

**FOLLOW-UP  
FORMULA  
for older  
infants and  
young  
children**

**Scientific experts around the world recognise that the first 1,000 days of a child's life are critical for long-term physical and mental development!**

The adequate intake of both macro- (protein, carbohydrates and fats) and micronutrients (vitamins, minerals and trace elements) is particularly important in the early months and years of life, when growth and brain development are most rapid.<sup>1</sup>

For more than a century,<sup>2</sup> the paediatric nutrition industry has supported this critical period of life by providing specialised nutrition for infants and young children, to promote healthy growth and development.



†The World Health Organisation recommends exclusive breastfeeding for the first 6 months of life, and continued breastfeeding for 2 years and beyond.

**Well-nourished children are better prepared to perform in school and reach their potential**

*Multi-sectoral Approaches to Nutrition: The Case for Investment by Education Programmes, UNICEF*

**NUTRITION HAS PROFOUND EFFECTS ON HEALTH THROUGHOUT THE COURSE OF LIFE**



- Good nutrition can help **support attention spans and school attendance**, helping children to stay in school and learn.<sup>3</sup>



- Conversely, **nutrient deficiencies in early life may impair mental development and overall health**, and children who are malnourished have been shown to have limitations in school performance, and may lose school days due to illness.<sup>3</sup>

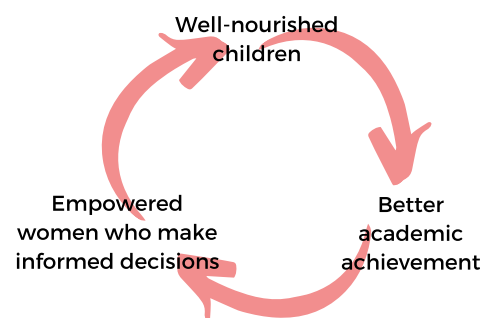


- **Undernutrition is associated with lower economic status in adulthood and may contribute to a cycle of poverty.** It is a significant barrier to many countries' economic development and improved standards of living.<sup>3</sup>

“*Scientists and health experts worldwide agree that children who are well-nourished are much more easily able to develop the cognitive and behavioural skills they need to reach their full learning potential.*”

*Multi-sectoral Approaches to Nutrition: The Case for Investment by Education Programmes, UNICEF*

**NUTRITION-EDUCATION CYCLE**



Follow-up formulas can be a source of important nutrients to address nutritional inadequacies. These include protein, calcium, iron, vitamins D, E and C, zinc, the omega 3 fatty acid DHA and the omega 6 fatty acid ARA.<sup>4,5</sup>



## THE VALUE OF FOLLOW-UP FORMULAS FOR OLDER INFANTS

Follow-up formula for older infants can play a valuable role in helping to ensure they receive important nutrients they need for healthy growth and development. After 6 months of age:

Formulated milk-based drinks, often referred to as Follow-up Formulas (FUF), are nutritionally tailored to help meet the requirements for adequate growth and development of older infants.<sup>4,9</sup> As part of a complementary feeding regimen, they can help complement the intake of nutrients such as iron, alpha-linolenic acid, DHA and ARA, and vitamins A and D, that are often reported to be lacking in the diets of many older infants.<sup>4,5,9</sup>

- Breast milk or infant formula as a sole source of nutrition becomes insufficient to meet nutrient requirements for growth and development.<sup>6,7,8</sup>
- Infants enter a transition period during which they move to a more diverse diet, including family foods. During this time, infants can be vulnerable to inadequate nutritional intake.
- The gradual introduction of nutritious and appropriate foods and drinks—a practice referred to as complementary feeding—plays a crucial role in a child's continued physical and mental development.



## THE VALUE OF FOLLOW-UP FORMULAS FOR YOUNG CHILDREN

Follow-up formula for young children can be an option to ensure optimal intakes of important nutrients, supporting physical and mental development.

Adequate and appropriate intakes of macro- and micronutrients in 1- to 3-year-old children have long-term health benefits. However, keeping up with the nutritional needs of a rapidly developing toddler can be a big challenge.

Returning to work after the birth of their children, many parents and caregivers may find it difficult to offer a completely balanced diet with family foods that can meet the requirements for their young children. Data show that the poor and uneven nutritional composition of unfortified complementary foods means that it is difficult to create varied diets that provide toddlers with optimal intakes of important nutrients like DHA, zinc, iron and vitamin D.<sup>10</sup>

Accumulated data on dietary intake demonstrate clearly that 1-3 year old children do not eat in a uniform way. For instance, data shows that picky eating is a relatively common problem during childhood, ranging from 8% to 50% of children, and is characterised by the child eating a limited amount of food, restricting intake particularly of vegetables, being unwilling to try new foods, and having strong food preferences.<sup>11</sup>

Follow-up formulas for young children, which are fortified with many of the important nutrients that are in short supply, such as calcium, iron, vitamins D and C, zinc and the omega 3 fatty acid DHA, can be an effective and reliable way to help ensure children get the nutrients needed for healthy physical and mental growth and development.<sup>12</sup>

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