# Choosing the right type of baby formula

**Types of baby formula proteins**

**Formula made with 100% whey protein partially hydrolyzed**

- Easy to digest.

- Supports the formation of soft stools, similar to a breastfed baby.

**Formula made with soy protein**

- Soy-based protein formulas* promote normal growth and development.

- Soy formulas are viable options for parents who prefer their infant follow a vegetarian diet.

- Soy formulas may be indicated if a baby is diagnosed with a condition called galactosemia, which means they can't metabolize galactose properly.

**Formula for special conditions**

- Extensively hydrolyzed formulas have proteins that are broken down even more than partially hydrolyzed protein formulas. They are designed for babies with cow's milk protein allergy and should be used under the care of a physician.

- Other formulas are made using free amino acids—the building blocks of proteins. These formulas are for babies with cow's milk protein allergy when an extensively hydrolyzed formula is not effective and for babies with multiple food allergies.

**Solution formulas**

- These formulas often help address common feeding issues such as fussiness and gas as well as excessive crying and colic.

**Baby formulas to choose from**

**Powder baby formula**

- The most popular and the best value, powdered baby formula is a great choice for most infants. However, it is recommended that powdered formulas not be fed to premature babies or those who have immune problems, unless directed by your physician.

**Concentrate baby formula**

- Concentrate baby formula is easily prepared by mixing equal parts of water and the formula.

**Ready-to-feed baby formula**

- Great for parents on the go, ready-to-feed formula is the most convenient, as it requires no preparation. It is also sterile and may be recommended for infants with immune system problems.

* The American Academy of Pediatrics (AAP) states there are only a few indications, such as a hereditary condition called galactosemia, when soy should replace a cow's milk formula.