

Milks marketed for children from 2 years 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. Milks marketed to children over two years of age should not be used for younger children. This milk should not be used for infants or for children 1-2 years of age where full-fat animal milk is recommended if children are not receiving breastmilk.

July 2020

Aptamil 4 Growing Up Milk from 2 years - 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, soya, fish

Macronutrients	Per 100ml prepared milk	Source	Per 100ml semi-skimmed cows' milk*	Source
Energy kcal	59		46	
Fat g	2.4	Palm oil, rapeseed oil, high oleic sunflower oil, coconut oil, sunflower oil, fish oil	3.6	Milk fat
Carbohydrate g	7.9	Lactose,	4.7	Lactose
of which lactose g	5.5	maltodextrin, oligosaccharides	4.7	
Protein g	1.2	Cows' milk,	3.5	Cows' milk
whey:casein ratio	30:70	fermented cows' milk	20:80	
Vitamins				
Vitamin A µg	44		20.5	
Vitamin D µg	2.8		Tr	
Vitamin E mg TE	0.85		0.04	
Vitamin K µg	4.4		Tr	
Vitamin C mg	14		2.0	
Thiamin B₁ µg	40		30	
Riboflavin B₂ µg	210		240	
Niacin B₃ mg	0.22		0.1	
Vitamin B₆ µg	55		60	
Folate µg	13		9.0	
Vitamin B₁₂ µg	0.36		0.9	
Biotin µg	1.3		3.0	
Pantothenic acid mg	0.59		0.68	

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 semi-skimmed cows' milk*	
Sodium mg	23.6	43	
Potassium mg	137	156	
Chloride mg	46	87	
Calcium mg	109	125	
Phosphorus mg	87	94	
Magnesium mg	9.1	11	
Iron mg	1.1	0.02	
Zinc mg	0.35	0.4	
Copper µg	NS	Tr	
Manganese µg	NS	Tr	
Selenium µg	NS	1.0	
Iodine µg	18	30	
Relative cost of this milk			
Cost per 100ml	17p	<i>For comparison:</i> Semi-skimmed cows' milk	7p

Notes

This product contains milk flavouring.

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