

Suitable for:

LITTLE STEPS® First Infant Milk is suitable from birth when baby is not breastfed. Breastfeeding provides the best start for a baby, but if parents decide to combination feed or bottle-feed, **LITTLE STEPS® First Infant Milk** is nutritionally complete*.

Not suitable for:

1. Cows' milk protein intolerance/allergy.
2. Lactose intolerance.
3. Inborn errors of metabolism such as phenylketonuria, galactosaemia and galactokinase deficiency.

Shelf life:

LITTLE STEPS® First Infant Milk has a shelf life of 24 months.



800 g

INFORMATION FOR HEALTHCARE PROFESSIONAL USE ONLY

DATA CARD LITTLE STEPS® FIRST INFANT MILK

From birth onwards



- Breast milk substitute
- Halal Certified

IMPORTANT NOTICE: We believe that breastfeeding is the ideal nutritional start for babies and we fully support the World Health Organization's recommendation of exclusive breastfeeding for the first six months of life followed by the introduction of adequate nutritious complementary foods along with continued breastfeeding up to two years of age. We also recognise that breastfeeding is not always an option for parents. We recommend that healthcare professionals inform parents about the advantages of breastfeeding. If parents choose not to breastfeed, healthcare professionals should inform parents that such a decision can be difficult to reverse and that the introduction of partial bottle-feeding will reduce the supply of breast milk. Parents should consider the social and financial implications of the use of infant formula. As babies grow at different rates, healthcare professionals should advise on the appropriate time for a baby to begin eating complementary foods. Infant formula and complementary foods should always be prepared, used and stored as instructed on the label in order to avoid risks to a baby's health. The product should be used only on the advice of independent persons having qualifications in medicine, nutrition, pharmacy, or other professionals responsible for maternal and child care.

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Nutrition
Careline

UK 0800 081 81 80
www.smahcp.co.uk

ROI 1800 931 832
www.smahcp.ie

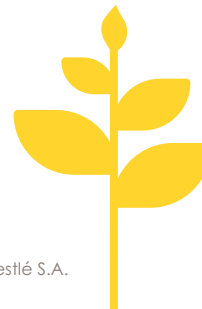
Produced in Europe for:

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Nestlé Ireland Ltd, 3009 Lake Drive, Citywest, Dublin, D24 H6RR.



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Nutrition

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Nutrition information for LITTLE STEPS® First Infant Milk (Information based on powder only)

	Units	Per 100 ml	Per 100 kcal	Per 100 g powder
Energy				
	kJ	281	418	2073
	kcal	67	100	496
Fat	g	3.2	4.7	23.5
of which, saturates	g	0.3	0.4	2.1
of which, mono-unsaturates	g	2	3.0	14.9
of which, polyunsaturates	g	0.6	0.9	4.3
Omega 3				
α-linolenic acid (ALA)	mg	44	66	325
Docosahexaenoic acid (DHA)	mg	17	25	125
Omega 6				
Linoleic acid (LA)	mg	488	727	3600
Arachidonic acid (AA)	mg	17	25	125
Carbohydrate	g	8.3	12.4	61.5
of which, sugars	g	8.3	12.4	61.5
of which, lactose	g	8.3	12.4	61.5
Protein	g	1.3	1.9	9.5
Vitamins				
Vitamin A	µg	61	91	450
Vitamin D	µg	1.5	2.2	11.1
Vitamin E	mg	1.7	2.5	12.4
Vitamin K	µg	4.7	7.1	35
Vitamin C	mg	11.5	17.2	85
Thiamin	mg	0.08	0.1	0.56
Riboflavin	mg	0.18	0.3	1.3
Niacin	mg	0.52	0.77	3.8
Vitamin B₆	mg	0.04	0.07	0.3
Folate	µg	21.7	32.3	160
Vitamin B₁₂	µg	0.2	0.3	1.5
Biotin	µg	1.8	2.6	13
Pantothenic acid	mg	0.5	0.8	4
Minerals				
Sodium	mg	23	35	172
Potassium	mg	78	116	573
Chloride	mg	48	72	357
Calcium	mg	42	62	309
Phosphorus	mg	25	38	186
Magnesium	mg	4.6	7	34
Iron	mg	0.31	0.46	2.3
Zinc	mg	0.54	0.81	4
Copper	mg	0.05	0.08	0.4
Manganese	mg	0.02	0.02	0.12
Fluoride	mg	≤ 0.01	≤ 0.01	≤ 0.06
Selenium	µg	3.4	5	25
Iodine	µg	14	21	105
Others				
Taurine	mg	4.3	6.5	32
Choline	mg	21.2	31.5	156
Inositol	mg	10.2	15.1	75
L-carnitine	mg	1.3	1.9	9.5

