

Science: Our Main Ingredient

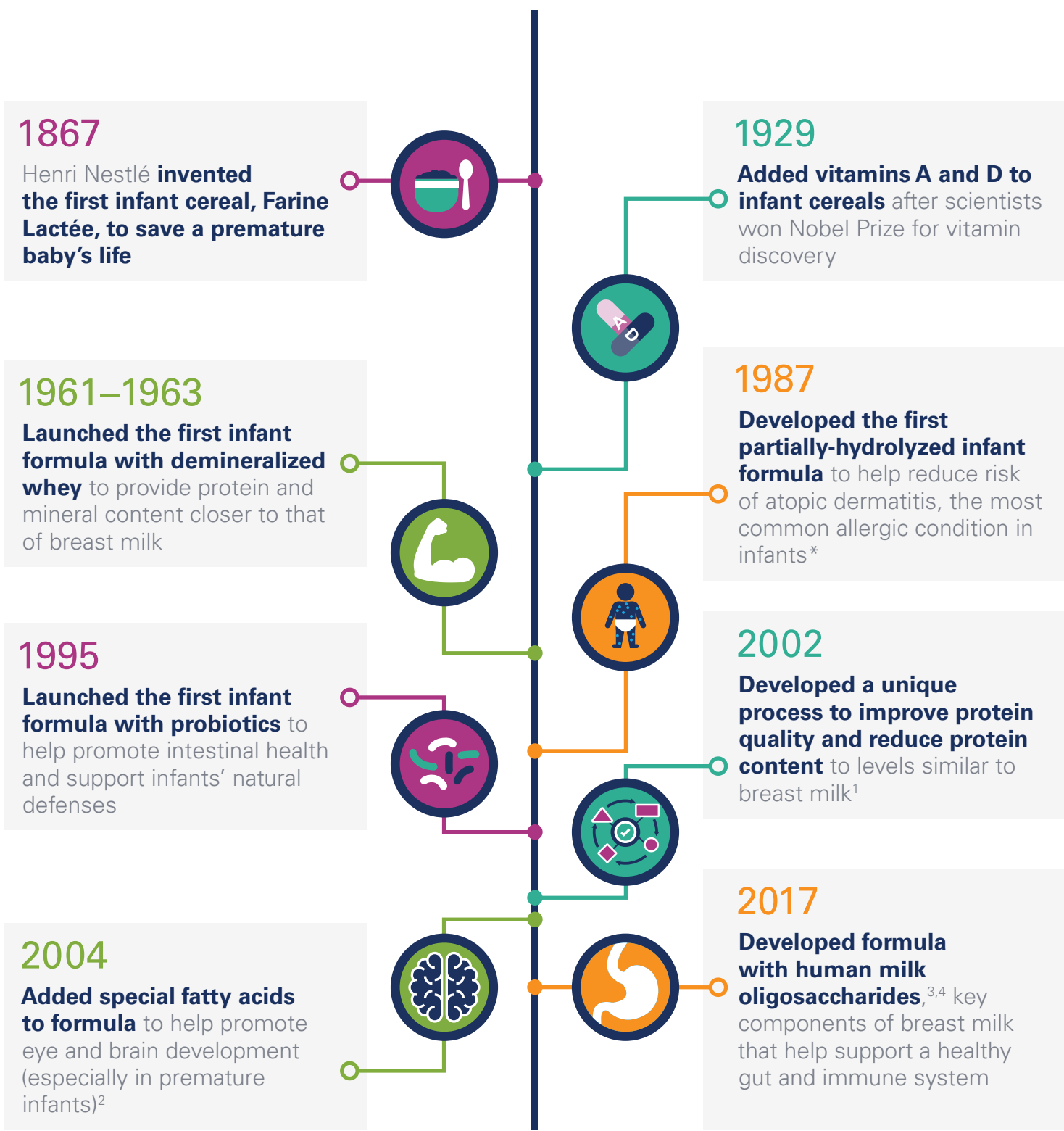
HOW RESEARCH GUIDES OUR FOODS FOR INFANTS & YOUNG CHILDREN



Breast milk is the ideal nutrition for babies. All of the benefits of breastfeeding cannot be replicated. However, for babies who cannot be breastfed, infant formula is the only suitable alternative to breast milk.

For more than 150 years, our scientific discoveries have formed the basis of our products for infants and young children around the world.

A Look at Our Science



Nestlé Nutrition Institute

shares leading science-based information and education with healthcare professionals, scientists and nutrition communities worldwide. It has an **online network of more than 300,000 healthcare professionals** and is one of the world's largest private publishers of non-product-branded nutrition science information, including PubMed-listed series.

Nestlé's Feeding Infants and Toddlers Study (FITS)

has examined dietary habits of more than 24,000 babies globally. The **largest dietary study of its kind**, FITS data has been shared with policymakers and scientific and professional organizations worldwide. Its findings have also been used to fill nutrient gaps and improve foods and beverages.

