

Mooove on to plain full cream milk

After 12 months old, your toddler will be ready for a balanced diet supplemented with plain full cream milk! Read about its benefits and make the switch from formula milk to this tasty and nutritious alternative.

The World Health Organisation recommends continued breastfeeding for up to two years or longer.



It comes in various forms:



Chilled pasteurised Milk

UHT Milk

Powdered full cream milk

Benefits



It's a natural and doctor-recommended source of nutrition.



It's rich in riboflavin, essential for supporting the growth and development of bones and nerves.



It's high in protein, calcium and vitamin D, which help to build strong bones, teeth and muscles.



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