

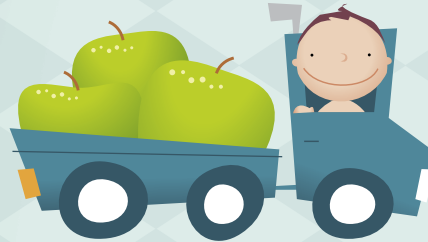
# Do enjoy!

Enago is a small Swedish company. Our products are produced in the south part of Sweden and we get ingredients from swedish fields.

Our business idea is "To provide the best milk free porridge and gruel on the market and to facilitate the everyday life for families with children who don't eat/drink milk".

It was Lukas and his cowsmilkallergy that gave his mother the idéa to produce milk free food for children and to found the company Enago. Enago was first in the world to produce milk free gruel. We have four types of milk free porridge and gruel and we hope your child will like them as much as Lukas has. Our children are small only once - do enjoy!

All the best,  
Agneta & Jennie, owners Enago/leg. dietitians



You can buy Enago milk free products in most large supermarkets in Sweden.

For more information, visit our homepage.

[WWW.ENAGO.SE](http://WWW.ENAGO.SE)

Phone: 0322-121 11



enago<sup>®</sup>

# Milk free from EnaGo



MILK FREE & LACTOSE FREE  
RICH IN IRON  
RICH IN CALCIUM  
PLANTBASED  
UNSWEETENED

enago<sup>®</sup>

## Do you avoid milk?

Then, Enago products suits you well. Our porridge and gruel (välling) is free from milkprotein, lactose and soy. The products are comparable with milkcontaining porridge and gruel, both nutritionally and taste wise.



## Vegan

Enago products are all vegan. The milk free products give your child a good supplement of both energy and nutrients, such as B12, iron and calcium.

## Swedish and natural

Enago products are produced in Sweden and ingredients comes from swedish fields. All products are unsweetened and based on oat which makes them mild and tasty.



## Rich in iron and calcium

Iron is a nutrient that can be hard for children to get enough of from the food. It is also very important to find alternative sources of calcium if the child doesn't drink/eat milk. Therefore, the Enago products contains both extra iron and calcium. One portion of porridge or gruel contains one third of the recommended daily intake of iron and calcium for small children.

## From 6 and 12 months

Enago milk free gruel (välling), apple porridge and neutral porridge is recommended from 6 months onward. For small flavor portions according to SLV:s recommendation, Enago products can be used starting at 4 months. Our milk free gruel with fiber (fibervälling) is recommended from 12 months onward.

Milk free Apple porridge  
Unsweetened porridge based on oats.



Milk free neutral porridge  
Mild neutral porridge made from oat.



Milk free Gruel  
Mild classic based on oats.



Milk free Fiber gruel  
Longer satiation with fiber.



## Tips and advice when you avoid cow's milk protein

### Avoid the following products and ingredients:

( in Swedish to be able to compare with the boxes at the supermarket)

- » Crème Fraiche
- » Filmjolk - sourmilk
- » Fetaost - feta
- » Cream/cottage cheese
- » Glass - ice cream
- » Gräddfil (-pulver) - cream
- » Gräddfil - sour cream
- » Kasein/kaseinat/natriumkaseinat/kalciumkaseinat
- » Kesella
- » Kvarg - curd
- » Kärmjolk - buttermilk
- » Laktos - lactose
- » Margarine (if not milk free)
- » Mesost - whey cheese
- » Messmör
- » Mjukost - soft cheese
- » Mjolk (-pulver) - milkpowder
- » Mjolkalbumin - lactalbumin
- » Mjolkprotein - milk protein
- » Mjolkäggvita
- » Mjolkchoklad - milk chocolate
- » Ost - cheese
- » Skummjolk (-pulver)
- » Smältost - processed cheese
- » Smör - butter
- » Torrmjolk - dry milk
- » Vassle - whey
- » Yoghurt

### Pay attention to the following products that may contain milk protein:

- » Bread, buns, crackers and biscuits. The bread may have been brushed with milk
- » Stock cubes and spice mixes
- » Charcuterie (for example sausage and liver paté)
- » Crisps and snacks
- » Chocolate powder
- » Candy, nougat and chocolate (even dark chocolate)
- » Finished- and semi-finished food (for example sauces)
- » Meringues can be baked with milk protein instead of egg
- » Granola, cereals and breadcrumbs
- » Fruit sorbet

