What kind of Artificial Baby Milk should I buy?

All brands of Artificial Baby Milk must meet the same standards and provide the nutrients that your full term baby needs to grow and develop.

- Cow’s milk-based Artificial Baby Milk is recommended for most babies.
- Soy-based Artificial Baby Milk should only be used for medical reasons or for cultural or religious reasons. In those cases it should continue to be given until the child is two years old. At two years of age an unsweetened fortified soy beverage may be offered.
- Other specialty Artificial Baby Milks should only be used if recommended by a health care provider for medical reasons.

Once you have started feeding one kind of Artificial Baby Milk, continue to use the same one; it takes a baby several days to get used to a different one. Talk to a health professional before changing Artificial Baby Milks.

**Tip:** Check the “expiry” date printed on the package; do not buy or use a product after that date.

Do not replace or substitute Artificial Baby Milk with any of the following: cow or goat milk; soy or other vegetarian beverages; evaporated milk, evaporated milk recipes or other recipes for homemade Artificial Baby Milk. They do not have all the nutrients your baby needs.