(Giampietro, Bruno, Furcolo, et al, 2004; Merritt and Jenks, 2004). A 2010 report by the National Toxicology Program concluded there was minimal concern for adverse effects on development of infants who consumed soy formula (McCarver, Bhatia, Chambers, et al, 2011). The position of the American Academy of Pediatrics Committee on Nutrition is that there is no conclusive evidence that dietary soy products adversely affect human development, reproduction, or endocrine function (Kleinman and Greer, 2014). The casein- or whey-hydrolysate formulas are considered to be less antigenic than either cow's milk–based or soy-based formulas. The protein hydrolysate formulas (casein and whey) are derived from cow's milk–based formulas by a process of heat, filtration, and enzyme treatment designed to break the peptide chains into more digestible proteins. There are also amino acid formulas, designed for infants who are extremely sensitive to cow's milk–based, soy-based, and partially hydrolyzed casein- and whey-based formulas. A variety of formulas are manufactured for infants and children with special needs. A formula company representative can provide product books that describe the purpose and content of each formula.

Follow-up formulas are marketed as a transitional formula for infants older than 6 months of age who are also eating solid foods. These generally contain a higher percentage of calories from protein and carbohydrate sources, a higher amount of iron and vitamins, and a lower amount of fat than standard cow's milk–based formulas. Many nutrition experts and the American Academy of Pediatrics Committee on Nutrition, however, dispute the necessity of follow-up formulas if the infant is receiving an adequate amount of solid foods containing sufficient iron, vitamins, and minerals (Kleinman and Greer, 2014).

Preparation of Formula

Persons preparing infant formula must wash their hands well and then wash all of the equipment used to prepare the formula (including the cans of formula) with soap and water. Sterilizing bottles and nipples may be done in a dishwasher or a commercial home sterilizer (electric or microwave steam sterilizer, or chemical sterilizer), following manufacturer instructions. Equipment may also be sterilized by boiling. Fill a large pan with water and