

I'm not robot!

published on 08/18/2021 Photo source: FDA Able Groupe is recalling products used as infant formulas, intended as a complete or partial substitute for human milk for children 12 months old and younger. The products have insufficient iron levels required for infant formula in the U.S., and do not meet other FDA requirements. A list of the recalled products, imported from Europe and sold to consumers by mail, may be found here. The products were not available at any retail store. What to do: Customers who purchased the recalled products should not use them as infant formula, but discard them immediately. Consumers with questions may contact the company by email at [recallquestions@ablegroupe.com](mailto:recallquestions@ablegroupe.com). Shop plans on Health Network now Get quote now Yes, we believe so, but not everyone agrees so we encourage every user to decide what is right for them and their family. Globally, there are many different recommendations for making up Infant Formula Milk (IFM). Breastfeeding is the ideal but is not always possible so alternatives are required. Liquid IFM is completely sterile and is normally recommended for pre-term or otherwise immune-compromised babies. However, for most babies powdered IFM is suitable. Using a Formula Pro is one way of preparing IFM from powder. It does not heat water to 70°C but there are many who believe that not doing so is a better option – experts ranging from government bodies to manufacturers of probiotic milks (that cannot be heated beyond 40°C without reducing their nutritional value). There is wide consensus that good hygiene should be maintained during the preparation of IFM and that it should either be consumed immediately after preparation or stored at less than 5°C. The UK is one of a few countries that only recommend using water at 70°C. Some countries e.g. Canada follow WHO advice and recommend using either water at 70°C, or pre-boiled room temperature water (so long as the milk is consumed immediately). Other countries, for example USA and France have concluded that using water at 70°C is not appropriate and this does not form part of their recommendations at all. A study by Losio et al (1) puts into question the effectiveness of using water at 70°C to pasteurise the milk. Starting with water at 70°C, they found rapid cooling may occur and such conditions were non-lethal to pathogens. To achieve lethal conditions, 85°C water was required, but at these temperatures there was concern that proteins in the milk are denatured and their nutritional value reduced. Anses in France (French equivalent of Public Health England) considered the nutritional consequences of heat on formula milk (2). They concluded that the successive use of heat treatments should be minimised for IFM to maintain its nutritional integrity. Given that heat treatments are already used in the manufacture of milk powders to minimise microbial contamination, their recommendation was to use water at room temperature when making up IFM from powder – unfiltered water from the cold tap (Not from a mixer tap, or in buildings that may have lead pipework) or bottled water that meets quality criteria that ensure no risk to infants. If neither tap or bottled water were available, cooled, boiled water could be used. Parents therefore have to decide which body of experts has the best advice for their baby. In the UK, many parents follow the NHS guidelines, but those that choose different advice should not be considered ‘wrong’ when the experts can’t agree. Parents who choose to prepare milk at room temperature or just above accept that it can only be made up for immediate consumption; it cannot be stored, and the Formula Pro is one of their options for preparing it. To ensure the correct nutrition of the baby, IFM must be prepared accurately (correct ratio of powder and water). Robins and Meyers found the range of error of hand scooping can be as much as 25% (4). With a hungry baby, preparing the food quickly is important; the findings would indicate that this may be at the expense of accuracy. A Formula Pro will deliver the IFM both quickly and accurately when it is needed. Good hygiene is essential in IFM preparation. With manual preparation, each bottle requires a hand to be inserted into the tin to scoop out the powder several times. Even with clean hands, this risks bacterial contamination of the tin and/or the introduction of moisture that can promote bacterial growth (the domestic kitchen is a well-documented location for acquiring food-borne disease – 3. Redmond and Griffith). Formula Pro is a practical, hygienic alternative. Components are regularly and easily cleaned. Milk powder is tipped into the clean, dry powder container avoiding human contact. Water is replaced daily and kept separate from the powder until the moment of milk preparation. Being a parent involves making many choices that will affect the healthy development of a child. Which milk to use and how to prepare it is one of them. If there are any concerns as to whether the Formula Pro is a suitable choice for a particular baby’s feeds a doctor or health visitor should be consulted. 1. 2. 3. Baby formula, or infant formula, is a breast milk substitute designed to feed children less than 12 months of age. Formulas are typically powders designed to be mixed with liquid for bottle-feeding. They contain all the nutrition a baby needs and may be made of cow’s milk or non-dairy alternatives. Baby formulas come in three main types: Cow’s milk formula, soy formula and specialized formula. These formulas are available in three forms: Powder you mix with water, liquid concentrate you mix with water and formulas that don’t require mixing that come in ready-to-feed bottles. The U.S. Food and Drug Administration regulates the contents and safe production of all infant formulas sold in the U.S., and all formulas have to contain sufficient nutrition, including iron. Cow’s Milk-Based These formulas make up about 80% of all formulas sold. The cow’s milk in formula is treated to make the protein more digestible, and milk sugar (lactose) is added to make it more equal to breast milk. Vegetable oil replaces the butterfat so infants can more easily digest it. Extensively Hydrolyzed This type of formula has protein that is broken down for easier digestion. These are less likely to trigger an allergic reaction in babies allergic to milk protein. They are typically more expensive than regular formulas. Hypoallergenic Amino Acid-Based This is the most hypoallergenic type of baby formula made with individual amino acids not sourced from dairy