

## **WIC Formula Change August 1, 2007 Frequently Asked Questions**

Here are some questions or concerns your patients on WIC may have about the formula change:

- 1. Question:** *What are the differences between the brands of formula?*

**Answer:** *They have some differences in their proteins.*

The main difference between Enfamil LIPIL and Similac is in the type of cow's milk protein they use. The calorie and nutrition content of the two formulas is practically the same. Enfamil ProSobee and Isomil are very similar in their proteins.

- 2. Question:** *Will babies do fine on any formula?*

**Answer:** *Most babies do fine on any formula.*

All formulas have to meet federal nutrition standards. Doctors and nutritionists agree that all of the major name brand infant formulas provide adequate nutrition for babies. Although breast milk is the ideal food for babies, most babies grow satisfactorily on any baby formula.

- 3. Question:** *What can I do to help my baby get used to a new formula?*

**Answer:** *For some babies, it may help to change slowly to the new formula.*

Make up both brands of formula each day for just a few days, following the directions on each container. Then, just mix a little of the new formula with the formula your baby is currently using. Add more of the new formula every day until your baby is drinking only the new formula. You can ask WIC for written directions.

- 4. Question:** *When I change my baby's formula, what should I expect?*

**Answer:** *You may notice a change in your baby's stools or a little more spitting up. Your baby may notice that the formula tastes a little different.*

When you change your baby to a different formula, the frequency or texture or color of your baby's stools may change a little. Some babies burp or spit up a little more than usual when they change formulas, but this should improve in a week or two. It may also take a week or so for your baby to get used to the taste of the new formula.

- 5. Question:** *What if my baby is allergic to the new formula or doesn't do well on it?*

**Answer:** *This is very unlikely.*

Because the formula you will be changing to is so similar to what you are now using, an allergy should not be likely. If your baby has any severe reactions such as severe vomiting or rash, make sure you let us know.