

Milk For Infants with CF

Your baby's hospital dietitian will support you whether you decide to breastfeed and/or formula feed your baby, and they should be your first contact for all things relating to your baby's eating and growth.

In most cases either breastfeeding or formula feeding your baby with CF will provide enough nutrition during the first six months.

Breast Milk

Breast milk is considered the best option for most babies, with or without CF, as it contains everything needed for growth and development during the first six months of your baby's life. Breast milk contains antibodies which offer some protection against certain infections, such as coughs and colds, ear infections and tummy upsets.

You may be unsure or worried whether your baby is receiving enough milk to meet their needs. If your baby is feeding and sleeping well, is growing and is happy and content, then breastmilk is meeting their nutritional needs.

If your baby isn't growing adequately on breast milk, it doesn't necessarily mean there's a problem with your milk supply, but rather that they have higher nutritional requirements and may need more. You can try boosting your supply by increasing feeds and ensuring good latch. A lactation consultant can help with this.



Formula

For some women, breast feeding can be very difficult. Be assured that formula is suitable for babies with CF. It has benefits too, as you will know the exact amount of milk your baby is having at a feed, which helps with enzyme dosing (if required).

Formula also has a higher salt content than breast milk (which is a good thing for babies with CF). In most cases, babies with CF will be able to gain weight adequately on formula milk.

Nutrient Dense Infant Formula & Oral Supplements

If your baby needs assistance with weight gain, your dietitian may recommend fortifying your expressed breast milk or infant formula so they are more nutrient dense.

In some cases they may recommend putting your baby on a special high energy, high protein oral nutrition supplement to assist with your baby's weight gain. This type of formula contains extra energy and other nutrients such as protein, vitamins and minerals. Oral nutrition supplements are only available on prescription from dietitians and the medical team.

Cow's Milk/Alternative

Cow's milk and non-dairy milks such as soy, oat, rice, almond and coconut are not nutritionally adequate to substitute for breast milk or formula in the first year of life. There are non-dairy formula options for young babies with allergies. Speak to your dietitian or medical team as a prescription may be required.

After 12 months your baby can switch to full cream cow's milk or non-dairy milk instead of formula or breast milk.

**Thank you to Tanya Coelho, CF Dietitian,
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www.cfwa.org.au

**Cystic Fibrosis WA
The Niche
11 Aberdare Road
Nedlands WA 6009**

**T: 08 6224 4100
E: info@cfwa.org.au**

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