

Are too many young children drinking specialized formula?

July 7 2022



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New research published in *Clinical and Experimental Allergy* reveals that prescriptions of specialized infant formula have increased in recent years in England, Norway, and Australia, with rates over 10-fold what would

be expected for the number of children with milk allergies.

Prescribed amounts of specialized formula for infants rose 2.8-fold in England from 2007–2018, with similar trends in other regions of the United Kingdom. Amounts rose 2.2-fold in Norway from 2009–2020 and 3.2-fold in Australia from 2001–2012.

The findings are concerning because specialized formula contains higher levels of sugar, which may promote [tooth decay](#) and obesity in young children

"These data suggest high levels of milk allergy over-diagnosis and mark an important shift in early child nutrition," the authors wrote.

More information: Shriya Mehta et al, Trends in use of specialised formula for managing cow's milk allergy in young children, *Clinical & Experimental Allergy* (2022). [DOI: 10.1111/cea.14180](https://doi.org/10.1111/cea.14180)

Provided by Wiley

Citation: Are too many young children drinking specialized formula? (2022, July 7) retrieved 2 May 2024 from <https://medicalxpress.com/news/2022-07-young-children-specialized-formula.html>

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