

## **Points to note when switching milk formula for your child**

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- ❖ Choose the type of formula appropriate for your child's age.
- ❖ Different brands of formula milk may have different dilution methods. Follow the instruction of the dilution method as indicated by the new brand of formula.
- ❖ The child's stool frequency, texture and/or colour may change after starting the new brand. This is acceptable as the amount of additives like iron, prebiotics, etc., does vary amongst the different brands.

### **Recommendation according to groups**

#### **(A) From birth to 6 months old**

- Switch to another brand of infant formula (Stage 1) for 0-6 months.
- Do not switch to high protein "follow-on formula" (Stage 2 or above).

#### **(B) 6 months old or above**

*Since around 6 months of age, in addition to breastmilk and formula milk, your child should have started to take a variety of nutritional foods to meet the needs of the growth and development.*

##### Aged 6 to 12 months old

- Switch to another brand of infant formula (Stage 1) or follow-on formula (Stage 2).
- In the beginning of this period, milk remains as the main source of nutrients. However, when your child consumes substantial amounts and variety of solid foods, the amount of milk intake can be decreased gradually. Regular cow's milk is not recommended for infants less than 1 year old.

##### 1 year or beyond

- After the first year, a balanced diet with a good variety of solid food would replace milk as the main source of nutrients for your child.
- Your child can drink whole (full-fat) milk, such as chilled pasteurised cow's milk or UHT milk.

#### **(C) On special formula**

- To be recommended by the attending doctor based on individual circumstances