

## Suitable for:

**LITTLE STEPS® Follow-on Milk** is designed for babies from 6 months onwards to complement the weaning diet and to help ensure they get a good nutritional foundation in life.

**LITTLE STEPS® Follow-on Milk** is enriched with Iron to help support normal cognitive development. It also contains Calcium and Vitamin D for the normal growth and development of bones. Vitamin D also contributes to the normal function of the immune system in children.

## Not suitable for:

1. Cows' milk protein intolerance/allergy.
2. Lactose intolerance.
3. Inborn errors of metabolism such as phenylketonuria, galactosaemia and galactokinase deficiency.
4. Vegetarians.

## Shelf life:

**LITTLE STEPS® Follow-on Milk** has a shelf life of 24 months.






## INFORMATION FOR HEALTHCARE PROFESSIONAL USE ONLY

# LITTLE STEPS® FOLLOW-ON MILK

From 6 months onwards data card



-  To complement the weaning diet
-  Enriched with Iron, Calcium & Vitamin D
-  Halal Certified



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**IMPORTANT NOTICE:** The World Health Organisation (WHO) recommends exclusive breastfeeding during the first 6 months of life and continued breastfeeding for as long as possible. **LITTLE STEPS® Follow-on Milk** is only suitable for babies over 6 months as part of a mixed diet. It should not be used as a substitute for breast milk during the first 6 months. The decision to start weaning or to use this product before 6 months, should be made only on the advice of a doctor, midwife, health visitor, public health nurse, dietitian or pharmacist, based on baby's individual needs.



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## INFORMATION FOR HEALTHCARE PROFESSIONAL USE ONLY

### Nutrition information for LITTLE STEPS® Follow-on Milk (Information based on powder only)

	Units	Per 100 ml	Per 100 kcal	Per 100 g powder
<b>Energy</b>				
	kJ	281	419	2070
	kcal	67	100	494
<b>Fat</b>	g	3.2	4.8	23.6
of which, saturates	g	0.8	1.1	5.6
of which, unsaturates	g	2.4	3.7	18
<b>Carbohydrate</b>	g	8	12	59
of which, sugars	g	5.5	8.3	40.8
of which, lactose	g	5.3	7.9	39
<b>Protein</b>	g	1.5	2.3	11.4
<b>Vitamins</b>				
<b>Vitamin A</b>	µg	54	81	400
<b>Vitamin D</b>	µg	1.7	2.5	12.3
<b>Vitamin E</b>	mg	1.4	2.1	10.5
<b>Vitamin K</b>	µg	4.7	7.1	35
<b>Vitamin C</b>	mg	12	18	90
<b>Thiamin</b>	mg	0.08	0.1	0.6
<b>Riboflavin</b>	mg	0.18	0.26	1.3
<b>Niacin</b>	mg	0.58	0.86	4.3
<b>Vitamin B<sub>6</sub></b>	mg	0.05	0.08	0.4
<b>Folate</b>	µg	19	28	140
<b>Vitamin B<sub>12</sub></b>	µg	0.2	0.3	1.5
<b>Biotin</b>	µg	1.9	2.8	14
<b>Pantothenic acid</b>	mg	0.53	0.79	3.9
<b>Minerals</b>				
<b>Sodium</b>	mg	28	43	210
<b>Potassium</b>	mg	92	138	680
<b>Chloride</b>	mg	49	73	360
<b>Calcium</b>	mg	75	111	550
<b>Phosphorus</b>	mg	46	69	340
<b>Magnesium</b>	mg	6.8	10	50
<b>Iron</b>	mg	0.81	1.2	6
<b>Zinc</b>	mg	0.56	0.8	4.1
<b>Copper</b>	mg	0.05	0.08	0.4
<b>Manganese</b>	mg	0.02	0.03	0.15
<b>Fluoride</b>	mg	≤ 0.01	≤ 0.01	≤ 0.06
<b>Selenium</b>	µg	3.4	5	25
<b>Iodine</b>	µg	14	21	105
<b>Others</b>				
<b>Omega 3</b>				
α-linolenic acid (ALA) <sup>†</sup>	mg	39	59	290
Docosahexaenoic acid (DHA) <sup>††</sup>	mg	17	25	125
<b>Omega 6</b>				
Linoleic acid (LA) <sup>†</sup>	mg	475	709	3500

