



Standard Infant Formula Choices with Iron

Currently, the hospitals in Winnipeg use Enfamil® A⁺® as the standard infant formula.

Before discharge from the hospital, discuss your formula choice with your baby's doctor. If your baby's doctor does not specify a particular formula, you may choose to feed your baby any of the following standard infant formulas. Cow's milk, goat's milk and soy beverages are **not** appropriate substitutes for infant formula with added iron.

Always buy any of the following infant formula with iron. The product should be labeled "iron fortified" or "with iron". Iron helps to keep your baby's blood healthy and promote normal development.

- Enfamil® with Iron
- Enfamil® A⁺® (always has added iron). A⁺ refers to the added very long chain fatty acids Omega-3 (DHA) and Omega-6 (ARA).
- Good Start® (always has added iron)
- Good Start® with Omega-3 and Omega-6 (always has added iron)
- Kirkland Signature™ Infant Formula with Iron
- Parent's Choice® Infant Formula with Iron
- Parent's Choice® Infant Formula with Iron and Omega-3 and 6
- Parent's Choice® Organic Infant Formula with Iron and DHA+ARA
- President's Choice® Infant Formula with Iron
- President's Choice® Infant Formula with Iron Plus Omega-3 and Omega-6
- President's Choice® Organic Infant Formula Plus Omega-3 and Omega-6 (has added iron)
- Safeway Select™ Infant Formula with Iron and Nucleotides
- Similac® Advance® with Iron
- Similac® Advance® with Omega -3 and Omega-6 (always has added iron)

For further information, speak with your baby's doctor or your community dietitian.

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