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FÓRMULAS INFANTIS

INFANT FORMULAS

The World Health Organization (WHO) recommends breastfeeding as exclusive food for infants in their first 6 months of life and as complement up to 2 years or more. Unfortunately, In Brazil, about 60% of infants up to 6 months receive other foods besides breast milk, such as water, tea, juices and especially cow's milk. However, infant feeding with bovine milk and other foods may be harmful to the development of the baby because it presents lipids, proteins and minerals unbalanced with the infant's physiological needs and can cause future damage to child's health. For this reason, infant formulas are the most suitable food for children's nutrition up to 6 months of age. Considering that, in most cases formula is the only food offered to infants, a constant evaluation of the nutritional composition of infant formulas available in market is important to verify the compliance with the current legislation and, especially, to ensure the presence of nutrients necessary for the development of the child. This product may present different compositions depending on the age range of infants. However, even if carefully produced, it is still a challenge to produce formula that mimic breast milk due to the complexity of its composition, especially with respect to the immunological components, bioavailability of nutrients and composition variation throughout child development.

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