 250 g



# Holle

## Organic

# 3-Grain Porridge



wholegrain cereal  
gluten-free

easy preparation • multiple use:  
milk porridge • dairy-free porridge with fruit

from **6** months



### Nutrition Information (Non-Europe)

Servings per package: 13 meals  
Serving size: 170 ml Infant Follow-on  
Formula 2 + 18 g Organic Porridge

	Quantity per 100 g dry product	Quantity per serving (with Infant Follow-on Formula 2)
Energy (kJ / kcal)	1640 / 387	788 / 187
Protein (g)	8.6	4.3
Fat, total (g)	2.8	6.1
Carbohydrate (g)	80.3	28.4
sugars <sup>1</sup> (g)	0.7	8.6
Sodium (mg)	2	51
Thiamin (mg)	1.36	0.38

<sup>1</sup>contains naturally occurring sugars

### Organic 3-Grain Porridge

Only carefully selected grains are used in Holle organic baby porridges. The goodness of the wholegrain is unlocked using warmth and moisture. Holle organic baby porridges offer you multiple preparation options to help you give your child a varied diet during weaning.

### Holle's quality guarantee – organic agriculture using the best seeds

The quality of Holle baby food is constantly checked, from field to finished product, according to stringent EU regulations for organic agriculture. Our farmers do not use any synthetic chemical pesticides. They reject the use of artificial growth enhancers and take account of specific plant properties when growing their crops. In this way the Holle organic porridge range forms a valuable basis for a nutritionally balanced diet which is particularly beneficial for young babies and children.

Distribution in Australia and New Zealand by:  
BioLiving International Pty. Ltd.  
141 National Boulevard  
Campbellfield VIC 3061  
Phone +61 (0) 3 9357 7161  
[www.bioliving.com.au](http://www.bioliving.com.au)