

LITTLE STEPS® GROWING UP MILK

INFORMATION FOR HEALTHCARE
PROFESSIONAL USE ONLY

LITTLE STEPS® GROWING UP MILK

From 12 months onwards data card



- Halal Certified
- Suitable for vegetarians

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



sma
nutrition

Created December 2019
®Reg. Trademark of Société des Produits Nestlé S.A.



IMPORTANT NOTICE: The World Health Organisation (WHO) recommends exclusive breastfeeding during the first 6 months of life and continued breastfeeding for as long as possible. **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.

sma
nutrition
careline

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

ZTC4721/12/19

JN069

†The 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.

Nutrition information for LITTLE STEPS® Growing Up Milk

	Units	Per 100 ml	Per 100 g	Per 100kcal
Energy	kJ	281	2028	419
	kcal	67	485	100
Fat	g	3	21.5	4.4
	of which, saturates	g	0.7	5.3
	of which, unsaturates	g	2	14.8
Carbohydrate	g	8.6	62	12.8
	of which, sugars	g	5.6	40.2
Protein	g	1.5	10.8	2.2
Salt (=Sodium x 2.5)	g	0.07	0.5	0.1
Vitamins				
Vitamin A	µg	60	434	90
Vitamin D	µg	1.15	7.6	1.6
Vitamin C	mg	15.2	110	23
Riboflavin	mg	0.25	1.8	0.37
Vitamin B ₁₂	µg	0.4	2.9	0.6
Minerals				
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	130	27
Others				
Omega 3				
α-linolenic acid (ALA) [†]	mg	38	270	56
Omega 6				
Linoleic acid (LA) [†]	mg	470	3400	701

*Reference Intake is the amount of vitamins and minerals required per day by young children to help meet their daily nutritional requirements.

[†]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.

INFORMATION FOR HEALTHCARE PROFESSIONAL USE ONLY

Theoretical fatty acid profile of LITTLE STEPS® Growing Up Milk

Fatty Acid		Units	Per 100 ml
Saturated			
Caprylic	C8:0	mg	44
Capric	C10:0	mg	44
Lauric	C12:0	mg	258
Myristic	C14:0	mg	93
Palmitic	C16:0	mg	153
Stearic	C18:0	mg	97
Arachidic	C20:0	mg	0.1
Behenic	C22:0	mg	15
Total saturated		g	0.7
Monounsaturated			
Oleic	C18:1	mg	1516
Total monounsaturated		g	1.5
Polyunsaturated			
Linoleic	C18:2	mg	470
Linolenic	C18:3	mg	38
Total polyunsaturated		g	0.5
Linoleic:linolenic ratio			12.4:1

Theoretical amino acid profile of LITTLE STEPS® Growing Up Milk

Amino Acid	mg per 100 ml
Essential & Semi-Essential Amino Acids	
Arginine	50
Cystine	12
Histidine	40
Isoleucine	74
Leucine	140
Lysine	121
Methionine	37
Phenylalanine	69
Threonine	65
Tryptophan	23
Tyrosine	71
Valine	90
Other Amino Acids	
Aspartic acid	112
Serine	83
Glutamic acid	320
Proline	144
Glycine	28
Alanine	47

* Contains DHA (as required by the legislation for all infant formula).

LITTLE STEPS® Growing Up Milk Ingredients

Powder (800 g): Skimmed **milk**, maltodextrin, vegetable oils (sunflower, coconut, 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: 23:73

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)

