

## 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

## SMA Pro 3 Growing Up Milk from 12 months – Liquid 200ml

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 whole (full fat) cows' milk*	Source
<b>Energy</b> kcal	63		63	
<b>Fat</b> g	3.1	Rapeseed oil, sunflower oil, milk fat	3.6	Milk fat
<b>Carbohydrate</b> g	7.7	Lactose, maltodextrin, corn starch, oligosaccharides, carrageenan	4.6	Lactose
of which lactose g	4.6		4.6	
<b>Protein</b> g	1.0	Cows' milk	3.4	Cows' milk
whey:casein ratio	23:77		20:80	
<b>Vitamins</b>				
<b>Vitamin A</b> µg	60		38	
<b>Vitamin D</b> µg	1.1		0.03	
<b>Vitamin E</b> mg TE	NS		0.06	
<b>Vitamin K</b> µg	NS		0.49	
<b>Vitamin C</b> mg	15		2.0	
<b>Thiamin B<sub>1</sub></b> µg	NS		30	
<b>Riboflavin B<sub>2</sub></b> µg	280		230	
<b>Niacin B<sub>3</sub></b> mg	NS		0.2	
<b>Vitamin B<sub>6</sub></b> µg	NS		60	
<b>Folic Acid</b> µg	NS		8.0	
<b>Vitamin B<sub>12</sub></b> µg	0.41		0.9	
<b>Biotin</b> µg	NS		2.5	
<b>Pantothenic acid</b> mg	NS		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	36	42	
<b>Potassium</b> mg	NS	157	
<b>Chloride</b> mg	NS	89	
<b>Calcium</b> mg	117	120	
<b>Phosphorus</b> mg	NS	96	
<b>Magnesium</b> mg	NS	11	
<b>Iron</b> mg	1.2	0.02	
<b>Zinc</b> mg	0.8	0.5	
<b>Copper</b> µg	NS	Tr	
<b>Manganese</b> µg	NS	Tr	
<b>Selenium</b> µg	NS	1.0	
<b>Iodine</b> µg	20	31	
<b>Relative cost of this milk</b>			
<b>Cost per 100ml</b>	40p	<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 vitamin B<sub>12</sub> and 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.

There are differences in the ingredients used for the liquid formulation compared to the powder formulation and therefore there may be differences in the nutritional composition data.

SMA have told us that although values might vary slightly for liquid formats, these are not clinically significant.

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