or soy. Most babies with severe food allergies can tolerate amino acid-based formulas. Soy-Based Soy-based formulas use soy proteins and don’t contain lactose. These formulas may help babies that are allergic to lactose found in cow’s milk. But according to the American Academy of Pediatrics (AAP), up to half the babies allergic to milk protein are also sensitive to soy protein. Specialized Formula Specialized formulas are designed for babies with certain diseases or disorders. For example, premature babies require specialized formula. It’s important to follow all the guidelines and instructions for feeding because they are different from typical baby formulas. Don’t use a specialized formula without the recommendation of your pediatrician. AAP and other experts recommend breastfeeding as the optimal way to nourish your baby. But some women might not be able to breastfeed for various reasons. Manufactured baby formula hasn’t been able to completely match breastmilk. But some brands such as Enfamil and Similac add ingredients like probiotics and Lactoferrin, a key component of breastmilk, and claim they are “close to breastmilk.” However, parents are filing baby formula lawsuits after their premature babies developed necrotizing enterocolitis (NEC) after consuming Enfamil and Similac cow’s milk-based formulas. NEC is a potential baby formula side effect that causes intestinal inflammation which can cause tissue death and blood infections. NEC can be fatal. Lawsuits are being filed by parents whose children were diagnosed with necrotizing enterocolitis (NEC) after consuming cow’s milk-based formula. Learn more. View Lawsuits Always consult your pediatrician when it comes to choosing the best formula for your child. Most experts recommend cow’s milk formula over other types, unless a baby has a special condition. A parent’s formula choice is usually unique to the baby’s needs and your budget. When feeding your baby, make sure to look out for signs of milk or food allergies. Symptoms include: Breathing problems, coughing, diarrhea, vomiting, hives and itchy eyes. If your baby has food allergies, you will want to opt for a formula that is hydrolyzed or amino acid-based. Your doctor can recommend a good brand. “There is no compelling evidence that for otherwise well infants, any one formula is going to be better for any particular infant than any other available formula.” Brand name or generic versions are similar in ingredients, but the generic version will be less expensive. Organic formulas have to follow the same baby formula standards as non-organic brands but they don’t contain GMOs and have certified organic ingredients. This means they are usually more expensive. Most experts agree that there is no good evidence that shows which formula is best or that one formula is better than another. But CDC cautions against using homemade baby formulas or formulas purchased online from third party distributors because these formulas are not regulated by the FDA and might not be safe or nutritionally complete. How much formula to feed a baby is unique to each baby. The average baby should take about two and a half ounces of formula a day for every pound of body weight, according to AAP. The CDC recommends feeding your baby when they are hungry and stopping when they are full. Signs of hunger include: Putting hands in mouth, licking lips, clenching hands, showing excitement when food is around or turning toward the bottle. Signs of fullness include: Closing the mouth, turning away from the bottle, relaxing hands, pushing food away or making noises to let you know they are full. How Much Formula and How Often to Feed Babies Age Amount How Often First Days 1 to 2 ounces Every 2 to 3 hours First Weeks and Months Babies take what they need and stop eating when full Every 3 to 4 hours Six to 12 Months Feed when baby shows signs of hunger. Feedings may be infant formula or solid foods Five to six times in 24 hours Source: Centers for Disease Control and Prevention You should give a baby formula until they are about a year old, according to the CDC. After 12 months, babies can transition to solid foods and whole cow’s milk or unsweetened soy beverage. The switch away from formula should be gradual. Parents can start replacing one formula feeding with cow’s milk and gradually decrease the formula feedings. Unopened containers of baby formula will last until the expiration date on the package. Make sure you don’t use expired baby formula. You should store unopened containers in a cool, dry place indoors. Cronobacter is a germ that can be found in powdered infant formula. These infections may be deadly to babies. Make sure to thoroughly clean bottles and formula lids and scoops to avoid contamination. Source: Centers for Disease Control and Prevention You should use prepared baby formula within two hours. Infant formula not used within two hours can last up to 24 hours in the refrigerator. Throw away any leftover formula your baby doesn’t eat because baby saliva mixed with formula may cause bacteria to grow and cause side effects and health problems. Opened containers of baby formula typically last about one month. Make sure to label opened formula containers with dates to prevent using old formula. In February 2022, Abbott Nutrition issued a baby formula recall for Similac, Alimentum and EleCare powdered baby formulas after it received reports that five babies became sick with Cronobacter sakazakii and Salmonella Newport infections. Abbott’s Sturgis, Michigan, facility produced the affected formulas. All the infected infants were hospitalized, and two babies may have died from their infections. In a preliminary inspection report called a form 483 from March 2022, FDA inspectors observed that Abbott didn’t have a system in place to ensure infant formula wouldn’t get contaminated with microorganisms. In April 2022, Abbott released a statement addressing the baby formula shortage that the recall had exacerbated. The manufacturer told consumers it will increase production at its plants in Ohio and Ireland to combat the shortage. In June 2022, the FDA reported another baby had died of a bacterial infection. In the same month, Abbott reopened its Sturgis, Michigan plant to help ease baby formula shortages. Consumers can search for affected baby formula lots on Abbott’s website. This particular recall is not related to baby formula lawsuits that claim there is a link between Abbott’s baby formula and NEC. Please seek the advice of a medical professional before making health care decisions.





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