

Suitable for:

LITTLE STEPS® First Infant Milk is an alternative to breast milk when baby is not breastfed. Breastfeeding provides the best start for your baby, but if you decide to combination feed or bottle-feed, **LITTLE STEPS® First Infant Milk** is nutritionally complete and contains Omega 3 (DHA)*.

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® First Infant Milk has a shelf life of 12 months.



200 ml

INFORMATION FOR HEALTHCARE PROFESSIONAL USE ONLY

DATA CARD LITTLE STEPS® FIRST INFANT MILK

From birth onwards



- Breast milk substitute
- Halal Certified

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.



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Nutrition information for LITTLE STEPS® First Infant Milk (Information based on liquid only)

	Units	Per 100 ml	Per 100 kcal
Energy			
	kJ	283	418
	kcal	68	100
Fat	g	3.2	4.7
of which, saturates	g	0.3	0.4
of which, unsaturates	g	2.6	3.8
Carbohydrate	g	8.3	12.2
of which, sugars	g	8.3	12.2
of which, lactose	g	8.3	12.2
Protein	g	1.5	2.2
Salt* (=Sodium x 2.5)	g	0.05	0.08
Vitamins			
Vitamin A	µg	54	80
Vitamin D	µg	1.5	2.2
Vitamin E	mg	1.6	2.4
Vitamin K	µg	5	7
Vitamin C	mg	10.4	15.3
Thiamin	mg	0.1	0.1
Riboflavin	mg	0.2	0.2
Niacin	mg	0.5	0.7
Vitamin B₆	mg	0.04	0.06
Folate (DFE)**	µg	18	27
Vitamin B₁₂	µg	0.23	0.34
Biotin	µg	1.6	2.4
Pantothenic acid	mg	0.5	0.7
Minerals			
Sodium	mg	22	32
Potassium	mg	96	142
Chloride	mg	51	75
Calcium	mg	45	66
Phosphorus	mg	28	42
Magnesium	mg	6	8
Iron	mg	0.31	0.46
Zinc	mg	0.5	0.8
Copper	mg	0.06	0.08
Manganese	mg	0.2	0.03
Fluoride	mg	≤0.01	≤0.01
Selenium	µg	3.41	5.05
Iodine	µg	13	19.9
Others			
Choline	mg	21	31
Inositol	mg	8	11.6
L-carnitine	mg	1.2	1.7
Omega 3			
α-linolenic acid (ALA)	mg	41	61
Docosahexaenoic acid (DHA)*	mg	17	25
Omega 6			
Linoleic acid (LA)	mg	466	689
Arachidonic acid (AA)	mg	17	25

INFORMATION FOR HEALTHCARE PROFESSIONAL USE ONLY

Theoretical fatty acid profile of LITTLE STEPS® First Infant Milk (Information based on liquid only)

Fatty Acid		Units	Per 100 ml
Saturated			
Myristic	C14:0	mg	2
Palmitic	C16:0	mg	147
Stearic	C18:0	mg	120
Arachidic	C20:0	mg	1
Margaric	C17:0	mg	1
Lignoseric	C24:0	mg	1
Behenic	C22:0	mg	2
Total saturated		g	0.3
Unsaturated/Monounsaturated			
Palmitoleic	C16:1	mg	3
Oleic	C18:1	mg	1978
Gondoic	C20:1	mg	1
Total monounsaturated		g	2
Polyunsaturated			
Linoleic	C18:2	mg	466
Linolenic	C18:3	mg	41
Arachidonic	C20:4	mg	17
Docosahexaenoic	C22:6	mg	17
Total polyunsaturated		g	0.6

Theoretical amino acid profile of LITTLE STEPS® First Infant Milk (Information based on liquid only)

Amino Acid	mg per 100 ml
Essential & Semi-Essential Amino Acids	
Arginine	42
Cystine	26
Histidine	32
Isoleucine	73
Leucine	154
Lysine	123
Methionine	38
Phenylalanine	64
Threonine	78
Tryptophan	25
Tyrosine	59
Valine	89
Other Amino Acids	
Aspartic acid	142
Serine	84
Glutamic acid	295
Proline	118
Glycine	30
Alanine	64

Mmol information of LITTLE STEPS® First Infant Milk (Information based on liquid only)

Nutrient	Per 100ml (mmol)
Calcium	1.125
Phosphate	0.90
Magnesium	0.247
Iron	0.006
Zinc	0.008
Sodium	0.96
Potassium	2.45
Chloride	1.44

LITTLE STEPS® First Infant Milk Ingredients

Liquid (200 ml): Water, skimmed **milk**, **milk** protein, lactose (**milk**), vegetable oils (sunflower, rapeseed), potassium citrate, emulsifier (**soya** lecithin), long chain polyunsaturated fatty acids (DHA **fish** oil), AA), calcium citrate, potassium chloride, calcium chloride, choline bitartrate, vitamin C, magnesium citrate, sodium chloride, antioxidants (tocopherol-rich extract, ascorbyl palmitate), ferrous sulphate, zinc sulphate, vitamin E, niacin, pantothenic acid, copper sulphate, vitamin A, thiamin, vitamin B₆, manganese sulphate, potassium iodide, folic acid, sodium selenate, vitamin K, vitamin D, biotin, vitamin B₁₂.

Whey:Casein ratio: 60:40

Potential Renal Solute Load: 143 mOsm/L

Osmolality: 350 mOsm/kg H₂O

Osmolality: 314 mOsm/L



*Contains DHA (as required by legislation for all infant formula)
**DFE - Dietary Folate Equivalent: 1 µg DFE = 1 µg food folate = 0,6 µg folic acid from formula.