

SUBJECT: Child Development

UNIT: R058- Task 3 (Comparing Milks)



Nutrients in babies diet:

Vitamin A. Keeps skin, **hair**, vision, and the immune system healthy.

Vitamin B1, B2 and B3 Helps the body turn food into energy. Helps the body turn food into energy and protects cells from damage.

Vitamin B6. Keeps the **brain** and immune system healthy.

Vitamin B12. Keeps nerve and **blood cells** healthy

Vitamin C. Protects against infections, builds bones and muscles, and helps wounds heal.

Vitamin D. Helps the body absorb **calcium** from food and keeps bones and **teeth** healthy.

Vitamin E. Protects cells from damage and strengthens the immune system.

Vitamin K. Helps the blood to clot.

What is Anti-reflux milk?

Suitable from birth (but only under medical supervision).

This type of formula is thickened with the aim of preventing reflux in babies (when babies bring up milk during or after a feed).

Although it's available in pharmacies and supermarkets, it's recommended you only use it on the advice of a health professional.

The instructions for making up anti-reflux formulas may be different to standard formula. The usual guidelines for making up formula recommend using boiled water that has stood for no more than 30 minutes, so that the temperature is still above 70C.

It's important to take extra care when making up and storing these products as powdered formula is not sterile and making it up at lower temperatures will not kill any harmful bacteria it may contain.

What is lactose free milk?

This formula is suitable for babies who are [lactose intolerant](#).

This means they cannot absorb lactose, which is a sugar that's naturally in milk and dairy products.

Lactose intolerance is rare in babies. Symptoms include diarrhoea, abdominal pain, wind and bloating.

Lactose-free formula is available in pharmacies and shops, but if you think your baby may be lactose intolerant, it's important to speak to a midwife, health visitor or GP.

Suitable from birth (but only under medical supervision).

Although it's available in pharmacies and supermarkets, it's recommended you only use it on the advice of a health professional.

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Similarities and differences of Anti reflux milk and lactose free milk

Category	Lactose-Free Formula	Anti-Reflux Formula	Same or Different?
Main Purpose	For babies who cannot digest lactose	For babies who frequently spit up or have reflux	✗ Different
Lactose Content	✗ No lactose	✓ Usually contains lactose	✗ Different
Milk Base	Cow's milk protein (unless stated otherwise)	Cow's milk protein (unless stated otherwise)	✓ Same
Thickened?	✗ No	✓ Yes (to reduce reflux)	✗ Different
Nutritionally Complete	✓ Yes – suitable as sole source of nutrition	✓ Yes – suitable as sole source of nutrition	✓ Same
Age Range	Usually from birth onwards	Usually from birth onwards	✓ Same
Common Symptoms Addressed	Diarrhoea, gas, bloating from lactose intolerance	Vomiting, possetting, frequent spit-up	✗ Different
CMPA Suitable?	✗ No (still contains cow's milk protein)	✗ No	✓ Same
Requires Special Teats?	✗ No	✓ Often yes – formula is thicker	✗ Different
Available in UK?	✓ Yes – multiple brands	✓ Yes – multiple brands	✓ Same
Needs Medical Advice?	✓ Recommended to consult GP or Health Visitor	✓ Recommended to consult GP or Health Visitor	✓ Same
Example Brands	Aptamil LF, SMA LF, Nutramigen Lactose-Free	Aptamil AR, Cow & Gate AR, SMA AR	✓ Same