

ADAPTED MILK FORMULAS IN THE NUTRITION OF CHILDREN

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From the evolutionary perspective, human milk represents a biological standard, that is, a gold standard in terms of nutrition for newborn babies, while adapted formulas represent an effective replacement for the nutrition of infants.

Based on a survey, the aim of this paper was to examine the extent to which adapted milk formulas are used as substitutes for human milk in infant nutrition, as well as the reasons for using and selecting adaptive milk formulas.

A total of 309 respondents, divided into three age categories, were interviewed: those aged from 20 to 25; from 25 to 30; and those over 30.

Of the total number of respondents, 62.13% fed their infants with human milk, 29.13% used adapted milk formulas, while 8.74% fed infants with human breast milk with the addition of adapted milk formulas. In our data analysis, the average values of baby weight were obtained, depending on whether they were fed with human milk or adapted milk formulas after three months and it was found that there was a statistically significant baby weight difference between the women who were breastfeeding and those who fed the self-administered dairy formulas ($p < 0.05$). When asked about the source of the recommendation on the use of adapted milk formulas, the largest number of respondents answered that they got the recommendation from their doctors (46.15%), while as the reason for use of adapted milk formulas instead of human milk, the majority of respondents (64.10%) stated that the reason was the absence of milk secretion.

The research shows that the infants fed with adaptive dairy formulas gain weight more quickly than breastfed infants, which is a tendency that can serve as the hypothesis that artificially fed children will have obesity problems later on in life. The benefit of the study itself was that the decision of using adaptive dairy formulas by the examined women regardless of their level of education was a result of consultation with their pediatricians and that fact gives special importance to the proper development of infants.

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