



Clinical Nutrition Service

Combined Program in Pediatric Gastroenterology and Nutrition

Children's Hospital Boston, 300 Longwood Avenue, Boston, Massachusetts 02115

Pediatric Formula Comparison Guide

Below you will find common indications for infant and child formulas. Formulas with (♦) next to the name indicates that Children's Hospital, Boston carries this formula on inpatient units. Please refer to specific company website for the most up to date, detailed information on each formula.

Infant Formulas (0-12 months of age): standard 20 calories/oz (unless noted), all contain DHA and ARA unless noted

Cow's Milk Based Formulas		
Indications	Formula Names	Helpful product information
Normal infant nutrition	♦Enfamil Premium Infant	Contains prebiotic
	♦Good Start Gentle	100% whey protein
	Good Start Protect	Contains probiotic, 100% whey protein
	♦Similac Advance	Contains nucleotide, prebiotic, and carotenoid
Frequent spit up	♦Enfamil AR	AR= Added Rice
	Similac Sensitive for spit up	Contains added rice starch
Infants with lactose intolerance	Enfamil Gentlease	Contains reduced lactose; hydrolyzed protein
	♦Similac Sensitive	CHO source is corn syrup solids instead of lactose
*Normal older infant nutrition (over 9 months)	Enfagrow Premium Toddler	Contains prebiotic, intended for 10-36 months of age
	Similac Go and Grow	Contains prebiotic, intended for 9-24 months of age
	Good Start 2 Gentle	Intended for 9-24 months of age
		*We encourage infant formula for first 12 months if not breastfeeding, then use milk or toddler/children formula over age 1
Soy Based Formulas		
Vegetarian diet, galactosemia, lactase deficiency/lactose intolerance	♦Enfamil Prosobee	Do not use for premature infants or those with hypothyroidism
	♦Similac Soy Isomil	
	♦Good Start Soy	
*Normal older infant nutrition (over 9 months)	Enfagrow Soy Toddler	Contains prebiotic, intended for 10-36 months of age
	Similac Go and Grow Soy	Contains prebiotic, intended for 9-24 months of age
	Good Start 2 Soy	Intended for 9-24 months of age



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		*We encourage infant formula for first 12 months if not breastfeeding, then use soy or toddler/children formula over age 1
Semi-Elemental Based Formulas		
Infants with cow's milk protein sensitivity	•Nutramigen	Contains hydrolyzed protein Available liquid concentrate or ready to feed only
	•Nutramigen Enflora LGG	Contains hydrolyzed protein, probiotic Calories/Tbsp. are different than regular Nutramigen Lipil Available powder only
Infants with cow's milk protein sensitivity, malabsorption, protracted diarrhea, severe malnutrition	•Similac Expert Care Alimentum	Contains hydrolyzed protein and sucrose with 33% of fat as MCT
Infants with malabsorption, protracted diarrhea, severe malnutrition	•Pregestimil	Contains hydrolyzed protein with 55% of fat as MCT
Elemental (amino acid) Based Formulas		
Infants with food protein intolerance, eosinophilic gastrointestinal disorder (EGID), short bowel syndrome, malabsorption		
	•Neocate infant with DHA and ARA	Contains 33% MCT, hypoallergenic, nutritionally complete
	•Elecare infant with DHA/ARA	Contains 33% MCT, hypoallergenic, nutritionally complete
	PurAmino (formerly Nutramigen AA)	Contains 5% MCT, hypoallergenic, nutritionally complete
Altered Fat		
Children with chylous effusion, lymphatic malformations, long chain fatty acid oxidation disorders, hyperlipoproteinemia type 1, intractable malabsorption with steatorrhea	•Monogen	Contains 90% MCT Risk for developing essential fatty acid deficiency Contains complete profile of vitamin and minerals, including trace elements Intended for 1 year or older, can use for infants if necessary Does not contain DHA and ARA
	Portagen	Contains 87% MCT Risk for developing essential fatty acid deficiency Not nutritionally complete, lacking in 3 trace elements (selenium, molybdenum, carnitine) Does not contain DHA and ARA
	•Enfaport	Contains 84% MCT Risk for developing essential fatty acid



