

Nursing Alert

Stress to families that the proportions must not be altered—neither diluted with extra water to extend the amount of formula nor concentrated to provide more calories.

Alternate Milk Products

In the United States, few infants are fed evaporated milk formula, and its use is not recommended by the American Academy of Pediatrics, Committee on Nutrition ([Kleinman and Greer, 2014](#)). However, it has advantages over whole milk. It is readily available in cans; needs no refrigeration if unopened; is less expensive than commercial formula; provides a softer, more digestible curd; and contains more lactalbumin and a higher calcium-to-phosphorus ratio. Disadvantages of evaporated milk for infant nutrition include low iron and vitamin C concentrations, excessive sodium and phosphorus, decreased vitamin A and D (except in fortified forms), and poorly digested fat. A common rule for preparing evaporated milk formula is diluting the 13-oz can of milk with 19.5 ounces of water and adding 3 Tbsp of sugar or commercially processed corn syrup.

Evaporated milk must not be confused with condensed milk, which is a form of evaporated milk with 45% more sugar. Because of its high carbohydrate concentration and disproportionately low fat and protein content, condensed milk is not used for infant feeding. Likewise, skim and low-fat milk must not be used for infant milk, because they are deficient in caloric concentration, significantly increase the renal solute load and water demands, and deprive the body of essential fatty acids.

Goat's milk is a poor source of iron and folic acid. It has an excessively high renal solute load as a result of its high protein content, making it unsuitable for infant nutrition ([Kleinman and Greer, 2014](#)). Some believe that goat's milk is less allergenic than other available milk sources and may feed it to their infants to reduce allergic milk reactions. However, infants allergic to cow's milk are just as likely to be allergic to goat's milk; other complications (such as, hypernatremia and metabolic acidosis) may ensue as a result of the high sodium and protein concentration found in goat's milk compared with human milk ([Basnet,](#)