

# Start Well

## NUTRIENT-DENSE WHOLEGRAIN CEREAL WITH CHICKPEAS & PEANUTS

StartWell Grow is a scientifically developed multi wholegrain, high protein, low sugar morning meal. With a primary focus on whole foods & bio-available proteins. StartWell Grow reaches an optimal amino acid profile with the use of healthy plant-based proteins (Chickpeas, Peanuts, Sorghum & Oats) and a balanced group of animal sourced proteins. Our animal sourced proteins are sourced from milk powder, whey protein & buttermilk powder with no added soy. An optimal amino acid profile ensures muscle growth, muscle recovery and overall muscle repair. Enjoy a well balance blend of vitamins, minerals, proteins, carbohydrates & fats. All in a delicious blend of multi, whole-grains, legumes and milk products already included!

MULTI-  
WHOLE GRAINS

**GROW**

**WITH MILK  
AND ADDED  
PROBIOTICS**

100%  
REAL  
CHICKPEAS

100%  
REAL PEANUTS

PROTEIN  
19%  
PER 50g PORTION

- ✓ HIGH PROTEIN CEREAL
- ✓ MULTI-GRAIN & MULTI LEGUME CEREAL
- ✓ ADDED MILK INCLUDED
- ✓ WHOLE GRAINS USED
- ✓ HIGH IN PROTEIN
- ✓ HIGH IN DIETARY FIBER
- ✓ LOW GI
- ✓ NO FAT POWDERS

- ✓ NO SOY ADDED
- ✓ 19 AMINO ACIDS
- ✓ PLANT BASED & ANIMAL BASED PROTEINS
- ✓ VARIOUS FLAVOURS TO CHOOSE FROM
- ✓ LOW IN SUGAR

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## NUTRIENT-DENSE CEREAL

### INGREDIENTS:

Wheat (Gluten) (21,9%), Chickpeas (19,8%), Maize (13%), Full Cream Milkpowder (Cow's Milk) (10%), Sorghum, Oats (Gluten), Whey Protein Isolate (Cow's Milk) (5,75%), Peanuts (4%), Flavouring, Brown Sugar, Buttermilk Powder (Cow's Milk), Salt, Vitamins and Minerals, Steviol Glycosides (non-nutritive sweetener)

### ALLERGENS:

Wheat (gluten), oats (gluten), peanuts, cow's milk

### TYPICAL NUTRITIONAL INFORMATION

Single Serving: 35g dry product

Typical Nutritional Values*	Units	Per 100g packed product	Per 35g single serving
<b>Energy</b>	kJ	1533	537
<b>Protein</b>	g	19.2	6.7
- of which dairy	g	9.8	3.4
- of which grain	g	4.7	1.7
- of which legumes	g	4.7	1.6
<b>Glycemic Carbohydrate</b>	g	49.3	17.2
- of which starch	g	37.3	18.0
- of which sugars	g	12.0	4.2
- of which sucrose	g	8.0	2.8
- of which lactose	g	4.0	1.4
<b>Fat</b>	g	5.9	2.1
- of which saturated fat	g	2.2	0.8
- of which polyunsaturated fat	g	2.0	0.7
- of which monounsaturated fat	g	1.7	0.6
<b>Dietary Fiber</b>	g	12.9	4.5
<b>Sodium</b>	mg	242	84.7
<b>GI Category Claim</b>		Low GI**	

\* Values from SGS, a SANAS Accredited Laboratory

\*\* Low GI foods, when eaten regularly in moderate portions at a time, generally provide a slow release of energy and improve blood glucose control. It may also elicit a higher state of satiety and possibly decrease the risk of non-communicable diseases in the long term.



### Amino Acids

(From dairy proteins)

	Unit	Per 100g packed product
Alanine	mg	870
Arginine	mg	1450
Aspartic Acid	mg	2010
Cysteine	mg	160
Glutamic Acid	mg	4660
Glycine	mg	850
Histidine***	mg	590
Hydroxy-Proline	mg	<50
Isoleucine***	mg	950
Leucine***	mg	1720
Lysine***	mg	1320
Methionine***	mg	330
Phenylalanine***	mg	1080
Proline	mg	1710
Serine	mg	1090
Threonine***	mg	800
Tryptophane***	mg	190
Tyrosine	mg	930
Valine***	mg	1160

\*\*\*Essential amino acids which cannot be made by the body

StartWell Foods is a 100% subsidiary of the INANI StartWell Foundation NPC



### CONTACT US:

📞 011 362 2300

✉️ [info@inaniswf.org](mailto:info@inaniswf.org)

### MANUFACTURED BY:

StartWell Foods (PTY) Ltd  
153 South Main Reef Rd,  
Springs, Gauteng

[WWW.STARTWELLFOODS.COM](http://WWW.STARTWELLFOODS.COM)