

Infant Formulas – Summary Sheet

For Professional Use Only

Infant formulas approved for retail sale in Canada

		Standard Cow's Milk Formulas		Modified Cow's Milk Formulas		
Stage 1 (0-12 months)		Earth's Best Organic with Iron ^{DHA}	pHW	Good Start 1		
		Enfamil		Good Start Organic ^{DHA}		
		Enfamil A+ ^{DHA, prebio (GOS, PDX)}		Good Start Plus 1 ^{DHA, prebio (B. lactis)}		
		Kirkland Omega+ ^{DHA, prebio (GOS)}		Good Start Soothe ^{DHA, prebio (2'-FL), prebio (L. reuteri)}		
		Parent's Choice Iron Fortified	pHWC	Similac Total Comfort ^{DHA}		
		Parent's Choice Lower Iron ^{iron 8 mg/L}		Enfamil A+ Gentlease ^{DHA}		
		Parent's Choice Omega+ ^{DHA, prebio (GOS)}		Enfamil A+ Serenity ^{DHA, prebio (GOS)}		
		Parent's Choice Organic ^{DHA}		Parent's Choice Gentle+ ^{DHA}		
		Parent's Choice Advantage ^{DHA, prebio (GOS)}		President's Choice Gentle		
		President's Choice with Iron ^{iron 8 mg/L}		Lactose reduced		Enfamil A+ Lactose Free ^{DHA}
President's Choice Lower Iron ^{iron 8 mg/L}	Kirkland for Babies Sensitive to Lactose ^{DHA}					
President's Choice Omega+ ^{DHA, prebio (GOS)}	Parent's Choice Sensitivity ^{DHA}					
President's Choice Organic Omega+ ^{DHA}	President's Choice Sensitive to Lactose ^{DHA}					
Similac Step 1	Similac Sensitive Lactose Sensitivity					
Similac Lower Iron ^{iron 6.6 mg/L}						
Similac Advance Step 1 ^{DHA, prebio (GOS)}	Imported Formulas: Starting 2022, Health Canada allowed the temporary importation and sale of certain infant formulas to mitigate infant formula shortages. View more information and a list of approved formulas .					
Similac Pro-Advance Step 1 ^{DHA, prebio (FOS, 2'-FL)}						
Simply Kids Iron-Fortified						
Simply Kids Lower Iron ^{iron 6.5 mg/L}						
		Soy Formulas		Formulas for Use Under Medical Supervision		
		Enfamil A+ Soy ^{DHA}	PDPF	Enfamil A+ EnfaCare ^{DHA}	GER	Enfamil A+ Spit Up ^{DHA, prebio (GOS, PDX)}
				Good Start Alsoy ^{DHA}		Similac Neosure ^{DHA}
		Similac Isomil ^{DHA}	aa	Puramino A+ ^{DHA}	eHC	Nutramigen A+ ^{DHA}
		Neocate DHA & ARA ^{DHA}	Nutramigen A+ LGG ^{DHA, prebio (LGG)}			
			Pregestimil A+ ^{DHA, ↑ %MCT}			
				Similac Alimentum ^{DHA, ↑ %MCT}		
Stage 2 (6+ months)		Enfamil 2	Parent's Choice Advantage 2 ^{DHA, prebio (GOS)}			
		Enfamil A+ 2 ^{DHA}	President's Choice with Iron and Calcium			
		Good Start 2 ^{pHW}	President's Choice Omega+ 2 ^{DHA}			
		Good Start Plus 2 ^{DHA, pHW, prebio (B. lactis)}	Similac Step 2			
		Parent's Choice Growing Up	Similac Advance Step 2 ^{DHA}			
		Parent's Choice Omega+ 2 ^{DHA}	Similac Pro-Advance Step 2 ^{DHA, prebio (FOS, 2'-FL)}			

Legend

- 2'-FL: 2'-fucosyllactose
- aa: amino acid-based
- B. lactis: Bifidobacterium lactis
- DHA: omega-3 fatty acid
- eHC: extensively hydrolyzed casein
- FOS: fructo-oligosaccharide
- GER: gastroesophageal reflux
- GOS: galacto-oligosaccharide
- LGG: Lactobacillus rhamnosus GG
- MCT: medium chain triglycerides
- PDPF: post-discharge preterm formula
- PDX: polydextrose
- pHW: partially hydrolyzed whey
- pHWC: partially hydrolyzed whey & casein
- prebio: prebiotic
- probio: probiotic



Purpose and Use

Exclusive breastfeeding for the first six months, and continued for up to two years or longer, is recommended for the healthy growth and development of infants and toddlers¹ and for the benefits to the individual who is lactating.² As per the [AHS Breastfeeding Policy](#)³ health professionals must support parents and their families to make informed feeding decisions.

For parents who decide to partially feed or not feed breastmilk*, infant formula provides infants with adequate nutrition and is the most suitable breastmilk substitute until 9–12 months of age.¹ Health professionals can use this summary sheet to assist clients in choosing an appropriate infant formula.

The listed formulas contain 6.5-13 mg/L of iron, and all, including versions labelled as low iron, meet infant iron requirements.⁴ For more information on infant formula ingredients and indications for use, see the document [Infant Formulas – Ingredients and Indications](#).

References

1. Health Canada, Canadian Paediatric Society, Dietitians of Canada, Breastfeeding Committee for Canada. Nutrition for healthy term infants: recommendations from birth to six months [Internet]. 2015 [cited 2022 Nov 22]. Available from: <https://www.canada.ca/en/health-canada/services/food-nutrition/healthy-eating/infant-feeding/nutrition-healthy-term-infants-recommendations-birth-six-months.html>
2. Victora CG, Bahl R, Barros AJD, Franca GVA, Horton S, Krusevec J, et al. Breastfeeding in the 21st century: Epidemiology, mechanisms, and lifelong effect. *Lancet* [Internet]. 2016;387(10017):475–90. Available from: [http://dx.doi.org/10.1016/S0140-6736\(15\)01024-7](http://dx.doi.org/10.1016/S0140-6736(15)01024-7)
3. Alberta Health Services. Breastfeeding policy [Internet]. Alberta; Feb 27, 2023 p. 1–5. Available from: <https://extranet.ahsnet.ca/teams/policydocuments/1/clp-ahs-bf-hcs-302.pdf>
4. Koletzko B, Baker S, Cleghorn G, Neto UF, Gopalan S, Hernell O, et al. Global standard for the composition of infant formula: recommendations of an ESPGHAN coordinated international expert group. *J Pediatr Gastroenterol Nutr* [Internet]. 2005 Nov;41(5):584–99. Available from: <http://www.ncbi.nlm.nih.gov/pubmed/16254515>

* Some clients may not identify with the term breast milk and/or breastfeeding, and may instead identify with terms such as chest milk or human milk, or chestfeeding, body feeding³ or nursing, respectively. In all circumstances, care providers shall utilize client-and family-centered care to be responsive to the self-identified gender, pronouns, and terminology of the families they support.³
