

## 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.

## 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



800 g



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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.



UK 0800 081 81 80  
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Produced in Europe:  
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**Nutrition information for LITTLE STEPS® Follow-on Milk  
(Information based on powder only)**

	Units	Per 100 ml	Per 100 kcal	Per 100 g powder
<b>Energy</b>				
	kJ	280	418	2067
	kcal	67	100	494
<b>Fat</b>	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
<b>Omega 3</b>				
α-linolenic acid (ALA)	mg	42	63	310
Docosahexaenoic acid (DHA)	mg	17	25	125
<b>Omega 6</b>				
Linoleic acid (LA)	mg	490	731	3610
<b>Carbohydrate</b>	g	8.3	12	61
of which, sugars	g	5.3	7.9	39.2
of which, lactose	g	5	7.5	37
<b>Protein</b>	g	1.3	1.9	9.4
<b>Vitamins</b>				
<b>Vitamin A</b>	µg	54	81	400
<b>Vitamin D</b>	µg	1.7	2.5	12.3
<b>Vitamin E</b>	mg	1.7	2.5	12.3
<b>Vitamin K</b>	µg	5.3	7.9	39
<b>Vitamin C</b>	mg	12	18	90
<b>Thiamin</b>	mg	0.08	0.1	0.6
<b>Riboflavin</b>	mg	0.18	0.26	1.3
<b>Niacin</b>	mg	0.58	0.86	4.3
<b>Vitamin B<sub>6</sub></b>	mg	0.05	0.08	0.4
<b>Folate</b>	µg	19	28	140
<b>Vitamin B<sub>12</sub></b>	µg	0.18	0.26	1.3
<b>Biotin</b>	µg	2	3.0	15
<b>Pantothenic acid</b>	mg	0.53	0.79	3.9
<b>Minerals</b>				
<b>Sodium</b>	mg	26	38	190
<b>Potassium</b>	mg	86	129	635
<b>Chloride</b>	mg	49	73	360
<b>Calcium</b>	mg	63	94	465
<b>Phosphorus</b>	mg	38	56	279
<b>Magnesium</b>	mg	6.1	9	45
<b>Iron</b>	mg	0.77	1.2	5.7
<b>Zinc</b>	mg	0.52	0.77	3.8
<b>Copper</b>	mg	0.05	0.07	0.3
<b>Manganese</b>	mg	0.02	0.03	0.15
<b>Fluoride</b>	mg	≤ 0.01	≤ 0.01	≤ 0.06
<b>Selenium</b>	µg	2.8	4.3	21
<b>Iodine</b>	µg	14	20	100

**INFORMATION FOR HEALTHCARE  
PROFESSIONAL USE ONLY**

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

Fatty Acid		Units	Per 100 ml
<b>Saturated</b>			
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
<b>Total saturated</b>		g	0.3
<b>Unsaturated/Monounsaturated</b>			
Palmitoleic	C16:1	mg	2.4
Oleic	C18:1	mg	2062
Gondoic (Eicosenoic)	C20:1	mg	12
Erucic	C22:1	mg	3
<b>Total monounsaturated</b>		g	2.1
<b>Polyunsaturated</b>			
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
<b>Total polyunsaturated</b>		g	0.6
Linoleic:linolenic		ratio	11.7:1

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

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

**LITTLE STEPS® Follow-on Milk  
Ingredients**

**Powder (800 g):** 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 B<sub>6</sub>, manganese sulphate, folic acid, potassium iodide, sodium selenate, vitamin K, vitamin D, biotin, vitamin B<sub>12</sub>.

**No fish oil**

**No palm oil**

**Halal Certified**

**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

