

Infant formula "should...

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## Latest News

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### Infant formula "should contain omega acids" Friday 28th March 2008

Infant formula should include omega-3 and omega-6 amino acids to guarantee correct eye and brain development, say researchers in the *Journal of Perinatal Medicine*.

The recommendations have been developed by a panel of child health experts from 11 countries around the world, with endorsement from the Child Health Foundation and the Early Nutrition Foundation.

The expert team emphasise, however, that breastfeeding will always be the preferred method of feeding.

However, when a mother is unable to breastfeed, infant formula should include between 0.2% and 0.5% of fatty acids.

Expert Christine Campoy from the University of Granada said: "Over the past decade, many research studies have highlighted the importance of docosahexaenoic acid (DHA) omega-3 and amino acid (AA) omega-6 in infant development.

"It is therefore vital that the pregnant and nursing mothers consume adequate amounts of DHA in their own diet, and, if using an infant formula, should provide their infants with a formula containing DHA and AA at recommended levels."

[University of Granada](#)

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"NO. First of all, infants do not have the digestive capability to absorb these fatty acids. So the acids are excreted into the diaper unless they are breast fed. Then at that point, these essential fatty acids are in the breast milk anyway. Another reason to breast feed." - **Deb, Mass**



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