



Selecting Formula For Your Baby©

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Many parents have questions and concerns about which formula to use and its safety. With the number of different brands and claims it is sometimes hard to choose. According to the American Academy of Pediatrics, Breast milk is the optimal sole source of nutrition for healthy infants for the first 6 months of life. Breastfeeding should be continued for the first 12 months of life or longer. Some parents choice to feed formula for personal choices.

When is Formula Safe to use?

There is much controversy about this subject. Some believe it is safe for healthy baby with no history of allergies in the family and others feel it should only be used when mother has medical reason for not being able to breastfeed such as severe Hypoplastic breasts.

options include:	Pro	Con
Organic Formula	Does not contain pesticides.	Sweetened with cane sugar, or sucrose, which is much sweeter than sugars used in other formulas. May attribute to obesity. Cost can be 30% more. May or may not contain melamine, but has been found in organic formula and regular formula all brands. http://en.wikipedia.org/wiki/Melamine
With Iron	Iron in baby formula is harder to digest. The act of fortification gives ample amount for baby to absorb. Babies fed formula low in iron may have iron deficiency anemia. Iron is associated with better brain growth and development. Iron deficiency can be dangerous to infants cognitive development.	A recent study presented at the Pediatric Academic Societies and Asian Society for Pediatric Research Joint Meeting raised an unexpected baby formula risk : the use of iron-fortified formula among healthy infants was linked to delays in neurobehavioral growth and development. Associated with constipation and/or diarrhea in infants. Free iron in a baby's system is associated with increased risk of iron dependent bacteria.
Without Iron	Many studies show healthy newborn babies without iron deficiency do well on formula without added iron. Babies who have constipation and/or diarrhea have more consistent stooling pattern.	Baby may develop iron deficiency and should have regular check-ups with the doctor.
With DHA and ARA	Manufacturers of infant formula claim that these added ingredients may increase cognitive development.	These added ingredients are not human DHA and ARA. The process creates neurotoxins in formula and may not be safe for human consumption. Requires more studies to support its use. http://mama-kate.blogspot.com/2008/01/lab-made-dha-and-ara-unsafe-for-infants.html
Milk based	Some conclude this is the best choose for most babies	Some babies may be allergic or sensitive to this form of infant formula and it may cause colic, gas and intestinal discomfort. http://www.breastfeedingtaskforla.org/ABMRisks.htm
Soy based	A good option for babies who are allergic or sensitive to milk based formula	Controversy on safety of large amounts of phytoestrogens consumed by infant. Studies show large soy consumption has been linked to immune-system breakdown, thyroid dysfunction, cognitive decline, reproductive disorders and infertility. Please discuss with your doctor. http://www.mothing.com/articles/growing_child/food/soy_story.html
Predigested Proteins (Hypoallergenic)	This is usually milk based and may be the right food for those babies who have problems with other formula.	Very expensive. Cost approx. \$2500-\$3000/yr.

You can buy formula in three forms:



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The first two forms (ready to mix) are concentrated, so you need to add water. Read instruction carefully because you must measure the exact amount. If you add too much water your baby may not get enough nutrients to grow. If you add too little water your baby may become sick.

- **Ready to mix powder** is the least expensive kind. A (1 pound) can will last about 10 days and cost approximately \$1200.00 for the first year.
- **Ready to mix liquid** will last between 1-2 days. Costing approximately \$2000.00 for the first year.
- **Ready to use liquid** is easy, but it is expensive. Costing approximately \$3200.00/yr. Just pour it from the can into a clean bottle. The large can will last about 2-3 days for a newborn and about 1 day for four month old.

The stomach capacity of a newborn baby is very different than that of a 10 day old baby. Currently we have many babies being overfed and having reflux due to overfeeding. In the newborn period babies are to be fed frequently in small amounts as illustrated in chart below. Breastfeeding provides the perfect amount of milk for your baby.

The following chart represents the stomach capacity of a newborn baby.

Age	Size of Stomach	Comparable Objects
1 day	5-7 ml	Large glass marble
3 days	22-27 ml (about 1 oz.)	Drawing of baby's fist.
10 days	45-60 ml (1-1/2-2 oz.)	Golf ball,
Adult	900 ml (2 cups)	Softball, grapefruit, measuring cup, drawing of adult fist.

How much should baby eat in a bottle?

Based on healthy baby older than 10 days.

Baby's Weight	X 2.5 ozs.	Total Oz/ 24 hrs	# of feedings	Amount per feeding
6 lbs	X 2.5	15	8	1.5 ounces
7lbs	X 2.5	17.5	8	2 ¼ ounces
8 lbs	X 2.5	20	8	2.5 ounces
9lbs	X 2.5	22.5	8	2.5 ounces

To figure out how much your baby should eat multiply his weight X 2.5 and divide answer by number of feedings in a day.