

Nutrient	Unit	1 Value Per100 g	1 tbsp 16g	1 oz 28.35g	1 jar 113g	1 jar Beech-Nut Baby's First (2.5 oz) 71g	1 jar Beech-Nut Stage I (4 oz) 113g	1 jar Gerber First Foods (2.5 oz) 71g	1 jar Earth's Best (4.5 oz) 113g	1 jar Gerber Second Food (4 oz) 113g	1 jar Heinz Strained-2 (4 oz) 113g	1 jar Heinz Beginner-1 (2.5 oz) 71g
Vitamin A, RAE	µg	1	0	0	1	1	1	1	1	1	1	1
Vitamin A, IU	IU	17	3	5	19	12	19	12	19	19	19	12
Vitamin E (alpha-tocopherol)	mg	0.09	0.01	0.03	0.10	0.06	0.10	0.06	0.10	0.10	0.10	0.06
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0	0	0	0	0	0	0	0
Vitamin K (phylloquinone)	µg	3.2	0.5	0.9	3.6	2.3	3.6	2.3	3.6	3.6	3.6	2.3
Lipids												
Fatty acids, total saturated	g	0.012	0.002	0.003	0.014	0.009	0.014	0.009	0.014	0.014	0.014	0.009
Fatty acids, total monounsaturated	g	0.042	0.007	0.012	0.047	0.030	0.047	0.030	0.047	0.047	0.047	0.030
Fatty acids, total polyunsaturated	g	0.046	0.007	0.013	0.052	0.033	0.052	0.033	0.052	0.052	0.052	0.033
Cholesterol	mg	0	0	0	0	0	0	0	0	0	0	0
Amino Acids												
Other												
Caffeine	mg	0	0	0	0	0	0	0	0	0	0	0