

Non-dairy drinks can be dangerous for infants

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A brief report published in *Acta Paediatrica* points to the dangers of replacing breast milk or infant formula with a non-dairy drink before one year of age.

An electronic questionnaire sent to 310 French paediatricians identified 34 children who suffered medical complications between 2005 and 2015 when they consumed non-dairy drinks as infants.

The alternative beverages were mainly based on almonds, chestnuts, rice and soya. A third of the children had malnutrition.

Other clinical issues included height and weight impairment, anaemia, hypoalbuminaemia, hyponatremia, hypocalcaemia, seizures, and low vitamin D levels, noted lead author Dr. Julie Lemale, of Hôpital Trousseau, in Paris, France.

More information: *Acta Paediatrica* (2018). [DOI: 10.1111/apa.14437](https://doi.org/10.1111/apa.14437)

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