

## 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 12 months.



200 ml

## 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 Palm oil
- No Fish oil

**smā**  
Nutrition

Update January 2026  
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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.

**smā**  
Nutrition  
Careline

**UK** 0800 081 81 80  
[www.smahcp.co.uk](http://www.smahcp.co.uk)

**ROI** 1800 931 832  
[www.smahcp.ie](http://www.smahcp.ie)

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D24 H6RR

## INFORMATION FOR HEALTHCARE PROFESSIONAL USE ONLY

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

	Units	Per 100 ml	Per 100 kcal
<b>Energy</b>			
	kJ	280	418
	kcal	67	100
<b>Fat</b>	g	3.2	4.8
of which, saturates	g	0.3	0.4
of which, mono-unsaturates	g	2	3.0
of which, polyunsaturates	g	0.6	0.9
of which, Omega-3:			
- α-linolenic acid (ALA)	mg	42	63
- Docosahexaenoic acid (DHA)	mg	17	25
of which, Omega-6:			
- Linoleic acid (LA)	mg	500	746
<b>Carbohydrate</b>	g	8	11.9
of which, sugars	g	5.4	8.1
of which, lactose	g	5.3	7.9
<b>Protein</b>	g	1.5	2.3
<b>Vitamins</b>			
<b>Vitamin A</b>	µg	54	81
<b>Vitamin D</b>	µg	1.7	2.5
<b>Vitamin E</b>	mg	1.7	2.5
<b>Vitamin K</b>	µg	5	7.6
<b>Vitamin C</b>	mg	13	19.3
<b>Thiamin</b>	mg	0.08	0.1
<b>Riboflavin</b>	mg	0.12	0.2
<b>Niacin</b>	mg	0.57	0.9
<b>Vitamin B<sub>6</sub></b>	mg	0.05	0.08
<b>Folate</b>	µg	21	31
<b>Vitamin B<sub>12</sub></b>	µg	0.2	0.4
<b>Biotin</b>	µg	2	3
<b>Pantothenic Acid</b>	mg	0.53	0.8
<b>Minerals</b>			
<b>Sodium</b>	mg	28	42
<b>Potassium</b>	mg	91	136
<b>Chloride</b>	mg	58	87
<b>Calcium</b>	mg	74	110
<b>Phosphorus</b>	mg	46	69
<b>Magnesium</b>	mg	6.8	10
<b>Iron</b>	mg	0.74	1.1
<b>Zinc</b>	mg	0.54	0.8
<b>Copper</b>	mg	0.06	0.09
<b>Manganese</b>	mg	0.02	0.03
<b>Fluoride</b>	mg	<0.01	<0.02
<b>Selenium</b>	µg	3.7	5.6
<b>Iodine</b>	µg	18	26

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

Fatty Acid		Units	Per 100 ml
<b>Saturated</b>			
Myristic	C14:0	mg	4
Palmitic	C16:0	mg	153
Stearic	C18:0	mg	85
Arachidic	C20:0	mg	9
Behenic	C22:0	mg	22
Lignoceric	C24:0	mg	9
<b>Total saturated</b>		g	0.28
<b>Monounsaturated</b>			
Palmitoleic	C16:1	mg	2
Oleic	C18:1	mg	2022
Gondoic	C20:1	mg	12
Erucic	C22:1	mg	3
<b>Total monounsaturated</b>		g	2
<b>Polyunsaturated</b>			
Linoleic	C18:2	mg	500
Linolenic	C18:3	mg	42
Eicosapentaenoic (n-6)	C20:5	mg	1
Docosapentaenoic	C22:5	mg	3
Docosahexaenoic	C22:6	mg	17
<b>Total polyunsaturated</b>		g	0.56
<b>Linoleic: linolenic ratio</b>			11.9:1

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

Amino Acid	mg per 100 ml
<b>Essential Amino Acids</b>	
Histidine	38
Isoleucine	68
Leucine	141
Lysine	108
Methionine	42
Phenylalanine	73
Threonine	57
Tryptophan	25
Valine	92
<b>Other Amino Acids</b>	
Alanine	52
Arginine	47
Aspartic Acid	117
Cystine	14
Glutamic Acid	320
Glycine	28
Proline	146
Serine	89
Tyrosine	73

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

Nutrient	Per 100ml (mmol)
Calcium	1.8
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 Liquid Ingredients

Water, skimmed **MILK**, whey permeate (**MILK**), vegetable oils (sunflower, rapeseed), maltodextrin, calcium citrate, emulsifier (**SOYA** lecithin), potassium citrate, oil from the microalgae *Schizochytrium* sp. (DHA), sodium citrate, vitamin C, calcium chloride, L-isoleucine, magnesium citrate, L-tryptophan, ferrous sulphate, antioxidant (tocopherol-rich extract), zinc sulphate, vitamin E, niacin, pantothenic acid, copper sulphate, vitamin A, thiamin, vitamin B<sub>6</sub>, manganese sulphate, potassium iodide, folic acid, sodium selenate, vitamin K, vitamin D, biotin, vitamin B<sub>12</sub>.

**Whey:Casein ratio:** 20:80

**Potential Renal Solute Load:** 155 mOsm/L (liquid)

**Osmolality:** 282 mOsm/kg H<sub>2</sub>O

**Osmolarity:** 254 mOsm/L

