

Comparison of Amino Acid Formulas and Nut Milks available in NZ

ASCIA recommends an age-appropriate substitution or breastmilk for a child less than 2 years of age with CMPA to support adequate growth and development, and sufficient intake of calcium¹. The below table compares key nutrient levels found in soy, rice, oat, nut alternatives and Neocate (specially formulated for CMPA). Use of these products in children under 2 years of age should be under the guidance of a healthcare professional to ensure adequate nutrient intake and monitoring of growth.

| Per 100ml | Nut milks – from 2 years of Age (unless under medical supervision) | | | | | | Amino Acid Formulas – from 1 year of Age | |
|------------------------|--|-----------------|-----------------|-------------------|-----------------|-----------------|--|---------------------|
| | Soy (unfortified) | Soy (fortified) | Rice | Oat (unfortified) | Oat (fortified) | Almond | Neocate Vanilla | Neocate Unflavoured |
| Calories (kcal) | 60 | 60 | 64 | 54 | 53 | 36 | 100 | 100 |
| Protein (g) | 3.8 | 3.8 | 0.3 | 1.6 | 1.5 | 0.6 | 3.1 | 2.8 |
| Fat (g) | 2.8 (NO MCT) | 2.8 (NO MCT) | 1.1 (NO MCT) | 2.2 (NO MCT) | 2.2 (NO MCT) | 2.8 (NO MCT) | 4.9 (35% MCT) | 4.6 (35% MCT) |
| Calcium (mg) | 13.4 | 118.5 | 73.5 | 6 | 130 | 71 | 120 | 90.3 |
| Fibre (g) | 0.6 | 0.6 | 0 | 1.2 | 1.2 | 0.3 | 0.4* | 0 |
| Pharmac number | N/A | N/A | N/A | N/A | N/A | N/A | 2573008 | 2530252 |

FOR HEALTHCARE PROFESSIONALS ONLY

References: 1. [Cow's milk \(dairy\) allergy - Australasian Society of Clinical Immunology and Allergy \(ASCIA\)](#)

Sources: FoodWorks 10 (AUSNUT 2013, AusBrands 2019, AusFoods 2019, Australian Food Composition Database, New Zealand FOODfiles 2016, USDA National Nutrient Database)

- Prebiotic mix: Short and long chain Fructo oligosaccharides

Foods for Analysis Soy milk, plain, regular fat, commercial, unfortified / Soy milk, plain, regular fat, commercial, added Ca / Milk, rice, regular / Milk, oat, unfortified / Milk, oat, added calcium / Milk, almond