

Sugar, Fat and Salt Content of Commercial Infant Formula

Foods and Nutrition

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Abstract

As a part of healthy diet, limiting intake of excess sodium, sugar and fat has been recommended. Objective of the study was to determine the infant formula available in Indian market and identify sugar, fat and salt content in infant formula. To provide information on sugar, fat and salt content in the formulation of infant formula and compare the nutritional profile of infant formula with recommendation of Indian council of medical research. Nutrition label information (eg. Serving size, salt, fat, sugar content) for 140 infant food were collected from local market. The presence sugar, salt, fat, serving size, serving per day was determined from the ingredient list. Content was compared with recommended dietary guideline. Results: Most of the infant formula contains high sugar, high fat, and low salt. The proportion of products with added sugars ranged from 2% of vegetables. The overall total sugar amount was generally low. Out of 36 brands only 1 brand contains higher mean value of sugar. The total fat content ranged from 0% to 16.5 %, Out of 36 brand only 3 brands contain higher mean value of fat. The mean sodium content of infant formula was generally low, almost all infant formula contented <500 mg of salt. Out of 36 brands only 1 brand contains higher mean value of salt. The mean value of no feed per day ranged from 0 to 66g. Out of 36 brands only 1 brand contains higher mean value. The mean value number of serving ranged from 1 to 45g. Out of 36 brands only 1 brand contains higher mean value. The mean value serving size ranged from 4 to 27g. Out of 36 brand only 1 brand contain higher mean value. Conclusion: Most commercial infant formula content high sugar, high fat and low sodium. This study suggests a need for continued public health efforts to support parents in choosing complementary foods for their infants and toddlers.

Keywords: Infant Foods, Sugar, Fat, Salt