

INTRODUCING READY TO EAT PORRIDGE MIX



WHERE BALANCED NUTRITION IS AN ULTIMATE OBJECTIVE

Classic

Choco Delight



DIETARY
FIBRE

IRON

ENERGY

PROTEINS

CALCIUM

HOW TO USE PORRIDGE MIX

01



ADD WARM WATER
OR MILK

02



ADD PORRIDGE MIX
AND MIX WELL

03



YOUR NUTRITIONAL
PORRIDGE IS READY

WE ARE WHAT WE EAT

www.avragro.com

BENEFITS



**BENEFITS OF
FREEZE DRIED
BANANA &
DRY DATES**



**NO ADDED
PRESERVATIVES**



**NATURALLY
GLUTEN FREE**



**NO ADDED SUGAR
(FOR 'CLASSIC' VARIANT)**

Classic

Choco Delight

NUTRITIONAL FACTS* AMOUNT PER 100 GM

Porridge Mix Classic

Energy	528 (Kcal)
Protein	27.3 (g)
Carbohydrates	32.7 (g)
Dietary Fibres	11.6 (g)
Total Fats	32 (g)
Cholesterol	00 (mg)
Iron	23 (mg)
Calcium	280 (mg)
Zinc	33.8 (mg/kg)
Potassium	681 (mg)
Sodium	49 (mg)

* Based on sample test results

NUTRITIONAL FACTS* AMOUNT PER 100 GM

Energy	508.9 (Kcal)
Protein	23.7 (g)
Carbohydrates	41.5 (g)
Dietary Fibres	10.1 (g)
Total Fats	27.8 (g)
Cholesterol	00 (mg)
Iron	20 (mg)
Calcium	243.5 (mg)
Zinc	29.4 (mg/kg)
Potassium	592.2 (mg)
Sodium	42.6 (mg)

* Based on sample test results



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