

GET THE SCOOP ON INFANT FORMULA

Health Canada recommends exclusive breastfeeding for 6 months and continued breastfeeding with complementary foods thereafter. Each caregiver is uniquely qualified to make an informed decision about infant feeding, so if your baby is formula fed, here are some considerations

CAN I SWITCH BETWEEN BRANDS?

All infant formulas sold in Canada are tightly regulated, so have similar amounts of energy, protein, fat or carbohydrates.

The ingredients used in formulas are also very similar between brands.



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SHOULD I USE POWDER OR READY-TO-FEED LIQUID CONCENTRATE?

Powdered formulas are suitable for healthy term babies.

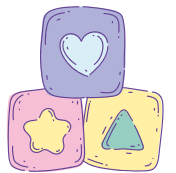
Consider ready-to-feed or liquid concentrate formulas for baby's under 2 months who are more vulnerable to infection (ex. premature, or low birth weight, or weakened immune system).



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WHAT DOES FORMULA AGE MEAN?

Formula for birth to 6+ months is suitable for infants of any age.
Formula for 12+ months is NOT suitable for younger infants



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DO I NEED A SPECIALIZED FORMULA?

You only need a specialized formula if your baby has been diagnosed with a medical condition (CMPA, galactosemia, congenital lactase deficiency).

Also, regular cow's milk based formula is appropriate unless your healthcare provider recommends an alternative.



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SHOULD I BUY FORMULA WITH ADDED DHA AND ARA?

All essential nutrients are already included in infant formulas. There is no evidence to suggest that they provide any added benefit to your baby.