

## 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 24 months.



800 g    200 ml

## INFORMATION FOR HEALTHCARE PROFESSIONAL USE ONLY

# LITTLE STEPS® FIRST INFANT MILK

From birth onwards data card

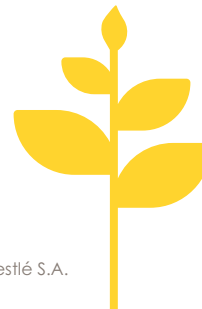


- Breast milk substitute
- Halal Certified

**IMPORTANT NOTICE:** The World Health Organisation (WHO) has recommended that pregnant women and new mothers be informed on the benefits and superiority of breastfeeding – in particular the fact that it provides the best nutrition and protection from illness for babies. Mothers should be given guidance on the preparation for, and maintenance of, lactation, with special emphasis on the importance of a well-balanced diet both during pregnancy and after delivery. Unnecessary introduction of partial bottle-feeding or other foods and drinks should be discouraged since it will have a negative effect on breastfeeding. Similarly, mothers should be warned of the difficulty of reversing a decision not to breastfeed. Before advising a mother to use an infant formula, she should be advised of the social and financial implications of her decision: for example, if a baby is exclusively bottle-fed, more than one can (400 g) per week will be needed, so the family circumstances and costs should be kept in mind. Mothers should be reminded that breast milk is not only the best, but also the most economical food for babies. If a decision to use an infant formula is taken, it is important to give instructions on correct preparation methods, emphasising that unboiled water, unsterilised bottles or incorrect dilution can all lead to illness.



Updated December 2019  
\*Reg. Trademark of Société des Produits Nestlé S.A.



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**In the Republic of Ireland:** SMA® Nutrition, 3030 Lake Drive, Citywest Business Campus, Dublin 24, Ireland

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

	Units	Per 100 ml	Per 100 kcal	Per 100 g powder
<b>Energy</b>				
	kJ	281	419	2077
	kcal	67	100	496
<b>Fat</b>	g	3.2	4.7	23.5
of which, saturates	g	0.8	1.1	5.6
of which, unsaturates	g	2.2	3.2	16
<b>Carbohydrate</b>	g	8.2	12.1	60.1
of which, sugars	g	8.2	12.1	60.1
of which, lactose	g	8.2	12.1	60.1
<b>Protein</b>	g	1.5	2.2	10.9
<b>Vitamins</b>				
<b>Vitamin A</b>	µg	61	91	450
<b>Vitamin D</b>	µg	1.5	2.2	11.1
<b>Vitamin E</b>	mg	1.4	2.1	10.2
<b>Vitamin K</b>	µg	4.5	6.7	33
<b>Vitamin C</b>	mg	10.2	15.1	75
<b>Thiamin</b>	mg	0.07	0.1	0.48
<b>Riboflavin</b>	mg	0.2	0.2	1.1
<b>Niacin</b>	mg	0.52	0.77	3.8
<b>Vitamin B<sub>6</sub></b>	mg	0.04	0.06	0.3
<b>Folate</b>	µg	20.3	30.3	150
<b>Vitamin B<sub>12</sub></b>	µg	0.2	0.3	1.5
<b>Biotin</b>	µg	1.6	2.4	12
<b>Pantothenic acid</b>	mg	0.5	0.8	4
<b>Minerals</b>				
<b>Sodium</b>	mg	20	30	150
<b>Potassium</b>	mg	90	133	660
<b>Chloride</b>	mg	52	77	380
<b>Calcium</b>	mg	45	67	330
<b>Phosphorus</b>	mg	28	42	210
<b>Magnesium</b>	mg	5.4	8	40
<b>Iron</b>	mg	0.31	0.46	2.3
<b>Zinc</b>	mg	0.54	0.81	4
<b>Copper</b>	mg	0.05	0.08	0.4
<b>Manganese</b>	mg	0.02	0.03	0.13
<b>Fluoride</b>	mg	≤ 0.01	≤ 0.01	≤ 0.06
<b>Selenium</b>	µg	3.8	5.7	28
<b>Iodine</b>	µg	14	21	105
<b>Others</b>				
<b>Taurine</b>	mg	4.3	6.5	32
<b>Choline</b>	mg	21.7	32.3	160
<b>Inositol</b>	mg	10.2	15.1	75
<b>L-carnitine</b>	mg	1.3	1.9	9.5
<b>Omega 3</b>				
α-linolenic acid (ALA)	mg	41	61	300
Docosahexaenoic acid (DHA)	mg	17	25	125
<b>Omega 6</b>				
Linoleic acid (LA)	mg	475	706	3500

