

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

Aptamil 4 Growing Up Milk from 2 years – Liquid 1L

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

Dietary suitability Not suitable for vegetarians
Not halal approved

Allergens Cows' milk, fish

| Macronutrients | Per 100ml prepared milk | Source | Per 100ml semi-skimmed cows' milk* | Source |
|-----------------------|-------------------------|---|------------------------------------|------------|
| Energy kcal | 47 | | 46 | |
| Fat g | 2.2 | Rapeseed oil, high oleic sunflower oil, sunflower oil, fish oil | 3.6 | Milk fat |
| Carbohydrate g | 4.9 | Lactose, oligosaccharides | 4.7 | Lactose |
| of which lactose g | 4.3 | | 4.7 | |
| Protein g | 1.5 | Cows' milk | 3.5 | Cows' milk |
| whey:casein ratio | NS | | 20:80 | |

Vitamins

| | | |
|------------------------------------|------|------|
| Vitamin A µg | 67.4 | 20.5 |
| Vitamin D µg | 3.08 | Tr |
| Vitamin E mg TE | 1.13 | 0.04 |
| Vitamin K µg | 5.09 | Tr |
| Vitamin C mg | 15 | 2.0 |
| Thiamin B₁ µg | 40 | 30 |
| Riboflavin B₂ µg | 230 | 240 |
| Niacin B₃ mg | 0.2 | 0.1 |
| Vitamin B₆ µg | 60 | 60 |
| Folic Acid µg | 8.5 | 9.0 |
| Vitamin B₁₂ µg | 0.4 | 0.9 |
| Biotin µg | 1.33 | 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>

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| Minerals | Per 100ml prepared milk | Per 100ml semi-skimmed cows' milk* | |
|-----------------------------------|-------------------------|--|----|
| Sodium mg | 24.1 | 43 | |
| Potassium mg | 85.6 | 156 | |
| Chloride mg | 52.6 | 87 | |
| Calcium mg | 85.6 | 125 | |
| Phosphorus mg | 53.4 | 94 | |
| Magnesium mg | 10.1 | 11 | |
| Iron mg | 1.2 | 0.02 | |
| Zinc mg | 0.32 | 0.4 | |
| Copper µg | NS | Tr | |
| Manganese µg | NS | Tr | |
| Selenium µg | NS | 1.0 | |
| Iodine µg | 20 | 30 | |
| Relative cost of this milk | | | |
| Cost per 100ml | 30p | <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 calcium 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.

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