
Infant Foods Available in Egypt

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Good nutrition aims at satisfying the rapid rate of growth and avoiding of deficiency states during the infancy period. It is well known that a large proportion of the world's babies thrive well on breast milk alone for the first 4 to 6 months of life (Jelliffe and Jelliffe, 1978). The requirement of an individual for a specific nutrient is defined as the least amount of that nutrient that will promote an optimal state of health (Fomon, 1974). The role of growth is at its maximum during the first year, the birth weight typically doubles by 4 months of age and triples by 1 year. So Nutritional intake must support this rapid rate of growth and development as well as provide for energy expenditures required for tissue, maintenance and motor and neural activities. Breast milk is ideal and have many advantages. Artificial feeding is indicated when human milk is not available for the infant, the best alternative is one of the commercial infant formulas based on a modified cow's milk protein base. Specific commercial milk formulas for phenyl-ketouria and galactosemia are another indications for artificial feeding. Type of dried milks which are available in Egyptian market are classified into: * Full cream milks that containing an average 27% protein, 30% fat and 39% carbohydrate and supplying 530 Kcal/100 gm. * Half cream milks that contains not less than 14% fat and indicated for feeding normal infants up to 5th month of age. * Humanized milks which are nearest or may be identical in composition and quality to human milk. Humanized milks used for feeding of normal infants when the mother's milk is not available, in large prematures in 1st and 2nd degree of morasmus. Acidified milks in which the proteins and fats are modified so that smaller and less tough curds are formed and so easily digested. Also acidified milks has a constipating effect. Protein-milks are special type of milk with high protein, moderate fat, low carbohydrate and high mineral content. Special formula for intestinal lymphangiectasis and steatorrhea. Special type for short bowel syndrome and severe gastrointestinal abnormalities. Special types for infant with congestive heart failure inspite of many indications for artificial feeding but it has many hazards. Infants are ready for beikost (food other than breast milk or formula) at about 5 to 6 months of age, by this time infant's kidney can tolerate the increased solute loads of protein and electrolytes. Commercial infant foods have improved within the last decade. The commercial baby foods may be presented in dehydrated form or in ready to use form. Commercially baby foods has many disadvantages and hazards.