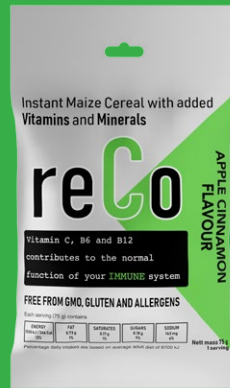


reCo



reCo Instant Maize Cereal 75g  
Mango Flavour



reCo Instant Maize Cereal 75g  
Apple Flavour



## RETAIL PACK INFORMATION

### PACKAGING WEIGHT STANDARDS

PACK SIZE

75g

a proud product of  
**namibmills**  
FEEDING THE NATION

reCo

## NUTRITIONAL INFORMATION - Servings per package: 1

Serving size 75g	Average quantity per single serving as packed	% Daily intake NRV* (per serving)	Average quantity per 100g as packed
Energy (kJ/Cal)	1030/246	12	1370/328
Protein (g)	4.5	9	6.00
Gluten (g)	0.00	0	0.00
Fat, total (g)	0.73	1	0.97
- saturated (g)	0.17	1	0.23
Carbohydrates (g)	54.5	18	72.7
- sugars (g)	8.18	9	10.9
Dietary fibre (g)	0.71	2	0.95
Sodium (mg)	143	6	191
Vitamin A (µg)	188	25	251
Vitamin B6 (mg)	0.40	25	0.53
Vitamin B12 (µg)	0.50	25	0.67
Pantothenic acid (mg)	1.25	25	1.67
Vitamin C (mg)	9.98	25	13.3
Selenium (µg)	17.5	25	23.3
Zinc (mg)	1.80	15	2.40

\* Percentage daily intakes are based on an average adult diet of 8700kJ

## INGREDIENTS:

Precooked Maize Meal, Sugar, Flavourant, Salt, Vitamins and Minerals