

## Growing up milk

FROM 12 MONTHS

400g and 900g pack size. 4.3g scoop.



Growing up milk is a fortified goat milk drink suitable for children from 1 year old onwards.

Source of Vitamin D  
Vitamins A and C which contribute to the normal function of the immune system

Growing up milk should be used as part of a normal, varied and healthy weaning diet.



### NUTRITION INFORMATION

Typical values per 100ml made up as directed		Per 100ml prepared feed
Energy		280
	kJ	66
	kcal	66
Fat, of which		3.4
saturates		1.2
monounsaturates		1.7
polyunsaturates		0.53
- linoleic acid (omega 6)		400
- α-linolenic acid (omega 3)		53
- docosahexaenoic acid (DHA)		15
Carbohydrate, of which		7.4
sugars		7.4
Protein		1.3
Salt		0.05
<b>VITAMINS</b>		
Vitamin A	µg	56 (14%*)
Vitamin D	µg	1.6 (23%*)
Vitamin E	mg	1.5 (31%*)
Vitamin K	µg	6.7 (56%*)
Vitamin C	mg	9.3 (21%*)
Thiamin (B <sub>1</sub> )	mg	0.062 (12%*)
Riboflavin (B <sub>2</sub> )	mg	0.12 (18%*)
Niacin (B <sub>3</sub> )	mg	0.66 (9%*)
Folic acid	µg DFE	22 (18%*)
Vitamin B <sub>12</sub>	µg	0.18 (23%*)
Biotin	µg	2.3 (23%*)
Pantothenic acid	mg	0.35 (12%*)
<b>MINERALS</b>		
Chloride	mg	57 (11%*)
Calcium	mg	62 (11%*)
Phosphorus	mg	46 (8%*)
Iron	mg	0.99 (12%*)
Zinc	mg	0.49 (10%*)
Copper	mg	0.049 (10%*)
Selenium	µg	2.5 (12%*)
Iodine	µg	13 (16%*)

\*% Reference Intake - a guide to the amount of vitamins and minerals needed per day for infants and young children.

### FEEDING GUIDE FROM 12 MONTHS+

To prepare one beaker	Cooled boiled water per drink		Level scoops of powder	From 12 months, it is recommended your child drinks approximately 400ml of milk per day. This can be divided into 3 drinks (beakers) per day depending on their individual needs.
	ml	fl oz		
	180	6	6	

4.3g scoop included. This information is given as a guide only. Note the volume of prepared drink is slightly greater than that of the water added.

### IMPORTANT FEEDING INSTRUCTIONS

- For hygiene reasons, do not store made up feeds. Make up each feed as required and always discard unfinished feeds within 2 hours maximum.
- Do not heat feeds in a microwave as hot spots may occur and cause scalding.
- Do not add extra scoops of powder, or anything else to your child's feed. Nannycare Growing up milk should only be used as part of a mixed diet and not as a breast milk substitute.
- To promote dental health use a beaker in preference to a bottle.
- Avoid prolonged contact of all foods with your child's teeth. Be sure to clean teeth after last drink at night.
- Never leave your child alone during feeding.

**STORAGE:** Store unopened can in a cool, dry place (do not refrigerate). After opening, keep airtight and continue to store in a cool, dry place. Use contents within 4 weeks.

### INGREDIENTS

Pasteurised whole goat **milk**, lactose (from **milk**), vegetable oil blend (high oleic sunflower oil, rapeseed oil, sunflower oil, antioxidants (sunflower lecithin, tocopherol-rich extract)), pasteurised goat **milk** powders, marine **fish** oil powder (source of docosahexaenoic acid), minerals, choline chloride, L-tyrosine, L-tryptophan, L-cystine, vitamins, L-isoleucine, taurine, L-carnitine.

#### VITAMINS:

dl-α-tocopheryl acetate, L-ascorbic acid, nicotinamide, cholecalciferol, retinyl acetate, calcium D-pantothenate, cyanocobalamin, phytonadione, thiamin hydrochloride, riboflavin, pyridoxine hydrochloride, folic acid, D-biotin.

#### MINERALS:

dicalcium phosphate, sodium citrate, calcium citrate, calcium hydroxide, potassium chloride, ferrous sulphate, zinc sulphate, copper sulphate, manganese sulphate, potassium iodide, sodium selenite.

This product contains 38% goat milk on a dry matter basis.

#### ALLERGY ADVICE:

For allergens, see ingredients in **bold**.

**We're here to help.**

Any questions? Just ask.

Contact our Careline:

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