

Risks of Formula

Breastfeeding is the normal way to provide nutrition for a human baby. It is the standard against which all baby milks are measured. Breastfeeding provides food, protection and emotional nurturing for your baby. Its components ensure normal growth and development of your baby. Feeding infant formula provides none of these. ⁽³⁶⁾ One feeding of infant formula milk can endanger your baby. ⁽³⁹⁾ Regular feeding of formula produces sub-standard health, cognitive and developmental outcomes. Exclusively breastfeeding for six months, and breastmilk as part of a child's experience for up to two years and beyond supports overall health of mothers and babies. ^{(11, 16)5}

Sub-standard Health Outcomes from Infant Formula

- Increased rates of morbidity and mortality (sickness and death), and chronic diseases ⁽⁸⁾
- Increased rates of respiratory (chest) diseases and asthma ^(4, 7, 12, 34, 37)
- Increased rate of otitis media (ear infections) ⁽²⁾
- Increased rate of gastroenteritis (diarrheal disease) and inflammatory bowel disease ^(19, 22)
- Increased rate of necrotizing enterocolitis (severe bowel disease) in preterm or low birth weight babies ⁽³¹⁾
- Increased risk of obesity ^(13, 15, 28)
- Increased risk of Sudden Infant Death Syndrome (SIDS) ⁽³⁸⁾
- Increased incidence of allergies ^(7, 12, 23)
- Increased risk of coeliac disease (intolerance to gluten in foods) ⁽⁴⁾
- Increased risk of childhood cancers ^(26, 40)
- Increased risk of diabetes (insulin dependent diabetes mellitus IDDM and non-IDDM) ^(24, 27, 35)
- Increased risk of cardiovascular disease and high blood pressure ⁽²⁵⁾
- Risk of E. Sakazakii infection from powdered artificial baby milk formulas ⁽²¹⁾
- Reduced response to vaccines ⁽¹⁰⁾
- Increased risk of postpartum depression, cardiovascular disease, Type II Diabetes, breast cancer, endometrial cancer and osteoporosis in mother ^(3, 14, 33, 40)
- Mother misses advantage of postpartum weight loss with no breastfeeding ⁽⁵⁾
- Increased risk of Rheumatoid Arthritis ⁽²⁹⁾

Sub-standard Composition of Infant Formula ⁽²⁸⁾

Artificial baby milks may contain food, but they do NOT contain any of the over 200 active components in human milk such as;

- Immunoglobins (Secretory IgA gives immediate protection from infections in child's environment)
- Lysozyme (enzyme which breaks down infectious bacteria within infant's gut)
- Lactoferrin (antimicrobial; anti-inflammatory; restricts iron from toxic bacterial growth in baby's gut)
- Hormones (growth of infant gut and immune system)
- Growth factors (anti-inflammatory; matures commensal bacteria)
- Other anti-inflammatory components (antioxidants, protease inhibitors; anti-inflammatory cytokines)
- Human source long chain polyunsaturated fatty acids (DHA and AA) (normal brain and eye development)

Infant formula milk cannot meet human milk standards. No randomized controlled trials have been done to prove that these milks meet the standards of human milk. The only baby milk that meets these standards is human milk - a living fluid.

Sub- standard Cognitive and Developmental Outcomes from Infant Formula

One feeding of infant formula milk can endanger your baby.

- Cognitive underdevelopment for term infants ^(1, 17, 31)
- Cognitive underdevelopment for preterm infants ⁽³²⁾
- Lower cognitive outcomes through adolescence ⁽¹⁷⁾
 - Delayed speech and motor skill development ⁽⁹⁾
- Impaired receptive language and verbal and nonverbal intelligence 3 and 5 years ⁽⁶⁾

Infant formula cannot meet human milk standards.

References

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Other Resources

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