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		deficiency, but has more optimal ratio of EFA Ready to feed at 30 calories/oz Can be used for infants and children over age 1
Premature Formulas		
To meet the special needs of low birth weight, premature infants (intended for hospital use only)	•Enfamil Premature	Recommended until weight of 2000-2500 grams Available in 20 and 24 kcal/oz Contains MCT oil
	•Similac Special Care	Recommended until weight of 2000-2500 grams Available in 20, 24, 30 ready to feed Contains MCT oil
Post discharge	•Enfamil Enfacare	Provides higher amounts of protein, vitamins, minerals
	•Similac Expert Care Neosure	Standard dilution is 22 calories/oz
Altered Minerals		
Nutrition management of infants with impaired renal function or hypocalcemia due to phosphate overload. Use with decreased renal function or hyperphosphatemia	•Similac PM 60/40	Low in: calcium, phosphorus, iron and potassium, may need iron supplementation Contains 60:40 ratio of whey to casein Used only in full term infants and not appropriate for low birth weight infants Can be used for over age 1 Does not contain DHA and ARA
Electrolyte Solution		
To replace fluids and electrolytes lost during diarrhea and vomiting to help prevent dehydration	•Pedialyte	Can be used in infants and children Does not contain DHA and ARA

Toddler/Children Formulas (1-10 years of age): all 30 calories/oz (unless noted)

Cow's Milk Based Formulas		
Indications	Formula Names	Helpful product information
Children 1-10 years of age, requiring tube feeding or oral supplements	•Pediasure and Pediasure 1.5	30 and 45 kcal/oz; Available with or without fiber
	•Nutren Junior	
	BOOST Kid Essentials 1.0	
	•BOOST Kid Essentials 1.5	45 calories/oz, available with or without fiber



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	Pediasure 1.5	
Soy Based Formula		
Children 1-10 years of age, requiring tube feeding or oral supplements for cow's milk allergy	♦Bright Beginnings Soy Pediatric Drink	100% soy protein, lactose free
Semi-Elemental Formulas		
Children 1 – 10 years of age with malabsorption	♦Peptamen Junior	Contains hydrolyzed protein, contains MCT
	Pedisure Peptide	
	Pepdite Junior	Nondairy hydrolysate (pork and soy protein) with 35% of fat as MCT
Children 1 – 10 years of age with malabsorption , high calorie	♦Peptamen Jr 1.5	Contains hydrolyzed protein with 60% of fat as MCT, 45 calories/oz
Elemental (amino acid based) Formulas		
Children 1-10 with severely impaired GI function, short bowel syndrome, malabsorption, severe food protein intolerance	♦Vivonex Pediatric	Contains 68% MCT Standard dilution 24 calories/oz
	♦Tolerex	Very low fat formula, 1% calories from fat
	♦Elecare Junior	Contains 33% MCT –Ages 1 year and up Unflavored and Vanilla flavored standard 30 calories/oz
	♦Neocate Junior	Contains 35% MCT Flavors: unflavored and tropical Can get with added prebiotics, will be indicated on can
	♦EO28 Splash	Medical food supplement Ready to use juice box packaging Flavors: grape, orange-pineapple, tropical fruit
	Neocate Nutra	Semi solid hypoallergenic medical food supplement for age 6+ months, for spoon feeding
Altered Minerals		
Nutrition management of children with chronic kidney disease	♦Suplena	High calorie-54 calories/oz, low protein Low in phosphorus, potassium, calcium, and sodium

Additional Formula Resources:

Nestle: www.nestle-nutrition.com

Mead Johnson: www.meadjohnson.com

Abbott: www.abbottnutrition.com

Nutricia: www.nutricia-na.com