

LITTLE STEPS® FIRST INFANT MILK

Suitable for:

LITTLE STEPS® First Infant Milk is an alternative to breast milk 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 12 months.



200 ml

INFORMATION FOR HEALTHCARE PROFESSIONAL USE ONLY

DATA CARD LITTLE STEPS® FIRST INFANT MILK

From birth onwards



- Breast milk substitute
- Halal Certified
- No Fish oil
- No Palm oil

IMPORTANT NOTICE: We believe that breastfeeding is the ideal nutritional start for babies and we fully support the World Health Organizations 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 recognize that breastfeeding is not always an option for parents. We recommend healthcare professionals to inform parents about the advantages of breastfeeding. If parents consider 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

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www.smahcp.co.uk

ROI 1800 931 832
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Produced in Europe for:

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ESNWL059-2

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

	Units	Per 100 ml	Per 100 kcal
Energy			
	KJ	283	418
	kcal	68	100
Fat	g	3.2	4.7
of which, saturates	g	0.3	0.4
of which, mono-unsaturates	g	2.0	2.9
of which, polyunsaturates	g	0.6	0.9
Omega 3			
α-linolenic acid (ALA)	mg	41	61
Docosahexaenoic acid (DHA)	mg	16.9	24.9
Omega 6			
Linoleic acid (LA)	mg	465	689
Arachidonic acid (AA)	mg	16.9	24.9
Carbohydrate	g	8.3	12.2
of which, sugars	g	8.3	12.2
of which, lactose	g	8.3	12.2
Protein	g	1.5	2.2
Salt* (=Sodium x 2.5)	g	0.05	0.08
Vitamins			
Vitamin A	µg	54	80
Vitamin D	µg	1.5	2.2
Vitamin E	mg	1.6	2.4
Vitamin K	µg	4.6	6.7
Vitamin C	mg	10	15.3
Thiamin	mg	0.06	0.1
Riboflavin	mg	0.2	0.2
Niacin	mg	0.5	0.7
Vitamin B₆	mg	0.04	0.06
Folate	µg	18	27
Vitamin B₁₂	µg	0.2	0.3
Biotin	µg	1.6	2.4
Pantothenic Acid	mg	0.5	0.7
Minerals			
Sodium	mg	22	32
Potassium	mg	96	142
Chloride	mg	51	75
Calcium	mg	45	66
Phosphorus	mg	28	42
Magnesium	mg	5.7	8.4
Iron	mg	0.61	0.9
Zinc	mg	0.52	0.8
Copper	mg	0.06	0.08
Manganese	mg	0.02	0.03
Fluoride	mg	≤ 0.01	<0.02
Selenium	µg	3.4	5.05
Iodine	µg	13	19.9
Others			
Choline	mg	21.2	31
Inositol	mg	8	11.6
L-Carnitine	mg	1.2	1.7

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

Fatty Acid		Units	Per 100 ml
Saturated			
Lauric acid	C12:0	mg	1
Myristic acid	C14:0	mg	5
Palmitic acid	C16:0	mg	157
Stearic acid	C18:0	mg	87
Arachidic acid	C20:0	mg	9
Behenic acid	C22:0	mg	22
Lignoceric acid	C24:0	mg	13
Total saturated		g	0.3
Unsaturated/Monounsaturated			
Palmitoleic acid	C16:1	mg	1
Oleic acid	C18:1	mg	1972
Eicosenoic acid	C20:1	mg	12
Erucic acid	C22:1	mg	3
Total monounsaturated		g	2
Polyunsaturated			
Linoleic acid	C18:2	mg	465
Linolenic acid	C18:3	mg	41
Arachidonic acid	C20:4	mg	16.9
Docosahexaenoic acid	C22:6	mg	16.9
Total polyunsaturated		g	0.54
Linoleic:linolenic ratio			11.3:1

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

Amino Acid	mg per 100 ml
Essential & Semi-Essential Amino Acids	
Arginine	42
Cystine	26
Histidine	32
Isoleucine	72
Leucine	153
Lysine	122
Methionine	38
Phenylalanine	63
Threonine	78
Tryptophan	25
Tyrosine	59
Valine	89
Other Amino Acids	
Aspartic acid	141
Serine	84
Glutamic acid	294
Proline	118
Glycine	30
Alanine	64

Mmol information of LITTLE STEPS® First Infant Milk (Information based on liquid only)

Nutrient	Per 100ml (mmol)
Calcium	1.12
Phosphate	0.90
Magnesium	0.23
Iron	0.01
Zinc	0.01
Sodium	0.96
Potassium	2.46
Chloride	1.44

LITTLE STEPS® First Infant Milk Ingredients

Liquid (200 ml): Water, skimmed **MILK**, demineralized whey (from **MILK**), lactose (**MILK**), vegetable oils (sunflower, rapeseed), potassium citrate, emulsifier (**SOYA** lecithin), calcium citrate, oil from *Mortierella alpina* (AA), oil from the microalgae *Schizochytrium* sp. (DHA), potassium chloride, calcium chloride, choline bitartrate, vitamin C, magnesium citrate, sodium chloride, ferrous sulphate, antioxidant (tocopherol-rich extract), zinc sulphate, vitamin E, niacin, pantothenic acid, copper sulphate, vitamin A, thiamin, vitamin B₆, manganese sulphate, potassium iodide, folic acid, sodium selenate, vitamin K, vitamin D, biotin, vitamin B₁₂.

Whey:Casein ratio: 60:40

Potential Renal Solute Load: 143 mOsm/L

Osmolality: 350 mOsm/kg H₂O

Osmolarity: 314 mOsm/L

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*As required by legislation for all infant formula

