

YOUNG CHILD FORMULA



An effective and practical tool to support the healthy growth of young children.

Young Child Formula (YCF) is a product tailor-made to support the nutritional needs of young children (1-3 years). It differs from infant formula (0-6 months) and follow-on formula (6-12 months).

WHY DOES IT MATTER?

Young children are not mini adults; they have specific nutritional needs.

In comparison to a 70kg adult, young children need **higher amounts of several nutrients** per kilogram of body weight, including:



In addition, due to their stomach being three times smaller, young children require more nutrient-dense foods throughout the day compared to adults.¹

*Based on the European Food Safety Authority (EFSA) dietary reference values (the average requirement was used when available otherwise the adequate intake was considered) with a reference weight of 12kg for a young child compared to an adult of 70kg per kilogram of body weight, (Calculation correct as of January 2024).

** Alpha-linolenic acid (ALA), omega-3, essential fatty acid.

ISN'T A FAMILY DIET ENOUGH?

In practice, keeping up with the nutritional needs of a rapidly developing child can be difficult for different reasons, for example due to busy family schedules. In addition, food refusal is a normal phase of development among young children. Fear of new foods may limit the variety and quantity of foods a young child eats. These can lead to challenges for parents or caregivers to provide a healthy and balanced diet.² In Europe, young children are at risk of consuming some nutrients in either excessive or insufficient amounts.

For example, in France^{3,4}:



Over 80% of young children have an insufficient intake of fat (including omega-3 fatty acids).

3-4 ×



All young children receive 3 to 4 times more protein than recommended.



More than 60% of young children have insufficient intakes of Vitamin D.

>25%

of children have insufficient iron intake.

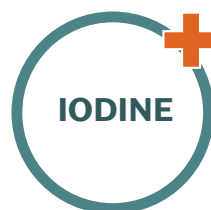
BENEFITS OF YOUNG CHILD FORMULA

YCF is specifically formulated to include the essential nutrients that are often insufficient in young children's diets to support their healthy growth and development.

According to the **European Food Safety Authority (EFSA)**⁵ and the **European Society for Pediatric Gastroenterology Hepatology and Nutrition (ESPGHAN)**⁶, young-child formula is one of several means to increase omega-3 fatty acids, iron, vitamin D and iodine intakes in young children living in Europe with inadequate or at risk of inadequate status of these nutrients.



For normal blood formation⁷ and cognitive development.⁸



For normal growth⁹ and cognitive development.¹⁰



For the normal function of the immune system¹¹ and development of bones and teeth.¹²



DHA for normal brain development.¹³
ALA for normal tissue development.¹⁴

*** Omega-3 fatty acids: docosahexaenoic acid (DHA) and alpha-linolenic acid (ALA).

Consumption of YCF as part of a balanced, varied diet can help to ensure that young children take in these essential nutrients in the appropriate amounts.

For example, in France^{3,4}:



1-3 YRS

French YCF consumers have **higher intakes of ALA, iron, and vitamin D** than non-YCF consumers.

In Spain¹⁵:

Young children fed with YCF consume:



4.5 x

4.5 times more omega-3 fatty acids



3 x

3 times more vitamin D

In the UK¹⁶:

A study investigating dietary changes in young children to ensure nutritional adequacy concluded:

“ **Increasing Young Child Formula and supplement consumption was the shortest way to cover the EFSA nutrient requirements of children in the UK.** ”

IMPORTANT



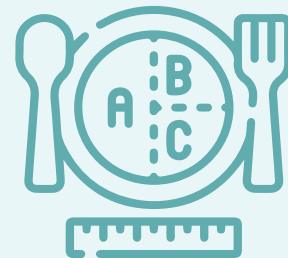
YCF is recognized by government institutions in several Member States (such as Belgium¹⁷, France^{18,19}, Ireland²⁰ and Poland²¹) and by pediatric societies (including ESPGHAN⁶ and the German Paediatric Association²²).

YCF has been specifically formulated to help meet young children's nutritional needs. It combines the beneficial nutrients in cow's milk with other particularly important nutrients and has adapted levels of protein. High protein intake exceeding requirements is not recommended.²³

In comparison to cow's milk, on average, YCF is formulated²⁴ to have:



Consumption of YCF as a part of a varied, balanced diet, meets a dual public health objective: **helping to reduce the inadequacies of important nutrients, while also limiting excessive protein intake.**



Codex Alimentarius

The global body on food safety standards – acknowledges the distinct nutritional requirements of young children. This recognition is reflected in the recent revision of the Codex Standard for Follow-up Formula (CODEX STAN 156-1987).²⁵



The specialised nutrition industry represented by SNE supports parents and caregivers by offering a wide range of food products specifically formulated to meet the specific nutritional needs in the first three years of life. Learn more about SNE here:



Avenue des Nerviens 9-31, 1040 Brussels, Belgium
Tel: +32 2 508 10 74 s@specialisednutritioneurope.eu
www.specialisednutritioneurope.eu



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