

How to read an infant formula label?



The **World Health Organization (WHO)** recommends that infants are exclusively breastfed for the first six months of life



In some occasions, **mums choose not to or are not able to breastfeed**. Therefore, breast milk requires a **substitute** → **INFANT FORMULA**

Infant formulas are designed to **mimic the nutritional composition and performance of breast milk**. They differ from each other by the addition of non-mandatory ingredients



All formulas are **safe** and **meet the nutritional requirements** to promote growth and development of your baby

USUAL CLASSIFICATION



Stage 1

Infant formula

For infants

From 0 to 6 months



Stage 2

Follow-on formula

For infants

From 6 to 12 months



Stage 3

Young-child formula

For young children

From 12 months



Stage 4

Young-child formula

For young children

From 24 months



In addition to the information provided on every food label (name of the food, net quantity, nutrition declaration, list of ingredients (including allergens), storage conditions, use by date, country of origin, name and address of the company) **the infant formula labels must include:**



Important notice:
Breastfeeding is the best for your baby



Instructions
For preparation, storage and disposal of the product



A statement that the product is **suitable for infants from birth**.



The mandatory information included may differ per country!



The nutrition information shall be expressed **per 100 ml of the formula ready for use** after preparation in accordance with the manufacturer's instructions

Nutrition declaration per 100 ml

- > **Energy value**
- > **Fat** of which saturated fat, linoleic acid, α-linolenic acid, DHA, ARA
- > **Carbohydrate** of which **sugars**
- > **Fibre** Fructo-oligosaccharides (FOS) or galacto-oligosaccharides (GOS)
- > **Proteins**
- > **Minerals**
- > **Vitamins**
- > **Choline**
- > **Inositol**
- > **Carnitine**
- > **Taurine**
- > **Nucleotides**



Mainly **lactose** (main sugar in human milk)



Other sugars (sucrose, fructose, glucose and honey) are **not added**



Vitamins and **minerals** are sometimes are mentioned by their chemical name



WHAT DO YOU MEAN BY...?

Linoleic acid and α-linolenic acid

Supports growth and development of your baby



Docosahexaenoic Acid (DHA)

Supports mental development and learning ability



Arachidonic Acid (ARA)

Supports development of the brain and eyes

