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

Kendamil Mehadrin Toddler Milk from 12 months -Powder

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

| AllergensCows' milkMacronutrientsPer 100ml prepared milkSourcePer 100ml whole (full fat) cows' milk*SourceEnergy kcal6763Fat g3.3Sunflower oil, coconut oil, canola oil, whole milk fat, fungal oil, algal oil (single cell oils)3.6Milk fatCarbohydrate g of which lactose g7.3Lactose, oligosaccharides4.6LactoseProtein g whey:casein ratio1.9Cows' milk3.4Cows' milkVitamins20:8038Vitamin D µg1.50.03Vitamin E mg TE1.80.060.060.00 | | ity Suitable for vegetarians Kosher | | | | | |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|----------------------------------------|---------------------------|----------------------------------------------------------------------|-----------|----------------------------|--|
| prepared milkwhole (full fat) cows' milk*Energy kcal6763Fat g3.3Sunflower oil, coconut oil, canola | | | | | Allergens | | |
| Fat g3.3Sunflower oil, canola oil, whole milk fat, fungal oil, algal oil (single cell oils)3.6Milk fatCarbohydrate g7.3Lactose,4.6Lactoseof which lactose g7.1oligosaccharides4.6LactoseProtein g1.9Cows' milk3.4Cows' milkwhey:casein ratio20:8020:8038VitaminsVitamin A μg69380.03 | 3 | Source | whole (full fat) cows' | Source | | Macronutrients | |
| Carbohydrate g of which lactose g7.3Lactose, oligosaccharides4.6LactoseProtein g whey:casein ratio1.9Cows' milk | | | 63 | | 67 | Energy kcal | |
| of which lactose g7.1oligosaccharides4.6Protein g1.9Cows' milk3.4Cows' milkwhey:casein ratio20:8020:8020:80Cows' milkVitaminsVitamin A μg6938Cows'Vitamin D μg1.50.030.03Cows' | t | Milk fat | 3.6 | coconut oil, canola oil, whole milk fat, fungal oil, algal oil | 3.3 | Fat g | |
| Protein g whey:casein ratio 1.9 Cows' milk 3.4 Cows' milk 20:80 20:80 20:80 20:80 20:80 20:80 Vitamins 38 38 38 20:80 20:80 20:80 Vitamin Δ μg 69 38 20:80 20:80 20:80 20:80 20:80 20:80 20:80 20:80 20:80 20:80 20:80 20:80 20:80 20:80 20:80 20:80 20:80 20:80 20:80 20:80 20:80 20:80 20:80 20:80 20:80 20:80 20:80 20:80 20:80 20:80 20:80 20:80 20:80 20:80 20:80 20:80 20:80 20:80 20:80 20:80 20:80 20:80 20:80 20:80 20:80 20:80 20:80 20:80 20:80 20:80 20:80 20:80 20:80 20:80 20:80 20:80 20:80 20:80 20:80 20:80 20:80 20:80 20:80 20:80 | е | Lactose | | | | | |
| whey:casein ratio 20:80 20:80 Vitamins 38 38 Vitamin D μg 1.5 0.03 | | | | | | | |
| Vitamin A μg 69 38 Vitamin D μg 1.5 0.03 | milk | Cows' mi | - | Cows' milk | - | 0 | |
| Vitamin D µg 1.5 0.03 | | | | | | Vitamins | |
| | | | 38 | | 69 | Vitamin A μg | |
| Vitamin E mg TE 1.8 0.06 | | | 0.03 | | 1.5 | Vitamin D µg | |
| | | | 0.06 | | 1.8 | Vitamin E mg TE | |
| Vitamin K μg 4.8 0.49 | | | 0.49 | | 4.8 | | |
| Vitamin C mg 13 2.0 | | | 2.0 | | 13 | Vitamin C mg | |
| Thiamin B ₁ μg 80 30 | | | 30 | | 80 | Thiamin B ₁μg | |
| Riboflavin B₂ µg 100 230 | | | 230 | | 100 | Riboflavin B₂ µg | |
| Niacin B₃ mg 0.8 0.2 | | | 0.2 | | 0.8 | Niacin B₃ mg | |
| Vitamin B ₆ μg 70 60 | | | 60 | | 70 | | |
| Folic Acid μg 14 8.0 | | | | | | | |
| Vitamin B ₁₂ µg 0.14 0.9 | | | 0.9 | | 0.14 | Vitamin B ₁₂ µg | |
| Biotin μg 2.3 2.5 | | | 2.5 | | 2.3 | Biotin µg | |
| Pantothenic acid mg0.60.58 | | | 0.58 | | 0.6 | Pantothenic acid mg | |

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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July 2020

Kendamil Mehadrin Toddler Milk from 12 months -Powder

| Minerals | Per 100ml prepared milk | | Per 100ml whole (full fat) cows' milk* | whole (full fat) | | | | |
|----------------------------|----------------------------|------|------------------------------------------------------|------------------|--|--|--|--|
| Sodium mg | 25 | | 42 | | | | | |
| Potassium mg | 105 | 105 | | 157 | | | | |
| Chloride mg | 49 | 49 | | 89 | | | | |
| Calcium mg | 121 | 121 | | 120 | | | | |
| Phosphorus mg | 68 | 68 | | 96 | | | | |
| Magnesium mg | 6.6 | | | 11 | | | | |
| lron mg | 0.75 | 0.75 | | 0.02 | | | | |
| Zinc mg | 0.7 | 0.7 | | 0.5 | | | | |
| Copper μg | 50 | 50 | | Tr | | | | |
| Manganese µg | 10 | | | Tr | | | | |
| Selenium μg | 2.5 | 2.5 | | 1.0 | | | | |
| lodine μg | 18 | | 31 | | | | | |
| Relative cost of this milk | | | | | | | | |
| Cost per 100ml | | 22p | For comparison: Whole (full fat) cows' milk | 7р | | | | |

Notes

This milk has enhanced amounts of some nutrients but is also lower in iodine, potassium, phosphorus 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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