

Milks marketed for children from 1 year of age

Fortified milks for young children are marketed as growing-up or toddler milks, but there are no compositional, labelling and marketing regulations that specifically apply to these products and no agreed benefit from their use. These milks should not be used for children under 1 year of age. Unless otherwise advised children over 1 year of age who are not receiving breastmilk can have full-fat animal milk as their main milk drink.

Sept 2020

Aptamil Sensavia 3 Growing Up Milk from 12 months - Powder

This milk currently falls outside any compositional regulations, and for healthy children it is not needed.

Dietary suitability Not suitable for vegetarians
Halal status not known

Allergens Cows' milk, soya, fish

Macronutrients	Per 100ml prepared milk	Source	Per 100ml whole (full fat) cows' milk*	Source
Energy kcal	65		63	
Fat g	2.9	Palm oil, rapeseed oil, coconut oil, sunflower oil, fungal oil (single cell oil), fish oil	3.6	Milk fat
Carbohydrate g	8.0	Lactose, maize	4.6	Lactose
of which lactose g	6.4	starch, oligosaccharides	4.6	
Protein g	1.5	Partially hydrolysed whey from cows' milk	3.4	Cows' milk
whey:casein ratio	100:0		20:80	
Vitamins				
Vitamin A µg	57		38	
Vitamin D µg	1.4		0.03	
Vitamin E mg TE	1.0		0.06	
Vitamin K µg	4.8		0.49	
Vitamin C mg	9.0		2.0	
Thiamin B ₁ µg	50		30	
Riboflavin B ₂ µg	190		230	
Niacin B ₃ mg	0.43		0.2	
Vitamin B ₆ µg	40		60	
Folic Acid µg	8.1		8.0	
Vitamin B ₁₂ µg	0.08		0.9	
Biotin µg	1.7		2.5	
Pantothenic acid mg	0.34		0.58	

To find out more about any of the ingredients listed here, see <https://www.firststepsnutrition.org/composition-claims-and-costs>

To find out more about making up powdered milks safely, see <https://www.firststepsnutrition.org/making-infant-milk-safely>

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Minerals	Per 100ml prepared milk	Per 100ml whole (full fat) cows' milk*	
Sodium mg	23.4	42	
Potassium mg	81	157	
Chloride mg	42	89	
Calcium mg	60	120	
Phosphorus mg	34	96	
Magnesium mg	5.6	11	
Iron mg	1.0	0.02	
Zinc mg	0.52	0.5	
Copper µg	40	Tr	
Manganese µg	7.0	Tr	
Selenium µg	1.4	1.0	
Iodine µg	13	31	
Relative cost of this milk			
Cost per 100ml	24p	For comparison: Whole (full fat) cows' milk	7p

Notes

This milk has enhanced amounts of some nutrients but is also lower in iodine, riboflavin, calcium and vitamin B₁₂ than cows' milk.

It is generally recommended that toddlers eat a good variety of foods to supply the majority of their nutrients, rather than relying on fortified milk products to supply them.

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