

# Similac Contract Formula Selection Guidance, December 2020

Does this infant have any nutrition or digestive issues?

Yes

No

## Loose Stools/Diarrhea

**Possible Causes:** Lactose intolerance or a virus

**Note:** Diarrhea with a fever and lethargy could be a virus. The caregiver should consult a physician.

### **Similac Sensitive**

If symptoms continue, see below.

### **Similac Total Comfort**

If symptoms continue, see below.

### **Similac Soy Isomil**

Symptoms continuing may be a sign of a protein allergy. Recommend the caregiver consult with their health care provider.

## Spit Up

**Possible Causes:** Inappropriate feeding practices or GERD

### **Evaluate feeding practices.**

Refer to page 102 of the USDA Infant Nutrition and Feeding Guide.

### **Similac for Spit-Up**

If there is concern for acute vomiting, the caregiver should consult a physician before issuing another formula.

## Gassiness

**Possible Causes:** Normal gas, lactose intolerance, or colic

### **Evaluate practices to manage and reduce gas.**

Refer to page 103 of the USDA Infant Nutrition and Feeding Guide.

### **Similac Sensitive**

If symptoms continue, see below.

### **Similac Total Comfort**

If symptoms continue, see below.

### **Similac Soy Isomil**

If symptoms continue, the caregiver should consult with a physician.

If gassiness is accompanied by diarrhea, vomiting, skin rashes, or respiratory wheezing, recommend the caregiver consult their physician for an evaluation and formula options.

## Constipation

**Possible Causes:** Inappropriate dilution of formula or inadequate intake of formula

### **Evaluate feeding practices.**

Is the caregiver mixing formula correctly?  
How much is the infant consuming daily?  
Refer to page 162 of the USDA Infant Nutrition and Feeding Guide.

### **Similac Advance with Iron**

**Note:** Provides the same stooling profile as Enfamil Reguline.

**Similac Advance with Iron**

## **Common Signs & Symptoms of Cow's Milk Protein Allergy or Intolerance**

Skin rashes  
Swelling of mucous membranes  
Acute vomiting  
Acute respiratory wheezing

The caregiver should consult a physician for evaluation and a formula recommendation.

**Note:** This flow chart provides general guidance and is not intended as a substitute for clinical judgment by qualified staff or the health care provider.

**Reference:** U.S. Department of Agriculture Food and Nutrition Services. (2019). *Infant Nutrition and Feeding: A Guide for Use in the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)*. Retrieved from [https://wicworks.fns.usda.gov/sites/default/files/media/document/Infant\\_Nutrition\\_and\\_Feeding\\_Guide.pdf](https://wicworks.fns.usda.gov/sites/default/files/media/document/Infant_Nutrition_and_Feeding_Guide.pdf).