

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

Alpro Growing Up Soya Drink from 12 months – Liquid 1L

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

Dietary suitability Suitable for vegetarians
Halal status not known

Allergens Soya

Macronutrients	Per 100ml prepared milk	Source	Unsweetened calcium-fortified soya milk Per 100ml	Source
Energy kcal	64		26	
Fat g	2.1	Sunflower oil	1.6	Soya
Carbohydrate g	8.3	Maltodextrin, sucrose, fructose	0.5	Soya
Protein g	2.5	Soya	2.4	Soya
Vitamins				
Vitamin A µg	NS		Tr	
Vitamin D µg	1.5		0.8	
Vitamin C mg	12		0.0	
Riboflavin B ₂ µg	210		200	
Vitamin B ₁₂ µg	0.38		0.4	
Minerals				
Calcium mg	120		120	
Iodine µg	24		1.0	
Iron mg	2.1		0.43	
Zinc mg	NS		0.3	

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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Alpro Growing Up Soya Drink from 12 months - RTF

Relative cost of this milk

Cost per 100ml	14p	<i>For comparison:</i> Tesco unsweetened soya milk alternative	9p
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Notes

Alpro Soya Growing Up Drink contains flavouring. It is also sweetened with sucrose and fructose. It is unclear whether repeated exposure to sweet drinks in infancy and toddlerhood might contribute to the development of a preference for sweet drinks in later life.

It is generally recommended that toddlers eat a good variety of foods to supply the majority of their nutrients, rather than relying on fortified products to supply them. However, for children who require soya milk rather than cows' milk, the most suitable alternative is standard unsweetened, calcium fortified soya milk.

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