80+



clinical trials with leading independent institutions around the world, including **4 on breast milk composition, evolution and impact on growth**

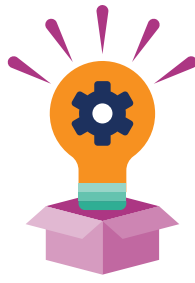
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papers published over the past 10 years on various infant nutrition topics, including:

- » benefits of prebiotics and probiotics for immune health⁵⁻⁹
- » global dietary intake patterns of infants and young children^{10,11}
- » benefits of hypoallergenic foods for reducing allergic reactions in sensitive infants¹²⁻¹⁶

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patented infant formula innovations

At Nestlé, science underpins all that we do. We are proud to have the largest scientific network in the food industry—whose work enables us to continue to offer the best alternative to breast milk when mothers cannot or choose not to breastfeed.

5,000

Nestlé scientists working to improve health



1.5B



invested in research and development at Nestlé each year

* compared with cow's milk protein-based infant formulas

1. Inostroza, Jaime, et al. "Low-Protein Formula Slows Weight Gain in Infants of Overweight Mothers." *Journal of Pediatric Gastroenterology and Nutrition* 59.1 (2014): 70. 2. Fleith, M., and M. T. Clandinin. "Dietary PUFA for Preterm and Term Infants: Review of Clinical Studies." *Critical Reviews in Food Science and Nutrition* 45.3 (2005): 205-229. 3. Austin, Sean, et al. "Temporal Change in the Content of 10 Oligosaccharides in the Milk of Chinese Urban Mothers." *Nutrients* 8.6 (2016): 346. 4. Puccio, Giuseppe, et al. "Effects of Infant Formula with Human Milk Oligosaccharides on Growth and Morbidity: a Randomized Multicenter Trial." *Journal of Pediatric Gastroenterology and Nutrition* 64.4 (2017): 624. 5. Bocquet, Alain, et al. "Effect of Infant and Follow-On Formulas Containing B Lactis and Galacto-and Fructo-Oligosaccharides on Infection in Healthy Term Infants." *Journal of Pediatric Gastroenterology and Nutrition* 57.2 (2013): 180-187. 6. Chouraqui, Jean-Pierre, Louis-Dominique Van Egroo, and Marie-Claire Fichot. "Acidified Milk Formula Supplemented With Bifidobacterium Lactis: Impact on Infant Diarrhea in Residential Care Settings." *Journal of Pediatric Gastroenterology and Nutrition* 38.3 (2004): 288-292. 7. Mohan, Ruchika, et al. "Effects of Bifidobacterium Lactis Bb12 Supplementation on Intestinal Microbiota of Preterm Infants: a Double-Blind, Placebo-Controlled, Randomized Study." *Journal of Clinical Microbiology* 44.11 (2006): 4025-4031. 8. Mohan, Ruchika, et al. "Effects of Bifidobacterium Lactis Bb12 Supplementation on Body Weight, Fecal Ph, Acetate, Lactate, Calprotectin, and Iga in Preterm Infants." *Pediatric Research* 64.4 (2008): 418. 9. Steenhout, P. G., Rochat, F., & Hager, C. "The Effect of Bifidobacterium Lactis on the Growth of Infants: a Pooled Analysis of Randomized Controlled Studies." *Annals of Nutrition and Metabolism*, 55.4 (2009): 334-340. 10. Fox, Mary Kay, et al. "Feeding Infants and Toddlers Study: What Foods are Infants and Toddlers Eating?." *Journal of the American Dietetic Association* 104 (2004): 22-30. 11. Denney, Liya, C. K. Reidy, and Alison L. Eldridge. "Differences in Complementary Feeding of 6 to 23 Month Olds in China, US and Mexico." *Journal of Nutritional Health & Food Science* 4 (2016): 1-8. 12. von Berg, Andrea, et al. "The Effect of Hydrolyzed Cow's Milk Formula for Allergy Prevention in the First Year of Life: the German Infant Nutritional Intervention Study, a Randomized Double-Blind Trial." *Journal of Allergy and Clinical Immunology* 111.3 (2003): 533-540. 13. Baumgartner, M., et al. "Controlled Trials Investigating the Use of One Partially Hydrolyzed Whey Formula for Dietary Prevention of Atopic Manifestations Until 60 Months of Age: an Overview Using Meta-Analytical Techniques." *Nutrition Research* 18.8 (1998): 1425-1442. 14. von Berg, Andrea, et al. "Certain Hydrolyzed Formulas Reduce the Incidence of Atopic Dermatitis but not that of Asthma: Three-Year Results of the German Infant Nutritional Intervention Study." *Journal of Allergy and Clinical Immunology* 119.3 (2007): 718-725. 15. von Berg, Andrea, et al. "Preventive Effect of Hydrolyzed Infant Formulas Persists Until Age 6 Years: Long-Term Results From the German Infant Nutritional Intervention Study (GINI)." *Journal of Allergy and Clinical Immunology* 121.6 (2008): 1442-1447. 16. von Berg, Andrea, et al. "Allergies in High-Risk Schoolchildren After Early Intervention with Cow's Milk Protein Hydrolysates: 10-Year Results From the German Infant Nutritional Intervention (GINI) study." *Journal of Allergy and Clinical Immunology* 131.6 (2013): 1565-1573.