### Theoretical fatty acid profile of LITTLE STEPS® Follow-on Milk (Information based on powder only)

Fatty Acid		Units	Per 100 ml
<b>Saturated</b>			
<b>Caprylic</b>	C8:0	mg	46
<b>Capric</b>	C10:0	mg	46
<b>Lauric</b>	C12:0	mg	270
<b>Myristic</b>	C14:0	mg	99
<b>Palmitic</b>	C16:0	mg	172
<b>Stearic</b>	C18:0	mg	105
<b>Arachidic</b>	C20:0	mg	0.42
<b>Behenic</b>	C22:0	mg	16
<b>Total Saturated</b>		g	0.8
<b>Unsaturated/Monounsaturated</b>			
<b>Palmitoleic</b>	C16:1	mg	2.9
<b>Oleic</b>	C18:1	mg	1595
<b>Eicosenoic</b>	C20:1	mg	6.6
<b>Total monounsaturated</b>		g	1.6
<b>Polyunsaturated</b>			
<b>Linoleic</b>	C18:2	mg	514
<b>Linolenic</b>	C18:3	mg	45
<b>Arachidonic</b>	C20:4	mg	1.4
<b>Docosahexaenoic</b>	C22:6	mg	17.0
<b>Total polyunsaturated</b>		g	0.6
<b>Linoleic:linolenic</b>		ratio	11.4:1

### Theoretical amino acid profile of LITTLE STEPS® Follow-on Milk (Information based on powder only)

Amino Acid	mg per 100 ml
<b>Essential &amp; Semi-Essential Amino Acids</b>	
<b>Arginine</b>	54
<b>Cystine</b>	12
<b>Histidine</b>	43
<b>Isoleucine</b>	80
<b>Leucine</b>	151
<b>Lysine</b>	130
<b>Methionine</b>	40
<b>Phenylalanine</b>	75
<b>Threonine</b>	70
<b>Tryptophan</b>	24
<b>Tyrosine</b>	77
<b>Valine</b>	97
<b>Other Amino Acids</b>	
<b>Aspartic Acid</b>	121
<b>Serine</b>	89
<b>Glutamic Acid</b>	345
<b>Proline</b>	155
<b>Glycine</b>	31
<b>Alanine</b>	50

<sup>†</sup>Beneficial effect of essential fatty acids is obtained with a daily intake of 10 g of linoleic acid and 2 g of α-linolenic acid.

<sup>††</sup>LCPL = Long Chain Polyunsaturates.

## LITTLE STEPS® Follow-on Milk Ingredients

**Powder (800 g):** Skimmed **milk**, vegetable oils (sunflower, coconut, rapeseed), maltodextrin, lactose (**milk**), **milk** proteins, minerals (calcium citrate, sodium citrate, potassium citrate, magnesium citrate, potassium chloride, ferrous sulphate, zinc sulphate, copper sulphate, manganese sulphate, potassium iodide, potassium phosphate, sodium selenate), **fish** oil (DHA), emulsifier (**soya** lecithin), vitamins (vitamin C, vitamin E, niacin, pantothenic acid, thiamin, riboflavin, vitamin A, vitamin B<sub>6</sub>, folic acid, vitamin K, vitamin D, biotin, vitamin B<sub>12</sub>), antioxidants (tocopherol-rich extract, ascorbyl palmitate).

**Scoop size:** 4.5 g

**Liquid (200 ml):** Water, skimmed **milk**, whey permeate (**milk**), vegetable oils (sunflower, coconut, rapeseed), maltodextrin, calcium citrate, emulsifier (**soya** lecithin), **fish** oil (DHA), potassium citrate, sodium citrate, vitamin C, calcium chloride, L-isoleucine, magnesium citrate, L-tryptophan, ferrous sulphate, antioxidants (tocopherol-rich extract, ascorbyl palmitate), zinc sulphate, vitamin E, niacin, pantothenic acid, copper sulphate, vitamin A, thiamin, vitamin B<sub>6</sub>, manganese sulphate, potassium iodide, folic acid, sodium selenate, vitamin K, vitamin D, biotin, vitamin B<sub>12</sub>.

**Whey:Casein ratio:** 23:77

**Potential Renal Solute Load:** 153 mOsm/L (powder)

**Reconstitution rate:** 13.5 g powder/100 ml water

**Lactose:** 39 g/100 g powder

**Osmolality:** 279 mOsm/kg H<sub>2</sub>O (powder)

