

Nurture® Milk Drinks... Support healthy digestion too!

In a similar way that yoghurt contains ingredients to help digestion, Nurture Gold Toddler® and Nurture Gold Junior™ also contain Probiotics acidophilus and bifidus to care for little tummies and help your toddler's digestion.

Prebiotics found in Nurture Gold Toddler® help boost your toddler's levels of 'friendly' probiotic bacteria, helping encourage healthy digestion and may support little bodies' natural defences against harmful bacteria.



- ✓ **Iron**
For active children
- ✓ **Zinc & Iodine**
For healthy growth & development
- ✓ **Omega 3 DHA**
May help brain & eye development
- ✓ **Probiotics**
Encourage a healthy digestive system



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Nurture



TCC number: 15382



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To the retailer:
Provided this coupon is redeemed in accordance with our consumer offer, it will be credited in full, plus the normal handling fee, by simply sending to:
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Limit one coupon per purchase.

Easy Recipe Ideas!

Because of the great vanilla flavour in Nurture Gold Junior™, you can use it to replace cows' milk in recipes that naturally work well with vanilla.

Peachy Smoothie (Servings 2)

Peachy Smoothie is a tasty, sweet drink without the addition of sugar and is a great source of calcium and iron with the Nurture Gold Junior™ added in.

This mixes up best in a small electric blender, or in a tall, narrow jug with a hand-held blender.

1/2- 2/3 cup drained canned peach slices, 1/2 cup natural sweetened yoghurt, 1 serve (230mL) prepared Nurture Gold Junior™

1. Place peaches into a blender.
2. Add Nurture Gold Junior™ and yoghurt.
3. Blend at high speed until smooth.

Baked Custards with Banana (Servings 2)

These custards are a great source of calcium for your toddler and the banana gives a natural sweetness.

3/4 cup prepared Nurture Gold Junior™, or standard milk
1 egg, 1 - 1 1/2 teaspoons sugar, 1/4 teaspoon vanilla essence, 1/2 banana -chopped into small pieces, pinch of ground cinnamon (optional)

1. Preheat oven to 160-170°C.
2. Heat milk until hot. Don't allow to simmer.
3. Lightly beat egg, sugar and vanilla to mix well (but not until frothy).
4. Add hot milk into egg mixture and mix well.
5. Pour mixture evenly into 2 small ramekins (individual serving size, about 9cm diameter, 1/2 to 3/4 cup capacity). Add some chopped banana pieces into each dish.
6. Optional: sprinkle with cinnamon.
7. Stand ramekins in a shallow pan containing water to come half way up sides of dishes.
8. Bake at 160-170°C for about 35 minutes.
9. Remove from pan and let stand for 10 minutes.
10. Serve warm. Or cool, cover with cling film and refrigerate. Use within 2 days.

**Do you have a question about feeding your toddler?
Call the Nurture Careline to speak to our health professionals on 0800 55 66 66.
Or visit www.nurturebaby.co.nz for more information.**

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Is your toddler getting enough iron?



Fussy eating... and the importance of Iron

Adventurous toddlers are so busy exploring and learning, they often forget to eat... and are easily distracted at meal times.

Fussy eating is also very common for children of this age. Just when you think you've found a food your toddler likes – they'll decide it's off the menu!

Often, the foods your toddler rejects are the foods that are naturally high in iron and other essential nutrients, like meat, fish, and green leafy vegetables.

You may worry your toddler's not getting a well balanced diet and could be missing out on important nutrients needed for normal growth and development.

Why do some toddlers not get enough Iron?

- Iron is an essential mineral that is commonly lacking in toddlers' diets.
- Toddlers are growing fast and using up lots of energy, so their iron needs are high.
- Because they can be fussy about food and have small appetites, they can miss out on iron-rich foods.
- In fact, up to 30% of NZ toddlers may not get enough iron from food.⁽¹⁾
- A lack of iron can leave your toddler tired, lethargic, grumpy and more prone to getting infections. In severe cases, a lack of iron can cause learning difficulties.

FACT: Some toddlers don't get enough iron because they drink too much cows' milk and are less hungry for other nutritious iron-rich foods.

Cows' milk is a poor source of iron and other nutrients like omega 3.⁽¹⁾



Reference: 1. Szymlek-Gay EA, Ferguson EL, Heath AM, Gray AR & Gibson RS. Food based strategies improve iron stores in toddlers: a randomised controlled trial. Am J Clin Nutr, 2009, 90:1541-51

Why use Nurture[®] Milk Drinks instead of cows' milk? Peace of mind...

The extra iron, vitamins and minerals added to Nurture Gold Toddler[®] and Nurture Gold Junior[™] help your toddler get the essential nutrients they need every day.

By using Nurture Gold Toddler[®] and Nurture Gold Junior[™], your toddler gets all the goodness of regular milk, **PLUS extra iron and other essential nutrients**, so you can have peace of mind they are getting better nutrition, even if they are a fussy eater.

Just one cup of Nurture[®] will give your toddler around 50% of their iron needs every day. Two cups a day of Nurture Gold Toddler[®] or Nurture Gold Junior[™] is enough milk for most healthy toddlers.



Nurture Gold Toddler[®]

Milk Drink suitable from 12 months

- ✓ Great taste just like milk!
- ✓ Iron – for active children
- ✓ Probiotics acidophilus and bifidus – to encourage healthy digestion
- ✓ Prebiotic – helps boost the 'good' bacteria
- ✓ Omega 3 DHA – may help brain and eye development
- ✓ Zinc, iodine and vitamin D – for healthy growth and development



Nurture Gold Junior[™]

Milk Drink suitable from 24 months

- ✓ Delicious vanilla flavour for a great taste!
- ✓ Iron – for active children
- ✓ Probiotics acidophilus and bifidus – to encourage healthy digestion
- ✓ Omega 3 DHA – may help brain and eye development
- ✓ Zinc, iodine and vitamin D – for healthy growth and development

NEW
Product Launch
May 2011



Tips for fussy eaters

- New foods are commonly rejected...keep trying! It can take 10 or more times before a toddler accepts a new food.
- Limit milk to around 2 cups a day (500mL), and offer milk after food as it can be very filling for small tummies.
- Plan a mealtime when your toddler is not too tired - this may mean dinner needs to be prepared earlier than usual.
- Offer a nutritious snack to keep your toddler going between meals, but make sure it's not so big your toddler will lose their appetite for meals.
- Don't allow your toddler to decide which foods are on offer – continue to offer a wide variety of foods even if they are initially rejected.
- If a meal is refused, don't use sweet foods or treats as a bribe, otherwise toddlers learn that if a meal is refused, they will be rewarded with a treat.
- Set a good example for your toddler by eating a wide variety of foods, and encourage the rest of the family to do the same.



\$1.00 OFF

Nurture Gold Toddler[®] Milk 900g or Nurture Gold Junior[™] Milk 900g

Nurture Gold Toddler[®] Milk and Nurture Gold Junior[™] Milk drinks are specially formulated to complement the nutritional needs of energetic toddlers and young children.