



## **Formula for your older baby or toddler**

### **Formula is still an option.**

Feeding a toddler is full of ups and downs. Toddlers are infamous for “food jags,” when they want the same food meal after meal. It's is a way of asserting independence and part of normal development, but it can be very frustrating for parents. Adding a formula for older babies could help them get the nutrients they need.

### **What's in an older baby formula?**

When a formula-fed Toddler is too active to finish meals or picky with their food, older baby formulas are there to supplement iron and fatty acids like DHA. Toddler formulas, similar to infant formulas, are made with different types of proteins and ingredients that are right for your little one's growth right now.

- Some older baby formulas, like the ones made by Gerber, have gentle proteins that have been broken down to be easy to digest.
- Calcium to help support growing bones and teeth.
- DHA and ARA for brain and eye development.
- 30% of the daily value for Vitamins E, C and Iron in 8 fl. oz.
- Lactobacillus reuteri (L. reuteri) is a probiotic that has been added to certain infant and toddler formulas for digestive health.

The American Academy of Pediatrics recommends waiting to introduce cow's milk until your baby is at least one year. When you reach this milestone, ask your pediatrician what would be best for your baby considering their unique growth patterns, eating habits and nutritional needs.