

## 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.

July 2020

## Holle Organic 3 Growing-up Goat 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  
Not halal approved

**Allergens** Goats' milk

Macronutrients	Per 100ml prepared milk	Source	Per 100ml whole (full fat) cows' milk*	Source
<b>Energy</b> kcal	66		63	
<b>Fat</b> g	3.3	Sunflower oil, rapeseed oil, milk fat, algal oil	3.6	Milk fat
<b>Carbohydrate</b> g	7.6	Lactose, maltodextrin, starch	4.6	Lactose
of which lactose g	3.2		4.6	
<b>Protein</b> g	1.4	Goats' milk	3.4	Cows' milk
whey:casein ratio	20:80		20:80	
<b>Vitamins</b>				
<b>Vitamin A</b> µg	63.1		38	
<b>Vitamin D</b> µg	1.6		0.03	
<b>Vitamin E</b> mg TE	1.7		0.06	
<b>Vitamin K</b> µg	5.6		0.49	
<b>Vitamin C</b> mg	12		2.0	
<b>Thiamin B<sub>1</sub></b> µg	52		30	
<b>Riboflavin B<sub>2</sub></b> µg	73		230	
<b>Niacin B<sub>3</sub></b> mg	0.38		0.2	
<b>Vitamin B<sub>6</sub></b> µg	40		60	
<b>Folate</b> µg-DFE	21.5		8.0	
<b>Vitamin B<sub>12</sub></b> µg	0.16		0.9	
<b>Biotin</b> µg	2.2		2.5	
<b>Pantothenic acid</b> mg	0.38		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>

## 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.

July 2020

## Holle Organic 3 Growing-up Goat Milk from 12 months - Powder

Minerals	Per 100ml prepared milk	Per 100ml whole (full fat) cows' milk*	
<b>Sodium</b> mg	19	42	
<b>Potassium</b> mg	73.8	157	
<b>Chloride</b> mg	75.4	89	
<b>Calcium</b> mg	74.8	120	
<b>Phosphorus</b> mg	41	96	
<b>Magnesium</b> mg	6.5	11	
<b>Iron</b> mg	1.0	0.02	
<b>Zinc</b> mg	0.46	0.5	
<b>Copper</b> µg	46	Tr	
<b>Manganese</b> µg	5.9	Tr	
<b>Selenium</b> µg	2.5	1.0	
<b>Iodine</b> µg	14.3	31	
<b>Relative cost of this milk</b>			
<b>Cost per 100ml</b>	57p	<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 calcium, iodine and riboflavin 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.

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>