

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.



800 g



INFORMATION FOR HEALTHCARE PROFESSIONAL USE ONLY

DATA CARD LITTLE STEPS® FOLLOW-ON MILK

From 6 months onwards



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



Update October 2021
©Reg. Trademark of Société des Produits Nestlé S.A.

IMPORTANT NOTICE: We believe that breastfeeding is the ideal nutritional start for babies and we fully support the World Health Organizations recommendation of exclusive breastfeeding for the first six months of life followed by the introduction of adequate nutritious complementary foods along with continued breastfeeding up to two years of age. We also recognize that breastfeeding is not always an option for parents. We recommend healthcare professionals to inform parents about the advantages of breastfeeding. If parents consider not to breastfeed, healthcare professionals should inform parents that such a decision can be difficult to reverse and that the introduction of partial bottle-feeding will reduce the supply of breast milk. Parents should consider the social and financial implications of the use of infant formula. As babies grow at different rates, healthcare professionals should advise on the appropriate time for a baby to begin eating complementary foods. Infant formula and complementary foods should always be prepared, used and stored as instructed on the label in order to avoid risks to a baby's health. **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.



UK 0800 081 81 80
www.smahcp.co.uk
ROI 1800 931 832
www.smahcp.ie

SMA® Nutrition, 1 City Place, Gatwick, RH6 0PA
In the Republic of Ireland: SMA® Nutrition, 3030 Lake Drive, Citywest Business Campus, Dublin 24, Ireland

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
Energy				
	kJ	280	418	2067
	kcal	67	100	494
Fat	g	3.2	4.8	23.6
of which, saturates	g	0.3	0.5	2.3
of which, unsaturates	g	2.7	4.0	19.9
Carbohydrate	g	8	12	59
of which, sugars	g	5.5	8.2	40.5
of which, lactose	g	5.2	7.8	39
Protein	g	1.5	2.3	11.4
Vitamins				
Vitamin A	µg	54	81	400
Vitamin D	µg	1.7	2.5	12.3
Vitamin E	mg	1.7	2.5	12.3
Vitamin K	µg	5.3	7.9	39
Vitamin C	mg	12	18	90
Thiamin	mg	0.08	0.1	0.6
Riboflavin	mg	0.18	0.26	1.3
Niacin	mg	0.58	0.86	4.3
Vitamin B₆	mg	0.05	0.08	0.4
Folate (DFE)*	µg	19	28	140
Vitamin B₁₂	µg	0.2	0.3	1.4
Biotin	µg	2	3.0	15
Pantothenic acid	mg	0.53	0.79	3.9
Minerals				
Sodium	mg	28	43	210
Potassium	mg	91	136	670
Chloride	mg	49	73	360
Calcium	mg	75	111	550
Phosphorus	mg	49	73	360
Magnesium	mg	6.8	10	50
Iron	mg	0.8	1.2	5.8
Zinc	mg	0.56	0.8	4.1
Copper	mg	0.05	0.08	0.4
Manganese	mg	0.02	0.03	0.15
Fluoride	mg	≤ 0.01	≤ 0.01	≤ 0.06
Selenium	µg	3.3	5	24
Iodine	µg	14	21	105
Others				
Omega 3				
α-linolenic acid (ALA) [†]	mg	41	61	300
Docosahexaenoic acid (DHA) ^{††}	mg	17	25	125
Omega 6				
Linoleic acid (LA) [†]	mg	488	729	3600

[†]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.
^{††}Contains DHA (as required by the legislation for all infant formula)

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

Fatty Acid		Units	Per 100 ml
Saturated			
Myristic	C14:0	mg	2.0
Palmitic	C16:0	mg	144
Stearic	C18:0	mg	123
Margaric	C17:0	mg	1
Pentadecanoic	C15:0	mg	1
Behenic	C22:0	mg	1
Total Saturated		g	0.3
Unsaturated/Monounsaturated			
Palmitoleic	C16:1	mg	4
Oleic	C18:1	mg	2111
Heptadecenoic	C17:1	mg	1
Nervonic	C24:1	mg	1
Total monounsaturated		g	2.1
Polyunsaturated			
Linoleic	C18:2	mg	488
Linolenic	C18:3	mg	41
Arachidonic	C20:4	mg	1
Eicosapentanoic	C20:5	mg	5
Stearidonic	C18:4	mg	1
Docosapentanoic	C22:5	mg	2
Docosahexaenoic	C22:6	mg	17.0
Total polyunsaturated		g	0.6
Linoleic:linolenic		ratio	12:1

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

Amino Acid	mg per 100 ml
Essential & Semi-Essential Amino Acids	
Arginine	57
Cystine	13
Histidine	45
Isoleucine	92
Leucine	159
Lysine	138
Methionine	37
Phenylalanine	79
Threonine	73
Tryptophan	25
Tyrosine	89
Valine	105
Other Amino Acids	
Aspartic Acid	129
Serine	100
Glutamic Acid	353
Proline	157
Glycine	31
Alanine	55

LITTLE STEPS® Follow-on Milk Ingredients

Powder (800 g): Skimmed **milk**, vegetable oils (sunflower, 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 B₆, folic acid, vitamin K, vitamin D, biotin, vitamin B₁₂), antioxidants (tocopherol-rich extract, ascorbyl palmitate).

Scoop size: 4.5 g

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: 275 mOsm/kg H₂O (powder)



*DFE - Dietary Folate Equivalent: 1 µg DFE = 1 µg food folate = 0.6 µg folic acid from formula