

## 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.

September 2020

## Hipp Combiotic 3 Growing Up Milk from 1 year - Powder

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

**Dietary suitability** Not suitable for vegetarians  
Not halal approved

**Allergens** Cows' milk, fish

Macronutrients	Per 100ml prepared milk	Source	Per 100ml whole (full fat) cows' milk*	Source
Energy kcal	51		63	
Fat g	2.8	Palm oil, rapeseed oil, sunflower oil, fish oil	3.6	Milk fat
Carbohydrate g	5.0	Lactose,	4.6	Lactose
of which lactose g	4.8	oligosaccharides	4.6	
Protein g	1.0	Cows' milk	3.4	Cows' milk
whey:casein ratio	20:80		20:80	
<b>Vitamins</b>				
Vitamin A µg	36		38	
Vitamin D µg	2.3		0.03	
Vitamin E mg TE	NS		0.06	
Vitamin K µg	NS		0.49	
Vitamin C mg	7.7		2.0	
Thiamin B <sub>1</sub> µg	NS		30	
Riboflavin B <sub>2</sub> µg	180		230	
Niacin B <sub>3</sub> mg	NS		0.2	
Vitamin B <sub>6</sub> µg	NS		60	
Folic Acid µg	10.2		8.0	
Vitamin B <sub>12</sub> µg	0.38		0.9	
Biotin µg	3.6		2.5	
Pantothenic acid mg	NS		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*	
<b>Sodium</b> mg	20	42	
<b>Potassium</b> mg	155	157	
<b>Chloride</b> mg	NS	89	
<b>Calcium</b> mg	120	120	
<b>Phosphorus</b> mg	71	96	
<b>Magnesium</b> mg	12	11	
<b>Iron</b> mg	1.2	0.02	
<b>Zinc</b> mg	0.41	0.5	
<b>Copper</b> µg	NS	Tr	
<b>Manganese</b> µg	NS	Tr	
<b>Selenium</b> µg	NS	1.0	
<b>Iodine</b> µg	14	31	
<b>Relative cost of this milk</b>			
<b>Cost per 100ml</b>	13p	<i>For comparison:</i> <b>Whole (full fat) cows' milk</b>	7p

### Notes

This milk has enhanced amounts of some nutrients but is also lower in riboflavin, vitamin B<sub>12</sub> and iodine 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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