

# Infant Formula Guideline

## What is infant formula?

Instant formula is manufactured food designed for feeding babies and infants under 12 months of age, usually prepared for bottle-feeding or cup-feeding from powder or liquid.

## What are the 3 main types of infant formula?

Commercial infant formulas are regulated by the Food and Drug Administration (FDA). The 3 major types are:

- **Cow milk protein-based formulas:**

Most infant formula is made with cow's milk that's been altered to resemble breast milk. The formula gives the right balance of nutrients and it's easier to digest.

- **Soy-based formulas:**

This formula excludes animal proteins from your child's diet, for cultural reasons or as an option for babies who are intolerant or allergic to cow's milk.

- **Protein hydrolysate formulas:**

This formula is broken down into a smaller size of protein for babies who can't tolerate cow's milk or soy-based formulas. Extensively hydrolyzed formulas are an option for babies who have a protein allergy.

## Three forms of infant formulas

The best choice depends on your budget and desire for convenience:

- Powdered formula is the least expensive
- Concentrated liquid formula
- Ready-to-use formula is the most convenient but the most expensive

No matter which type of formula you choose, it's important to measure and mix it properly. The wrong balance of formula and water can cause serious health consequences.

- Too much water may dilute the formula; it will contain fewer calories per ounce, which causes nutrient deficiency and lead to failure to thrive.
- In the most severe cases, it can lead to a stroke, seizure, coma or even death for an infant.



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