



Infant Nutrition Council

Industry supporting both Breastfeeding & Infant Formula

Essential Information about Infant Formula

Breast milk is the normal and natural sole source of nutrition for babies for the first 6 months. It is the main drink for babies from 6 to 12 months of life, and longer, if both mother and baby wish to continue. If a baby is not breastfed, then the only suitable option is infant formula.

All infant formula available in Australia and New Zealand 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 Infant and Follow-On formula. Infant formula may be referred to as *Starter* or *Step 1*.

Infant Formula is suitable for infants from birth to 12 months. Follow On Formula is suitable for babies from 6 months. Specialty formulas are designed for infants who have special needs and should only be given to infants with such special needs on medical advice, e.g. pre-term infants, infants with feeding conditions

Toddler Milk

Toddler milk drinks are not formula and are not a complete feed. They are an alternative milk drink for young children 12 months and older. Toddler milks may contain additional vitamins and minerals, such as iron and Vitamin C.

A healthy diet can provide all the nutrients needed by toddlers for growth, development and activity. Toddlers do not always eat well and toddler milk as part of a healthy diet provides reassurance that they are getting the nutrients they need.

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