

Infant Formula

Breast milk is the perfect food for babies for the first 12 months of life, and longer, if both mother and baby wish to continue. If a baby does not receive breast milk, then the only suitable option is infant formula.

Infant formula is specifically designed to provide the nutrients required for growth and development until babies are old enough to drink cow's milk as the main drink (at 12 months).

All infant formula is made to the stringent standards required by the regulatory code for food supply in Australia and New Zealand, which is governed by Food Standards Australia and New Zealand.

Standard formula for healthy full-term babies is divided into Starter and Follow-On formula:

Starter Formula is usually whey based (like breast milk) and is suitable for infants from birth.

Follow On Formula is usually casein based (like cow's milk) and is suitable for babies from 6 months.

Speciality formulas are designed for infants who have special needs and should only be given to infants with such special needs on medical advice.