



<b>STOP</b>	Babies grow rapidly in the first few years, it is important that they receive optimum nutrition.
<b>STUDY</b>	Review the acronyms before your next supermarket shop.
<b>ACT</b>	If you have any further questions contact your paediatrician or lactation consultant.

Alpha Pro / Opti Pro	The balance of proteins in breastmilk are different to the balance of proteins in cow's milk (what infant formula is made from). Infant formula companies change the mix of proteins to be closer to breastmilk. "Alpha pro" or "Opti pro" formulas have more of a certain type of protein in them that is found in breastmilk. It is in small amounts in regular infant formulas. It is not yet known if this makes the formula any better for your baby.
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AR / Thickened	"AR" means "anti-regurgitation". These formulas may be used for babies with reflux. They have a thickener added to them. AR formulas do not always help with reflux, so ask your doctor's advice first before changing the formula. There may be other ways to manage reflux.
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Bifidus / Probiotics	These have "good" bacteria that are added to the formula. They help to keep the balance of your baby's digestive system. It seems the good bacteria (or "probiotics") may be good for your baby's tummy, but babies can also be healthy without them in their formula.
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Gold	Gold formulas have certain types of fats in them that are found in breast milk. The fats are found in a baby's brain, eye tissue, and other parts of her body. These fats are not found in regular formulas. Your baby can make these fats in her body. She does not have to get them from formula.
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HA	"HA" means "hypo-allergenic". These formulas are for babies at high risk of allergies (eg where immediate family members have asthma, eczema, hay-fever or food allergies). The protein has been broken down into smaller parts. This formula is not for babies with a cow's milk allergy. If you think your baby might have an allergy to formula, or is at risk of allergies, speak to your doctor.
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Lactose Free	Lactose is the natural sugar in breastmilk, cow's milk and formula. Sometimes a baby may not be able to break down or digest the lactose. These types of formulas are only needed for babies who have a problem with lactose (lactose intolerance). Be sure to discuss this with your doctor first.
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Nucleotides	Nucleotides are found naturally in the cells of our body. Breastmilk contains nucleotides. Formula companies can choose to add small amounts to formula. It is not yet known if this makes the formula any better for your baby.
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**Reference:** South Australian Women's & Children's Hospital, November, 2008, "Bottle Feeding: A guide to safe preparation and feeding of infant formula". Available: <http://www.wch.sa.gov.au/services/az/other/nutrition/documents/bottlefeeding.pdf>

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