

Whey Dominant Milks

see also www.InfantFeeding.Info/InfantFormula.htm

Nutrient	Description	Typical Breastmilk	Aptamil First	Cow & Gate First	Heinz Nurture 1	Hipp Organic	SMA Gold
Energy (kcal/100ml)	For growth and development	69	66	67	67	68	67
Whey as % Protein	For maintenance and growth. Whey forms softer curds and is more easily digested than casein	60 Obviously the proteins in human milk are 100% natural and are human - unlike the cows' milk proteins used in infant formulae.	60	60	48 Contains alpha-lactalbumin, see SMA (right): this is why the whey / casein % total does not come to 100. Also has a modified lipid (fat) structure to promote better absorption of palmitic acid and calcium. Studies show this gives a small improvement in bone mineral density.	60	60 contains alpha-lactalbumin, taking the protein profile closer to that in breast milk. Studies have shown that formulae containing alpha proteins rather than beta proteins cause less gastrointestinal episodes in infants, compared to typical whey dominant milk.
Casein as % Protein	Casein takes longer to digest and produces slower gastric emptying.	40 in a form easily digested by babies	40	40	36	40	40
Carbohydrate	Provides energy. Lactose helps aid calcium absorption	100% lactose— natural milk sugar	Marginally < 100% lactose	95% lactose	95% lactose	100% lactose	100% lactose
Prebiotic oligosaccharides g/100ml	Said to encourage the growth of so-called friendly bacteria in the gut to support the baby's natural immune system	0.8 – 1.2 naturally present	0.8	Present— g/100ml to follow	Present— g/100ml to follow	None: there are currently no approved organic sources of prebiotic	No added prebiotics in their formula, but the alpha protein they use is intended to give a prebiotic effect
LCPs	AA and DHA – said to be necessary for healthy brain and eye development	AA & DHA naturally present at optimum levels	AA & DHA within recommended levels	Added AA & DHA though not within suggested levels, also added GLA	AA & DHA within recommended levels	None. There are currently no organic sources of LCPs. Contains natural Omega 3	AA & DHA within suggested levels
Nucleotides	Said to support immune system	Yes	Yes	Yes	Yes	Yes	Yes
Taurine (mg/100ml)	Amino acid involved in the absorption of fat	3.4-8.0	5.3	6.9	6.8	-	4.7
Iron (mg/100ml)	Reduces risk of iron deficiency anaemia	0.07 Iron in breastmilk is more bio-available than from artificial sources	0.53	0.7	0.7	0.6	0.8
Added antioxidants?	Selenium is said to help protect the body against cell damage from free radicals	Selenium naturally present	Added selenium	Added selenium	Added selenium	-	Added selenium
Special Notes	Vegetarian or Halal Approved	Vegetarian and Halal approved! All sources of all ingredients natural!	Some LCPs obtained from fish oils. Halal approved	Some LCPs obtained from fish oils. Halal approved	Label reads: "Contains Fish"	Vegetarian and Halal approved. Also Organic and GM free	Vegetarian and Halal approved. LCPs from pure vegetable source
	Suitable From / To	Birth to weaning	Birth to 12m	Birth to 12m	Birth to 12m	Birth to 12m	Birth to 12m