

Suitable for:

Little Steps® Growing Up Milk is a fortified milk drink designed for young children from 12 months onwards to help ensure they get a good nutritional foundation in life.

LITTLE STEPS® Growing Up Milk contains Calcium and Vitamin D for the normal growth and development of bones, Vitamins A and C to support the normal function of a child's immune system. It is also enriched with Iron to help support normal cognitive development and Omega 3 & 6† and iodine to help support normal growth.

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® Growing Up Milk has a shelf life of 24 months.



800 g



INFORMATION FOR HEALTHCARE PROFESSIONAL USE ONLY

DATA CARD LITTLE STEPS® GROWING UP MILK

From 12 months onwards



- Halal Certified
- Suitable for vegetarians



Created October 2021
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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® Growing-Up Milk** is suitable for young children from 1-3 years, as part of a healthy balanced diet and it is not a breast milk substitute.



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Nutrition information for LITTLE STEPS® Growing Up Milk (NEW)

	Units	Per 100 ml	Per 100 g	Per 100kcal
Energy	kJ	280	2028	419
	kcal	67	485	100
Fat	g	3	21.5	4.3
	of which, saturates	g	0.3	1.9
	of which, unsaturates	g	2.5	18
Carbohydrate	g	8.6	62	13
	of which, sugars	g	5.6	40.2
	of which, lactose	g	5.2	38
Protein	g	1.5	11	2.2
Salt (=Sodium x 2.5)	g	0.07	0.5	0.1
Vitamins				
Vitamin A	µg	60	433	89
Vitamin D	µg	1.05	7.6	1.6
Vitamin C	mg	15	110	23
Riboflavin	mg	0.25	1.8	0.4
Vitamin B ₁₂	µg	0.4	2.9	0.6
Minerals				
Sodium	mg	28	100	21
Potassium	mg	86	620	128
Calcium	mg	83	600	124
Phosphorus	mg	46	330	68
Iron	mg	1.2	8.7	1.8
Zinc	mg	0.75	5.4	1.1
Iodine	µg	18.7	135	28
Others				
Omega 3				
α-linolenic acid (ALA) [†]	mg	38	270	56
Omega 6				
Linoleic acid (LA) [†]	mg	470	3400	701

[†]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.

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Theoretical fatty acid profile of LITTLE STEPS® Growing Up Milk

Fatty Acid		Units	Per 100 ml
Saturated			
Palmitic	C16:0	mg	124
Stearic	C18:0	mg	111
Total saturated		g	0.25
Monounsaturated			
Oleic	C18:1	mg	1957
Total monounsaturated		g	1.95
Polyunsaturated			
Linoleic	C18:2	mg	470
Linolenic	C18:3	mg	38
Total polyunsaturated		g	0.51
Linoleic:linolenic ratio			12.4:1

Theoretical amino acid profile of LITTLE STEPS® Growing Up Milk

Amino Acid	Units	mg per 100 ml
Essential & Semi-Essential Amino Acids		
Arginine	mg	51
Cystine	mg	12
Histidine	mg	42
Isoleucine	mg	84
Leucine	mg	147
Lysine	mg	128
Methionine	mg	35
Phenylalanine	mg	73
Threonine	mg	68
Tryptophan	mg	24
Tyrosine	mg	82
Valine	mg	97
Other Amino Acids		
Aspartic acid	mg	119
Serine	mg	92
Glutamic acid	mg	329
Proline	mg	147
Glycine	mg	29
Alanine	mg	51

LITTLE STEPS® Growing Up Milk Ingredients

Powder (800 g): Skimmed milk, maltodextrin, vegetable oils (sunflower, rapeseed), whey permeate (milk), lactose (milk), calcium citrate, emulsifier (soya lecithin), stabilisers (sodium and potassium citrates), vitamin C, potassium phosphate, ferrous sulphate, zinc sulphate, antioxidants (tocopherol-rich extract, ascorbyl palmitate), riboflavin, vitamin A, potassium iodide, vitamin D, vitamin B₁₂.

Scoop size: 4.6 g

Whey:Casein ratio: 20:80

Potential Renal Solute Load: 145 mOsm/L (powder)

Reconstitution rate: 13.8 g powder/100 ml water

Lactose: 38 g/100 g powder

Osmolality: 270 mOsm/kg H₂O (powder)

Osmolarity: 242 mOsm/L H₂O (powder)

