

Recommended Uses of Common Infant Formulas			
Use	Type	Notes	Examples
Healthy full-term infants	Cow's milk-based	Feeding of choice when breast-feeding isn't used, or is stopped before 1 year.	<ul style="list-style-type: none"> • Earth's Best Organic Infant Formula • Enfamil • Gerber Good Start • Similac Advance
Lactose intolerance	Lactose-free/low lactose milk-based	Recommended for lactose intolerance. Additionally, short-term use may help decrease symptoms in children who are recovering from diarrhea and gastroenteritis.	<ul style="list-style-type: none"> • Gerber Soothe • Similac Sensitive
	Soy protein-based	Recommended for lactose intolerance, milk allergy, and vegetarian/vegan diets. Not recommended for low-birth-weight or preterm infants or for the prevention of colic or allergies.	<ul style="list-style-type: none"> • Earth's Best Organic Soy Infant Formula • Enfamil ProSobee • Gerber Good Start-Soy • Similac Isomil
Cow's-milk protein allergy or multiple protein allergy or intolerance	Soy protein-based	Recommended for lactose intolerance, milk allergy, and vegetarian/vegan diets. Not recommended for low-birth-weight or preterm infants or for the prevention of colic or allergies.	<ul style="list-style-type: none"> • Earth's Best Organic Soy Infant Formula • Enfamil ProSobee • Gerber Good Start-Soy • Similac Isomil
	Extensively hydrolyzed	Hypoallergenic. Most nitrogen is in the form of free amino acids, and remaining peptide chains are short. ¹	<ul style="list-style-type: none"> • Enfamil Nutramigen • Pregestimil • Similac Expert Care Alimentum
	Amino acid	Hypoallergenic. No intact protein, only free amino acids. ¹	<ul style="list-style-type: none"> • EleCare • Neocate • PurAmino
Premature infants	Various	Consult with the child's physician.	<ul style="list-style-type: none"> • Enfamil: EnfaCare; Premature • Good Start: Nourish; Premature • Similac: Expert Care NeoSure; Special Care
Specific medical conditions	Specialty formulas	For infants with metabolic disease, intestinal malformations, or other specific conditions. Consult with the child's physician.	<ul style="list-style-type: none"> • Similac PM 60/40 Renal • MeadJohnson products for maple syrup urine disease, phenylketonuria and other amino acid metabolism disorders, chylothorax or long-chain 3-hydroxyacyl-coenzyme A dehydrogenase deficiency, and nitrogen waste disorders.

This chart provides examples of the variety of formulas on the market and accepted uses. Not all manufacturers or products are represented. Generic products may be available.

Vitamins in some soy formulas may contain trace animal products. Many infant formulas contain fish oil. Vegetarian and vegan families should contact manufacturers for more information.

— SOURCE: COMPILED BY JUDITH C. THALHEIMER, RD, LDN

Reference

1. Hypoallergenic infant formulas. *Pediatrics*. 2000;106(2):346-349.