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.

March 2020

Kendamil Toddler 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 approved

Allergens: Cows' milk

<table>
<thead>
<tr>
<th>Macronutrients</th>
<th>Per 100ml prepared milk</th>
<th>Source</th>
<th>Per 100ml whole (full fat) cows' milk*</th>
<th>Source</th>
</tr>
</thead>
<tbody>
<tr>
<td>Energy kcal</td>
<td>64</td>
<td>63</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fat g</td>
<td>2.8</td>
<td>Sunflower oil, coconut oil, canola oil, whole milk fat, fungal oil, algal oil (single cell oils)</td>
<td>3.6</td>
<td>Milk fat</td>
</tr>
<tr>
<td>Carbohydrate g</td>
<td>8.0</td>
<td>Lactose, oligosaccharides</td>
<td>4.6</td>
<td>Lactose</td>
</tr>
<tr>
<td>of which lactose g</td>
<td>7.2</td>
<td></td>
<td>4.6</td>
<td></td>
</tr>
<tr>
<td>Protein g</td>
<td>1.8</td>
<td>Cows' milk</td>
<td>3.4</td>
<td>Cows' milk</td>
</tr>
<tr>
<td>whey:casein ratio</td>
<td>NS</td>
<td></td>
<td>20:80</td>
<td></td>
</tr>
</tbody>
</table>

Vitamins

<table>
<thead>
<tr>
<th>Vitamin</th>
<th>µg</th>
<th>µg</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin A</td>
<td>69</td>
<td>38</td>
</tr>
<tr>
<td>Vitamin D</td>
<td>0.8</td>
<td>0.03</td>
</tr>
<tr>
<td>Vitamin E</td>
<td>1.4</td>
<td>0.06</td>
</tr>
<tr>
<td>Vitamin K</td>
<td>4.1</td>
<td>0.49</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>13</td>
<td>2.0</td>
</tr>
<tr>
<td>Thiamin B₁</td>
<td>80</td>
<td>30</td>
</tr>
<tr>
<td>Riboflavin B₂</td>
<td>130</td>
<td>230</td>
</tr>
<tr>
<td>Niacin B₃</td>
<td>0.8</td>
<td>0.2</td>
</tr>
<tr>
<td>Vitamin B₆</td>
<td>50</td>
<td>60</td>
</tr>
<tr>
<td>Folic Acid</td>
<td>15</td>
<td>8.0</td>
</tr>
<tr>
<td>Vitamin B₁₂</td>
<td>0.15</td>
<td>0.9</td>
</tr>
<tr>
<td>Biotin</td>
<td>2.0</td>
<td>2.5</td>
</tr>
<tr>
<td>Pantothenic acid</td>
<td>0.5</td>
<td>0.58</td>
</tr>
</tbody>
</table>

To find out more about any of the ingredients listed here, see [https://www.firststepsnutrition.org/composition-claims-and-costs](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](https://www.firststepsnutrition.org/making-infant-milk-safely)
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Kendamil Toddler Milk from 12 months - Powder

<table>
<thead>
<tr>
<th>Minerals</th>
<th>Per 100ml prepared milk</th>
<th>Per 100ml whole (full fat) cows’ milk*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sodium mg</td>
<td>24</td>
<td>42</td>
</tr>
<tr>
<td>Potassium mg</td>
<td>105</td>
<td>157</td>
</tr>
<tr>
<td>Chloride mg</td>
<td>52</td>
<td>89</td>
</tr>
<tr>
<td>Calcium mg</td>
<td>121</td>
<td>120</td>
</tr>
<tr>
<td>Phosphorus mg</td>
<td>66</td>
<td>96</td>
</tr>
<tr>
<td>Magnesium mg</td>
<td>6.5</td>
<td>11</td>
</tr>
<tr>
<td>Iron mg</td>
<td>1.0</td>
<td>0.02</td>
</tr>
<tr>
<td>Zinc mg</td>
<td>0.5</td>
<td>0.5</td>
</tr>
<tr>
<td>Copper µg</td>
<td>40</td>
<td>Tr</td>
</tr>
<tr>
<td>Manganese µg</td>
<td>9.9</td>
<td>Tr</td>
</tr>
<tr>
<td>Selenium µg</td>
<td>3.0</td>
<td>1.0</td>
</tr>
<tr>
<td>Iodine µg</td>
<td>13</td>
<td>31</td>
</tr>
</tbody>
</table>

Relative cost of this milk

| Cost per 100ml | 13p |

For comparison: Whole (full fat) cows’ milk 7p

Notes

This milk has enhanced amounts of some nutrients but is also lower in 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.

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March 2020