

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 good nutrition.

LITTLE STEPS® Follow-on Milk is enriched with:

Calcium & Vitamin D to help support the normal growth and development of bones

Iron to help support normal cognitive development.

Not suitable for:

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

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 Calcium, Vitamin D, Iron
- Halal Certified
- No Fish Oil
- No Palm Oil

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Nutrition

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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.

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Nutrition
Careline

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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
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, mono-unsaturates	g	2.1	3.1	15.3
of which, polyunsaturates	g	0.6	0.9	4.2
of which, Omega-3:				
- α-linolenic acid (ALA)	mg	42	63	310
- Docosahexaenoic acid (DHA)	mg	17	25	125
of which, Omega-6:				
- Linoleic acid (LA)	mg	490	731	3610
Carbohydrate	g	8.3	12	61
of which, sugars	g	5.3	7.9	39.2
of which, lactose	g	5	7.5	37
Protein	g	1.3	1.9	9.4
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	µg	19	28	140
Vitamin B₁₂	µg	0.18	0.26	1.3
Biotin	µg	2	3.0	15
Pantothenic acid	mg	0.53	0.79	3.9
Minerals				
Sodium	mg	26	38	190
Potassium	mg	86	129	635
Chloride	mg	49	73	360
Calcium	mg	63	94	465
Phosphorus	mg	38	56	279
Magnesium	mg	6.1	9	45
Iron	mg	0.77	1.2	5.7
Zinc	mg	0.52	0.77	3.8
Copper	mg	0.05	0.07	0.3
Manganese	mg	0.02	0.03	0.15
Fluoride	mg	≤ 0.01	≤ 0.01	≤ 0.06
Selenium	µg	2.8	4.3	21
Iodine	µg	14	20	100

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

Fatty Acid	Units	Per 100 ml
Saturated		
Lauric	C12:0	mg 0.3
Myristic	C14:0	mg 4.2
Pentadecanoic	C15:0	mg 0.3
Palmitic	C16:0	mg 149.9
Stearic	C18:0	mg 85.7
Arachidic	C20:0	mg 9
Behenic	C22:0	mg 22
Lignoceric	C24:0	mg 9
Total saturated		g 0.3
Monounsaturated		
Palmitoleic	C16:1	mg 2.4
Oleic	C18:1	mg 2062
Gondoic (Eicosenoic)	C20:1	mg 12
Erucic	C22:1	mg 3
Total monounsaturated		g 2.1
Polyunsaturated		
Linoleic	C18:2	mg 490
Linolenic	C18:3	mg 42
Eicosapentaenoic	C20:5	mg 0.6
Docosapentaenoic (n-6)	C22:2	mg 2.9
Docosapentaenoic (n-3)	C22:5	mg 0.1
Docosahexaenoic	C22:6	mg 17
Total polyunsaturated		g 0.6
Linoleic:linolenic		ratio 11.7:1

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

Amino Acid	mg per 100 ml
Essential Amino Acids	
Histidine	35
Isoleucine	72
Leucine	125
Lysine	109
Methionine	30
Phenylalanine	62
Threonine	58
Tryptophan	25
Valine	83
Other Amino Acids	
Alanine	44
Arginine	45
Aspartic Acid	102
Cystine	17
Glutamic Acid	280
Glycine	25
Proline	125
Serine	79
Tyrosine	70

LITTLE STEPS® Follow-on Milk Powder Ingredients

Skimmed **MILK**, maltodextrin, vegetable oils (sunflower, rapeseed), lactose (**MILK**), whey permeate (**MILK**), calcium citrate, oil from the microalgae *Schizochytrium* sp. (DHA), emulsifier (**SOYA** lecithin), sodium citrate, potassium citrate, potassium chloride, vitamin C, magnesium citrate, L-cystine, L-tryptophan, ferrous sulphate, zinc sulphate, antioxidant (tocopherol-rich extract), vitamin E, niacin, acidity regulator (citric acid), pantothenic acid, copper sulphate, thiamin, riboflavin, vitamin A, vitamin B₆, manganese sulphate, folic acid, potassium iodide, sodium selenate, vitamin K, vitamin D, biotin, vitamin B₁₂.

Scoop size: 4.5g

Potential Renal Solute Load: 132mOsm/L (powder)

Reconstitution rate: 13.5 g powder/100 ml water

Lactose: 37g/100 g powder

Casein/Whey ratio: 77/23

Osmolality: 280 mOsm/kg

Osmolarity: 252 mOsm/L

