

## Milks marketed for children from 1 year 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. These milks should not be used for children under 1 year of age. Unless otherwise advised children over 1 year of age who are not receiving breastmilk can have full-fat animal milk as their main milk drink.

November 2020

## Kendamil Organic Toddler Milk from 12 months - Powder

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

**Dietary suitability** Suitable for vegetarians  
Halal approved

**Allergens** Cows' milk

Macronutrients	Per 100ml prepared milk	Source	Per 100ml whole (full fat) cows' milk*	Source
Energy kcal	65		63	
Fat g	2.8	Sunflower oil, coconut oil, rapeseed oil, whole milk fat, single cell oils	3.6	Milk fat
Carbohydrate g	8.0	Lactose,	4.6	Lactose
of which lactose g	7.5	oligosaccharides	4.6	
Protein g	1.8	Cows' milk	3.4	Cows' milk
whey:casein ratio	20:80		20:80	
<b>Vitamins</b>				
Vitamin A µg	63.1		38	
Vitamin D µg	1.5		0.03	
Vitamin E mg TE	1.4		0.06	
Vitamin K µg	4.1		0.49	
Vitamin C mg	11		2.0	
Thiamin B <sub>1</sub> µg	80		30	
Riboflavin B <sub>2</sub> µg	140		230	
Niacin B <sub>3</sub> mg	0.71		0.2	
Vitamin B <sub>6</sub> µg	50		60	
Folate µg DFE	26.3		8.0	
Vitamin B <sub>12</sub> µg	0.25		0.9	
Biotin µg	2.2		2.5	
Pantothenic acid mg	0.49		0.58	

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>

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Minerals	Per 100ml prepared milk	Per 100ml whole (full fat) cows' milk*	
<b>Sodium</b> mg	25	42	
<b>Potassium</b> mg	103	157	
<b>Chloride</b> mg	51	89	
<b>Calcium</b> mg	118	120	
<b>Phosphorus</b> mg	66	96	
<b>Magnesium</b> mg	6.4	11	
<b>Iron</b> mg	0.96	0.02	
<b>Zinc</b> mg	0.56	0.5	
<b>Copper</b> µg	40	Tr	
<b>Manganese</b> µg	9.0	Tr	
<b>Selenium</b> µg	2.5	1.0	
<b>Iodine</b> µg	15	31	
<b>Relative cost of this milk</b>			
<b>Cost per 100ml</b>	23p	<i>For comparison:</i> <b>Whole (full fat) cows' milk</b>	7p

### Notes

This milk has enhanced amounts of some nutrients but is also lower in iodine, calcium and riboflavin 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.

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