**INFORMATION FOR HEALTHCARE  
PROFESSIONAL USE ONLY**

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

Fatty Acid		Units	Per 100 ml
<b>Saturated</b>			
<b>Caprylic</b>	C8:0	mg	45
<b>Capric</b>	C10:0	mg	45
<b>Lauric</b>	C12:0	mg	269
<b>Myristic</b>	C14:0	mg	99
<b>Palmitic</b>	C16:0	mg	167
<b>Stearic</b>	C18:0	mg	104
<b>Arachidic</b>	C20:0	mg	0.4
<b>Behenic</b>	C22:0	mg	15
<b>Total Saturated</b>		g	0.8
<b>Unsaturated/Monounsaturated</b>			
<b>Palmitoleic</b>	C16:1	mg	3.1
<b>Oleic</b>	C18:1	mg	1581
<b>Eicosenoic</b>	C20:1	mg	6.6
<b>Total monounsaturated</b>		g	1.6
<b>Polyunsaturated</b>			
<b>Linoleic</b>	C18:2	mg	497
<b>Linolenic</b>	C18:3	mg	44
<b>Arachidonic</b>	C20:4	mg	1.5
<b>Docosahexaenoic</b>	C22:6	mg	17
<b>Total polyunsaturated</b>		g	0.6
<b>Linoleic:linolenic</b>		ratio	11.3:1

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

Amino Acid	mg per 100 ml
<b>Essential &amp; Semi-Essential Amino Acids</b>	
<b>Arginine</b>	43
<b>Cystine</b>	25
<b>Histidine</b>	33
<b>Isoleucine</b>	74
<b>Leucine</b>	153
<b>Lysine</b>	130
<b>Methionine</b>	33
<b>Phenylalanine</b>	61
<b>Threonine</b>	68
<b>Tryptophan</b>	25
<b>Tyrosine</b>	57
<b>Valine</b>	80
<b>Other Amino Acids</b>	
<b>Aspartic Acid</b>	133
<b>Serine</b>	73
<b>Glutamic Acid</b>	282
<b>Proline</b>	107
<b>Glycine</b>	27
<b>Alanine</b>	56

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

**LITTLE STEPS® First Infant Milk Ingredients**

**Powder (800 g):** Milk proteins, skimmed milk, vegetable oils (sunflower, coconut, rapeseed), lactose (milk), minerals (calcium citrate, potassium citrate, potassium hydroxide, potassium chloride, magnesium chloride, sodium chloride, sodium phosphate, ferrous sulphate, zinc sulphate, copper sulphate, manganese sulphate, potassium iodide, sodium selenate), calcium citrate, fish oil (DHA), emulsifier (soya lecithin), vitamins (vitamin C, vitamin E, niacin, pantothenic acid, thiamin, vitamin A, riboflavin, vitamin B<sub>6</sub>, folic acid, vitamin K, vitamin D, biotin, vitamin B<sub>12</sub>), choline bitartrate, taurine, inositol, acidity regulator (citric acid), antioxidants (tocopherol-rich extract, ascorbyl palmitate), L-carnitine.

**Scoop size:** 4.5 g

**Liquid (200 ml):** Water, skimmed milk, milk protein, lactose (milk), vegetable oils (sunflower, coconut, rapeseed), potassium citrate, emulsifier (soya lecithin), fish oil (DHA), 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 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:** 60:40

**Potential Renal Solute Load:** 140 mOsm/L (powder)

**Reconstitution rate:** 13.5 g powder/100 ml water

**Lactose:** 60 g/100 g powder

**Osmolality:** 346 mOsm/kg H<sub>2</sub>O (powder)

