

Infant formula suitable from birth (cows' milk or goats' milk based)

This product is suitable for healthy term infants as the sole source of nutrition in the first six months of life and can be used alongside complementary foods throughout the first year.

August 2021

Aldi Mamia First Infant Milk - Powder

Composition	Complies with current regulations for infant formula composition		
Dietary suitability	Not suitable for vegetarians Halal approved		
Allergens	Cows' milk, soya, fish		
Essential Nutrients	Per 100ml prepared milk	Source	
Energy kcal	67		
Fat g	3.5	Soya bean oil, palm oil, coconut oil, sunflower oil, palm kernel oil, fish oil, soya oil.	
-Linoleic acid mg	NS		
-Alpha-linolenic acid mg	NS		
-Docosahexaenoic acid (DHA) mg	15		
Carbohydrate g	7.5	Lactose, oligosaccharides	
of which lactose g	7.3		
Protein g	1.5	Cows' milk	
Whey:casein ratio 70:30			
Vitamins		Minerals	
Vitamin A µg	60.8	Sodium mg	29.7
Vitamin D µg	1.49	Potassium mg	82.4
Vitamin E mg TE	1.35	Chloride mg	54
Vitamin K µg	6.6	Calcium mg	62.1
Vitamin C mg	12.8	Phosphorus mg	37.8
Thiamin B₁ µg	108	Magnesium mg	5.4
Riboflavin B₂ µg	169	Iron mg	0.61
Niacin B₃ mg	0.61	Zinc mg	0.47
Vitamin B₆ µg	60.8	Copper µg	54
Folate µg-DFE	18.2	Manganese µg	10.8
Vitamin B₁₂ µg	0.14	Selenium µg	3.78
Biotin µg	2.97	Iodine µg	14.9
Pantothenic acid mg	0.81		

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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Other essential ingredients

Choline mg	26.7
Inositol mg	11.5
L-carnitine mg	2.7

Permissible but not mandatory ingredients

There is no good evidence of any benefit for infants from the addition of these ingredients to infant milks and we therefore consider them to be unnecessary.

Oligosaccharides g	0.3
Arachidonic acid (AA) mg	10
Taurine mg	4.7
Nucleotides mg	2.7

Relative cost of this milk

Cost per 100ml	10p	<i>For comparison:</i>	10p
		Cheapest first infant milk currently available that meets all infant requirements/100ml	
		(based on a powdered formulation)	

The instructions for making up this milk comply with the latest NHS guidance available at: <https://www.nhs.uk/conditions/pregnancy-and-baby/making-up-infant-formula/#close>

Notes

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