INFORMATION FOR HEALTHCARE PROFESSIONAL USE ONLY

Theoretical fatty acid profile of LITTLE STEPS® First Infant Milk (Information based on powder only)

Fatty Acid		Units	Per 100 ml
Saturated			
Myristic	C14:0	mg	4
Palmitic	C16:0	mg	149
Stearic	C18:0	mg	85
Arachidic	C20:0	mg	9
Behenic	C22:0	mg	23
Lignoceric	C24:0	mg	13
Total saturated		g	0.3
Unsaturated/Monounsaturated			
Palmitoleic	C16:1	mg	1
Oleic	C18:1	mg	2017
Eicosenoic (Gondoic)	C20:1	mg	12
Erucic	C22:1	mg	3
Total monounsaturated		g	2
Polyunsaturated			
Linoleic	C18:2	mg	488
Linolenic	C18:3	mg	44
Dihomo Gamma Linolenic	C20:3	mg	2
Docosapentaenoic	C22:5	mg	3
Arachidonic	C20:4	mg	17
Docosahexaenoic	C22:6	mg	17
Total polyunsaturated		g	0.6
Linoleic:linolenic ratio			11.1

Theoretical amino acid profile of LITTLE STEPS® First Infant Milk (Information based on powder only)

Amino Acid	mg per 100 ml
Essential & Semi-Essential Amino Acids	
Arginine	38
Cystine	29
Histidine	32
Isoleucine	72
Leucine	140
Lysine	119
Methionine	29
Phenylalanine	71
Threonine	63
Tryptophan	25
Tyrosine	50
Valine	72
Other Amino Acids	
Aspartic acid	123
Serine	62
Glutamic acid	249
Proline	85
Glycine	10
Alanine	55

LITTLE STEPS® First Infant Milk Ingredients

Powder (800 g): Demineralized sweet whey (**MILK**), skimmed **MILK**, lactose (**MILK**), vegetable oils (sunflower, rapeseed), calcium citrate, potassium citrate, oil from *Mortierella alpina* (AA), oil from the microalgae *Schizochytrium* sp. (DHA), potassium hydroxide, emulsifier (**SOYA** lecithin), potassium chloride, choline bitartrate, sodium chloride, magnesium chloride, L-phenylalanine, sodium phosphate, vitamin C, taurine, L-histidine, L-isoleucine, inositol, acidity regulator (citric acid), antioxidant (tocopherol-rich extract), ferrous sulphate, zinc sulphate, vitamin E, L-tryptophan, L-carnitine, niacin, pantothenic acid, copper sulphate, thiamin, vitamin A, riboflavin, whey protein isolate (**MILK**), vitamin B₆, manganese sulphate, potassium iodide, folic acid, sodium selenate, vitamin K, vitamin D, biotin, vitamin B₁₂.

Scoop size: 4.5 g

Halal certified

No palm oil, No fish oil

Whey:Casein ratio: 70:30

Lactose: 61.5 g/100 g powder

Potential Renal Solute Load: 125 mOsm/L (powder)

Reconstitution rate: 13.6 g powder/100 ml water

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Nutrition

*As required by legislation for all infant formula

