

Infant milks

product comparison



HiPP Organic first infant

Aptamil first

Aptamil first infant

Cow & Gate first infant

SMA first infant

Energy (kcal/100ml)	66	66	66	66	67
Oligosaccharides	✓	✓	✓	✓	✓
LCPs	✓	✓	✓	✓	✓
Protein* (g/100ml)	1.25	1.3	1.3	1.3	1.25
Protein: Whey/casein ratio	60/40	60/40	60/40	60/40	70/30
Organic	✓	✗	✗	✗	✗
Vegetarian	✗	✗	✗	✗	✗
Iron (mg/100ml)	0.5	0.5	0.52	0.5	0.7
Available ready to feed	✓	✓	✓	✓	✓

Important notice: Breastfeeding is best for babies. It is recommended that infant formula is only used on the advice of a doctor, midwife, health visitor, public health nurse, dietitian or pharmacist.

For healthcare professional use

For further copies of this leaflet telephone **0845 050 1351**

Definitions

Energy	For the body to keep working properly – for growth, keeping warm, being active etc.
Oligosaccharides	Oligosaccharides are non-digestible carbohydrates, obtained from lactose (galacto-oligosaccharides or GOS) and vegetable sources such as chicory, onion, bananas (fructo-oligosaccharides or FOS), added to formula milks. GOS and FOS may help to soften the stools and increase stool frequency of bottle fed babies. Breastmilk contains over 200 different types of oligosaccharides
LCPs - long chain polyunsaturated fatty acids	AA (omega 6) and DHA (omega 3) to boost the development of the brain, nervous system and eyesight.
Organic	Organic products are made to very strict standards controlled by EU and UK legislation, e.g. no chemical pesticides, no GM ingredients.
Vegetarian	Contains no ingredients derived from meat or fish.
Iron	Reduces risk of iron deficiency anaemia.
Protein	Provides amino acids for the growth and repair of tissues, structures in the body and enzymes.

Frequently asked questions

1. What are oligosaccharides?

Indigestible carbohydrates (fibres) which improve health by stimulating the growth of 'friendly' gut bacteria. Breastmilk contains large amounts of oligosaccharides. By adding oligosaccharides to formulas, research studies have shown that the gut bacteria of bottle fed babies develop a gut flora more like those of breastfed infants. The consistency of stools of these babies becomes softer, which may aid digestion.

2. What are LCPs?

LCPs, found in breastmilk and added to all infant milks, play many important roles in the body. Two of the most common LCPs are omega 3 DHA and omega 6 AA. These are important components of the retina of the eye and of the brain and they are therefore of major importance during the visual and neurological development of young babies. AA and DHA can be synthesised from precursor fatty acids (linoleic and alpha linolenic acid) in the diet by babies, but the ability to do so is very limited in the first few months of life, so a dietary source of AA and DHA is desirable to ensure optimum nutrition and development in bottle fed babies.

3. What does it mean if the milk is organic?

Organic milks are made with milk produced by cows kept to organic standards and fed an organic diet. No GM feeds are used and pastures are not sprayed with harmful chemicals and animals are not given routine antibiotics.