

Milks marketed for children from 2 years of age

Fortified milks for young children are marketed as growing-up or toddler milks, but there are no compositional, labelling and marketing regulations that specifically apply to these products and no agreed benefit from their use. Milks marketed to children over two years of age should not be used for younger children. This milk should not be used for infants or for children 1-2 years of age where full-fat animal milk is recommended if children are not receiving breastmilk.

December 2020

Cow & Gate 4 Growing Up Milk from 2 years - Powder

This milk currently falls outside any compositional regulations, and for healthy children it is not needed.

Dietary suitability Not suitable for vegetarians

Halal approved

Allergens Cows' milk, soya

Macronutrients	Per 100ml prepared milk	Source	Per 100ml semi-skimmed cows' milk*	Source
Energy kcal	50		46	
Fat g	1.9	Palm oil, sunflower oil, rapeseed oil,	1.7	Milk fat
Carbohydrate g	6.5	Lactose,	4.7	Lactose
of which lactose g	5.5	oligosaccharides, maltodextrin	4.7	
Protein g	1.3	Cows' milk	3.5	Cows' milk
whey:casein ratio	30:70		20:80	

Vitamins

Vitamin A µg	61.8	20.5
Vitamin D µg	2.9	Tr
Vitamin E mg TE	1.0	0.04
Vitamin K µg	4.6	Tr
Vitamin C mg	15	2.0
Thiamin B ₁ µg	40	30
Riboflavin B ₂ µg	230	240
Niacin B ₃ mg	0.2	0.1
Vitamin B ₆ µg	60	60
Folic Acid µg	NS	9.0
Vitamin B ₁₂ µg	0.4	0.9
Biotin µg	1.1	3.0
Pantothenic acid mg	0.58	0.68

To find out more about any of the ingredients listed here, see <https://www.firststepsnutrition.org/composition-claims-and-costs>

To find out more about making up powdered milks safely, see <https://www.firststepsnutrition.org/making-infant-milk-safely>

Milks marketed for children from 2 years of age

Fortified milks for young children are marketed as growing-up or toddler milks, but there are no compositional, labelling and marketing regulations that specifically apply to these products and no agreed benefit from their use. Milks marketed to children over two years of age should not be used for younger children. This milk should not be used for infants or for children 1-2 years of age where full-fat animal milk is recommended if children are not receiving breastmilk.

December 2020

Cow & Gate 4 Growing Up Milk from 2 years - Powder

Minerals	Per 100ml prepared milk	Per 100ml semi-skimmed cows' milk*	
Sodium mg	20	43	
Potassium mg	117	156	
Chloride mg	39	87	
Calcium mg	120	125	
Phosphorus mg	93	94	
Magnesium mg	10	11	
Iron mg	1.2	0.02	
Zinc mg	0.9	0.4	
Copper µg	NK	Tr	
Manganese µg	NK	Tr	
Selenium µg	NK	1.0	
Iodine µg	19.6	30	
Relative cost of this milk			
Cost per 100ml	13p	<i>For comparison:</i> Semi-skimmed cows' milk	7p

Notes

This product contains milk flavouring.

This milk has enhanced amounts of some nutrients but is also lower in iodine than cows' milk. It is generally recommended that toddlers eat a good variety of foods to supply the majority of their nutrients, rather than relying on fortified milk products to supply them.

To find out more about any of the ingredients listed here, see <https://www.firststepsnutrition.org/composition-claims-and-costs>

To find out more about making up powdered milks safely, see <https://www.firststepsnutrition.org/making-infant-milk-safely>