

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.

December 2020

Hipp Combiotic 3 Growing Up Milk from 12 months - RTF 200ml

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

Macronutrients	Per 100ml prepared milk	Source	Per 100ml whole (full fat) cows' milk*	Source
Energy kcal	51		63	
Fat g	2.8	Sunflower oil, rapeseed oil,	3.6	Milk fat
Carbohydrate g	4.8	Lactose,	4.6	Lactose
of which lactose g	4.8	oligosaccharides	4.6	
Protein g	1.4	Cows' milk	3.4	Cows' milk
whey:casein ratio	45:55		20:80	
Vitamins				
Vitamin A µg	36		38	
Vitamin D µg	2.3		0.03	
Vitamin E mg TE	0.6		0.06	
Vitamin K µg	NS		0.49	
Vitamin C mg	7.7		2.0	
Thiamin B₁ µg	NS		30	
Riboflavin B₂ µg	180		230	
Niacin B₃ mg	NS		0.2	
Vitamin B₆ µg	NS		60	
Folic Acid µg	10		8.0	
Vitamin B₁₂ µg	0.38		0.9	
Biotin µg	3.6		2.5	
Pantothenic acid 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*	
Sodium mg	12	42	
Potassium mg	155	157	
Chloride mg	NS	89	
Calcium mg	80	120	
Phosphorus mg	45	96	
Magnesium mg	12	11	
Iron mg	1.2	0.02	
Zinc mg	0.41	0.5	
Copper µg	NS	Tr	
Manganese µg	NS	Tr	
Selenium µg	NS	1.0	
Iodine µg	14	31	
Relative cost of this milk			
Cost per 100ml	45p	For comparison: Whole (full fat) cows' milk	7p

Notes

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