

SOY AND INFANT FORMULA

Breast milk is the best nutritional choice for infants. When infants cannot take dairy-based products for health, cultural or religious reasons, such as a vegan lifestyle or lactose intolerance or milk allergies, soy-based formula is a suitable alternative. (Source: Health Canada)

Modern soy-based infant formulas produced in western countries are based on soy protein isolate, a source of high-quality, highly digestible protein. In common with all infant formulas, soy-based infant formulas are formulated to provide a nutritionally adequate diet when used as the sole source of nutrition for an infant.

Numerous clinical studies conducted in leading medical universities, conclude that soy-based infant formula supports normal growth and development^{1, 2}.

The American Academy of Pediatrics extensively reviewed the clinical research on soy infant formulas and concluded in their 1998 position paper: "In term infants whose nutritional needs are not being met from maternal breast milk or cow milk-based formulas, isolated soy protein-based formulas are safe and effective alternatives to provide appropriate nutrition for normal growth and development³."

1. Klein KO, Isoflavones, soy-based infant formulas, and the relevance to endocrine function, *Nutr Rev* 1998;56:193-204.
2. Lasekan JB, Ostrom KM, Jacobs JR, et al., Growth of newborn, term infants fed soy formulas for 1 year, *Clin Pediatr* 1999;38:563-571.
3. American Academy of Pediatrics Committee on Nutrition, Soy protein-based formulas: recommendations for use in infant feeding, *Pediatrics* 1998;101:148-153.