

LITTLE STEPS® FOLLOW-ON MILK

INFORMATION FOR HEALTHCARE
PROFESSIONAL USE ONLY

DATA CARD LITTLE STEPS® FOLLOW-ON MILK

From 6 months onwards



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 12 months.



200 ml

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



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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 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

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

	Units	Per 100 ml	Per 100 kcal
Energy			
	KJ	281	418
	kcal	67	100
Fat	g	3.2	4.8
of which, saturates	g	0.3	0.41
of which, unsaturates	g	2.6	3.9
Carbohydrate	g	8	12
of which, sugars	g	5.4	7.9
of which, lactose	g	5.3	7.9
Protein	g	1.5	2.3
Salt* (=Sodium x 2.5)	g	0.07	0.1
Vitamins			
Vitamin A	µg	54	81
Vitamin D	µg	1.7	2.5
Vitamin E	mg	1.7	2.5
Vitamin K	µg	5.1	7.6
Vitamin C	mg	13	19
Thiamin	mg	0.08	0.1
Riboflavin	mg	0.12	0.18
Niacin	mg	0.05	0.85
Vitamin B₆	mg	0.54	0.08
Folate (DFE)[†]	µg	21	31
Vitamin B₁₂	µg	0.2	0.4
Biotin	µg	2	3
Pantothenic Acid	mg	0.53	0.8
Minerals			
Sodium	mg	28	42
Potassium	mg	91	136
Chloride	mg	58	87
Calcium	mg	74	110
Phosphorus	mg	46	69
Magnesium	mg	6.8	10
Iron	mg	0.74	1.1
Zinc	mg	0.54	0.81
Copper	mg	0.06	0.09
Manganese	mg	20	30
Fluoride	mg	≤0.01	≤0.01
Selenium	µg	4	6
Iodine	µg	18	26
Others			
Omega 3			
α-linolenic acid (ALA) [†]	mg	42	63
Docosahexaenoic acid (DHA) ^{††}	mg	17	25
Omega 6			
Linoleic acid (LA) [†]	mg	500	746

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

Fatty Acid		Units	Per 100 ml
Saturated			
Myristic	C14:0	mg	2
Palmitic	C16:0	mg	146
Stearic	C18:0	mg	119
Arachidic	C20:0	mg	1
Margaric	C17:0	mg	1
Pentadecanoic	C15:0	mg	1
Total saturated		g	0.3
Unsaturated/Monounsaturated			
Palmitoleic	C16:1	mg	3
Oleic	C18:1	mg	2021
Total monounsaturated		g	2
Polyunsaturated			
Linoleic	C18:2	mg	500
Linolenic	C18:3	mg	42
Docosahexaenoic	C22:6	mg	17
Total polyunsaturated		g	0.6

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

Amino Acid	mg per 100 ml
Essential & Semi-Essential Amino Acids	
Arginine	48
Cystine	14
Histidine	38
Isoleucine	68
Leucine	141
Lysine	108
Methionine	42
Phenylalanine	73
Threonine	57
Tryptophan	25
Tyrosine	73
Valine	92
Other Amino Acids	
Aspartic acid	117
Serine	89
Glutamic acid	320
Proline	146
Glycine	28
Alanine	52

*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).

Mmol information profile of LITTLE STEPS® Follow-on Milk (Information based on liquid only)

	Per 100ml (mmol)
Essential & Semi-Essential Amino Acids	
Calcium	1.9
Phosphate	1.5
Magnesium	0.3
Iron	0.013
Zinc	0.008
Sodium	1.2
Potassium	2.3
Chloride	1.6

LITTLE STEPS® Follow-on Milk Ingredients

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 B₆, manganese sulphate, potassium iodide, folic acid, sodium selenate, vitamin K, vitamin D, biotin, vitamin B₁₂.

Whey:Casein ratio: 22:78

Potential Renal Solute Load: 143 mOsm/L (liquid)

Osmolality: 282 mOsm/kg H₂O

Osmolarity: 254 mOsm/L



*DFE - Dietary Folate Equivalent: 1 µg DFE = 1 µg food folate = 0,6 µg folic acid from formula