

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.

July 2020

SMA Organic Growing Up Milk from 12 months - 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, fish

Macronutrients	Per 100ml prepared milk	Source	Per 100ml whole (full fat) cows' milk*	Source
Energy kcal	67		63	
Fat g	3.1	Sunflower oil, rapeseed oil, fish oil	3.6	Milk fat
Carbohydrate g	8.3	Lactose,	4.6	Lactose
of which lactose g	5.7	maltodextrin	4.6	
Protein g	1.5	Cows' milk	3.4	Cows' milk
whey:casein ratio	23:77		20:80	
Vitamins				
Vitamin A µg	60		38	
Vitamin D µg	1.8		0.03	
Vitamin E mg TE	1.4		0.06	
Vitamin K µg	5.1		0.49	
Vitamin C mg	12		2.0	
Thiamin B ₁ µg	70		30	
Riboflavin B ₂ µg	170		230	
Niacin B ₃ mg	0.57		0.2	
Vitamin B ₆ µg	54		60	
Folic Acid µg	19.6		8.0	
Vitamin B ₁₂ µg	0.2		0.9	
Biotin µg	2.0		2.5	
Pantothenic acid mg	0.53		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*	
Sodium mg	32	42	
Potassium mg	91	157	
Chloride mg	51	89	
Calcium mg	76	120	
Phosphorus mg	47	96	
Magnesium mg	5.7	11	
Iron mg	1.1	0.02	
Zinc mg	0.56	0.5	
Copper µg	54	Tr	
Manganese µg	20	Tr	
Selenium µg	3.4	1.0	
Iodine µg	14.9	31	
Relative cost of this milk			
Cost per 100ml	20p	<i>For comparison:</i> Whole (full fat) cows' milk	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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