



Do's and Don'ts' of Infant Formula -by Ashok Jain, MD, FAAP

Do's:

- **Human Breast Milk is the best nutrition for all infants** and is the recommended by all pediatrician unless your pediatrician suggests otherwise due to mothers or baby health conditions/illness.
- **There are many brands of Infant formula available in the US**, they are approved by FDA and safe to use.
- **Feed your infant on regular schedule**, same as before.
- **Seek help from Lactation** specialist, pediatrician, or obstetrician if you are having difficulty with breast feeding.
- **Use Breast Pump** to assist with Breast Milk productions.
- **You can give cows' milk to infant between 6-12 months age** if they are on regular infant formula without any milk protein allergies temporarily during this shortage period.

Don'ts'

- **Don't dilute formula or water it down** to make the formula powder last longer, this will cause electrolyte imbalance and will reduce the total quantity of protein (required for muscle growth), carbohydrate (supplies calories required for normal function and activity of infant) and fat (required for energy and brain development) and will hinder the growth and development of infant.
- **Don't give cows milks to infant younger than 6 months**, it has high casein and less whey protein as well as the whey protein, cows whey protein is called lactoglobulin which cause cows milk protein allergy and bloody stools. Infant formula has been modified to provide adequate casein and whey protein (Lactoalbumin), which is similar to human breast milk.



- **Don't give Goat Milk to Infants**, Goats milk has high fat contents, some imported formulas are goat milk based, modified in infant formula and are approved outside US, it might be safe to use if its approved from a reliable source/agency.
- **Don't give Toddler Formula to Infants** because it has different protein/fat contents than Infant formula (not easier for infant to digest toddler formula).
- **Don't give Plant based Milk / Soya Milk / Almond Milk to Infant**, these will not provide the protein, carbohydrates, and fats required for infants normal development and growth and further may expose the infant to allergic contents.
- **Don't give Home Made Formula to Infant**, this will not provide the protein, carbohydrates and fats required for infants' normal development and growth and further may expose the infant to allergic contents.
- **Don't give Premature Infant Formula to Normal Infants**, the premature infant formula contents are different than normal infant formula in protein, carbohydrates, and fat contents.
- **Don't give Expired Infant Formula**, Formula has limited self life and hence strictly follow the expiration date for its safe use.
- **Don't give Breast Milk from another mother**, because you may not her health status as well as medications intake, if any.
- **Don't follow social media contents /links without backing** from Professional Organization like American Academy of Pediatrics, American Academy of Family Physicians, CDC, FDA etc.

Please seek expert advice from your pediatrician for any other concerns.



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