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By the age of four months a baby's digestive system is maturing to cope with changing nutritional needs, such as extra protein intake.

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Both the DHSS¹ and the European Society for Paediatric Gastroenterology and Nutrition (ESPGAN)² advise against the early introduction of doorstep cow's milk. In fact, it may be beneficial to avoid it for the first 2 months. ESPGAN have set out guidelines for and recommend the use of a follow-on formula rather than cow's milk.

PROGRESS is such a formula, for babies four to six months and older. Progress is not intended to replace breastfeeding. Given in conjunction with solids it provides more complete nutrition than cow's milk.

Boiling of cow's milk depletes vitamins such as B₁ and C and of course, diluting with water lowers all nutrients.

Parents will be pleased to know Progress contains a full complement of vitamins and minerals especially iron and vitamins A, C, D and E which are insufficient in cow's milk. The all vegetable fat blend contains a lot less saturated fat than cow's milk, with energy provided mainly from carbohydrate rather than fat.

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References 1. D.H.S.S. (1980) (Revised 1983) HMSO Report No. 20. Present Day Practice in Infant Feeding 5.2.1. 2. ESPGAN Committee on Nutrition (1981) Guidelines on Infant Nutrition 11. Recommendations for the composition of follow up formula and Beikost. *Acta Paediatr Scand.*, Suppl. 287.

A Synopsis of Children's Diseases 6th Edition

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Edited by **Gwylim Hosking** MB, MRCP, DCH, Consultant Paediatric Neurologist, The Ryegate Centre and Childrens' Hospital, Sheffield and **Ruth Powell** MB, BCh, Principal Medical Officer, Sheffield Health Authority and The Ryegate Centre.

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