

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 Advanced 3 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
Not halal approved

Allergens Cows' milk, fish

Macronutrients	Per 100ml prepared milk	Source	Per 100ml whole (full fat) cows' milk*	Source
Energy kcal	69		63	
Fat g	3.5	Sunflower oil, coconut oil, rapeseed oil, fish oil	3.6	Milk fat
Carbohydrate g	7.9	Lactose, oligosaccharides	4.6	Lactose
of which lactose g	7.9		4.6	
Protein g	1.3	Partially hydrolysed cows' milk	3.4	Cows' milk
whey:casein ratio	100:0		20:80	
Vitamins				
Vitamin A µg	69		38	
Vitamin D µg	1.0		0.03	
Vitamin E mg TE	1.4		0.06	
Vitamin K µg	5.4		0.49	
Vitamin C mg	9.3		2.0	
Thiamin B₁ µg	70		30	
Riboflavin B₂ µg	160		230	
Niacin B₃ mg	0.73		0.2	
Vitamin B₆ µg	50		60	
Folic Acid µg	10.9		8.0	
Vitamin B₁₂ µg	0.16		0.9	
Biotin µg	1.7		2.5	
Pantothenic acid mg	0.65		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>

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 Advanced 3 Growing Up Milk from 12 months - Powder

Minerals	Per 100ml prepared milk	Per 100ml whole (full fat) cows' milk*	
Sodium mg	27	42	
Potassium mg	78	157	
Chloride mg	52	89	
Calcium mg	47	120	
Phosphorus mg	27	96	
Magnesium mg	6.9	11	
Iron mg	0.72	0.02	
Zinc mg	0.68	0.5	
Copper µg	60	Tr	
Manganese µg	10	Tr	
Selenium µg	2.2	1.0	
Iodine µg	10.8	31	
Relative cost of this milk			
Cost per 100ml	24p	<i>For comparison:</i> Whole (full fat) cows' milk	7p

Notes

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

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>