

# LITTLE STEPS® PLANTYGROW GROWING UP DRINK

## Suitable for:

**LITTLE STEPS® PLANTYGROW Growing Up Drink** is an unsweetened fortified plant-based drink for young children from 12 months to 3 years, as part of a varied and balanced diet.

**LITTLE STEPS® PLANTYGROW Growing Up Drink** contains calcium and vitamin D for the normal growth and development of bones and is fortified with omega 3 & 6.

## Shelf life:

**LITTLE STEPS® PLANTYGROW Growing Up Drink** has a shelf life of 10 months.



200ml  
& 1L

## INFORMATION FOR HEALTHCARE PROFESSIONAL USE ONLY

# DATA CARD LITTLE STEPS® PLANTYGROW GROWING UP DRINK

From 1 year onwards



- Halal Certified
- Suitable for vegetarians



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**IMPORTANT NOTICE:** We believe that breastfeeding is the ideal nutritional start for babies and we fully support the World Health Organization's 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 recognise that breastfeeding is not always an option for parents. We recommend that healthcare professionals inform parents about the advantages of breastfeeding. If parents choose 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® PLANTYGROW Growing Up Drink** is suitable for young children from 1-3 years, as part of a healthy balanced diet and it is not a breast milk substitute.



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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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® PLANTYGROW Growing Up Drink

	Units	Per 100 ml	Per 100 kcal
<b>Energy</b>			
	kJ	235	418
	kcal	56	100
<b>Fat</b>			
	g	2.3	4.1
of which, saturates	g	0.2	0.3
of which, unsaturates	g	1.8	3.3
<b>Carbohydrate</b>			
	g	7.8	13.9
of which, sugars	g	1	1.8
<b>Fibre</b>			
	g	<0.5	<0.9
<b>Protein</b>			
	g	1	1.8
<b>Salt (=Sodium x 2.5)</b>			
	g	0.04	0.07
<b>Vitamins</b>			
<b>Vitamin A</b>	µg	62	111
<b>Vitamin D</b>	µg	1.7	3.0
<b>Vitamin C</b>	mg	14	25.6
<b>Thiamin</b>	mg	0.08	0.15
<b>Riboflavin</b>	mg	0.2	0.4
<b>Vitamin B<sub>12</sub></b>	µg	0.38	0.7
<b>Minerals</b>			
<b>Calcium</b>	mg	85	151
<b>Iron</b>	mg	1.1	2.0
<b>Zinc</b>	mg	0.5	1.0
<b>Iodine</b>	µg	23	40.8
<b>Others</b>			
<b>Omega 3</b>			
α-linolenic acid (ALA) <sup>†</sup>	mg	84	150
<b>Omega 6</b>			
Linoleic acid (LA) <sup>†</sup>	mg	536	951

### Theoretical fatty acid profile of LITTLE STEPS® PLANTYGROW Growing Up Drink

Fatty Acid		Units	Per 100 ml
<b>Saturated</b>			
<b>Palmitic</b>	C16:0	mg	106
<b>Stearic</b>	C18:0	mg	62
<b>Arachidic</b>	C20:0	mg	7
<b>Behenic</b>	C22:0	mg	13
<b>Lignoceric</b>	C24:0	mg	2
<b>Total saturated</b>		g	0.2
<b>Monounsaturated</b>			
<b>Palmitoleic</b>	C16:1	mg	2
<b>Oleic</b>	C18:1	mg	1228
<b>Gondoic</b>	C:20:1	mg	13
<b>Erucic</b>	C22:1	mg	6
<b>Total monounsaturated</b>		g	1.25
<b>Polyunsaturated</b>			
<b>Linoleic</b>	C18:2	mg	536
<b>Linolenic</b>	C18:3	mg	84
<b>Total polyunsaturated</b>		g	0.6
<b>Linoleic:linolenic ratio</b>			6.4:1

### Theoretical amino acid profile of LITTLE STEPS® PLANTYGROW Growing Up Drink

Amino Acid	mg per 100 ml
<b>Essential &amp; Semi-Essential Amino Acids</b>	
<b>Arginine</b>	47.5
<b>Cystine</b>	5.5
<b>Histidine</b>	17.5
<b>Isoleucine</b>	25.5
<b>Leucine</b>	45
<b>Lysine</b>	58.5
<b>Methionine</b>	6
<b>Phenylalanine</b>	30
<b>Threonine</b>	21
<b>Tryptophan</b>	5.5
<b>Tyrosine</b>	21
<b>Valine</b>	37.5
<b>Aspartic acid</b>	62.5
<b>Serine</b>	28
<b>Glutamic acid</b>	91
<b>Proline</b>	23.5
<b>Glycine</b>	22
<b>Alanine</b>	23.5

### LITTLE STEPS® PLANTYGROW Growing Up Drink Ingredients

Water, hydrolysed flour (**wheat** 3.7%, oat 0.7%, **barley** 0.08%, **rye** 0.08%, corn 0.08%), maltodextrin, vegetable oils (rapeseed, sunflower), corn starch, pea protein (0.6%), calcium citrate, emulsifier (**soya** lecithin), L-lysine, vitamin C, sodium citrate, stabiliser (carrageenan), L-valine, L-cysteine, ferrous sulphate, vanilla flavouring, L-histidine, zinc sulphate, antioxidants (tocopherol-rich extract, ascorbyl palmitate), acidity regulator (citric acid), riboflavin, thiamin, vitamin A, potassium iodide, vitamin D, vitamin B<sub>12</sub>. May also contain **milk**.

**Potential Renal Solute Load:** 78.6mosm/L

**Osmolality:** 105 mOsm/kg water

**Osmolarity:** 96 mOsm/L



<sup>†</sup>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.