

Do enjoy!

EnaGo is a small Swedish company. Our products are produced in Bjuv in Skåne 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 idea 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



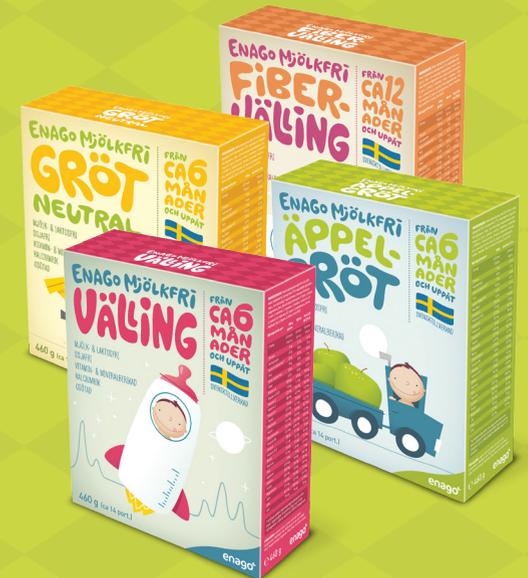
You can buy EnaGo milk free products in most large supermarkets in Sweden. For more information, visit our homepage.

WWW.ENAGO.SE

Phone: 0322-121 11

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Milk free from EnaGo



MILK- & LACTOSE FREE
FREE FROM SOY
ENRICHED WITH VITAMINS & MINERALS
RICH IN CALCIUM
UNSWEETENED

enago

Do you avoid milk to your child?

Then EnaGo's 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

The EnaGo products are all vegan. The milk free products give your child a good supplement of both energy and nutrients.

Swedish and natural

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



Rich in calcium and iron

It is very important to find alternative sources of calcium if the child doesn't drink/eat milk. Therefore, the EnaGo products contain extra calcium. Also iron can be hard to get enough. One portion of porridge or gruel contains one third of the recommended daily intake of calcium and iron for small children.

From 6 and 12 months

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

Milk free Apple porridge

Unsweetened porridge with real apples.



Milk free neutral porridge

Mild neutral porridge made from oat.



Milk free Gruel

Mild classic for sensitive stomachs.



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 | » Mesost - whey cheese |
| » Filmjök - sourmilk | » Messmör |
| » Fetaost - feta | » Mjukost - soft cheese |
| » Cream/cottage cheese | » Mjök (-pulver) - milkpowder |
| » Glass - ice cream | » Mjökalbumin - lactalbumin |
| » Gräde (-pulver) - cream | » Mjökprotein - milk protein |
| » Gräddfil - sour cream | » Mjökäggvita |
| » Kasein/kaseinat/ natriumkaseinat/ kalciumkaseinat | » Mjökchoklad - milk chocolate |
| » Kesella | » Ost - cheese |
| » Kvarn - curd | » Smältost - processed cheese |
| » Kärmjök - buttermilk | » Smör - butter |
| » Laktos - lactose | » Torrmjök - dry milk |
| » Margarine (if not milk free) | » 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

