

Dental associations advise against fluoride in baby formula

Although the American Dental Association and the Florida Dental Association both endorse fluoridated water as an effective way to prevent tooth decay, they have issued a recent advisory recommending that non-fluoridated bottled water be used in powdered or liquid-concentrate baby formula for infants.

The advisories note that too much fluoride can cause “fluorosis,” resulting in a discoloration or streaks on teeth.

“While the appropriate amount of fluoride can help prevent tooth decay, too much fluoride creates a risk for enamel fluorosis, which is an esthetic concern,” says the Florida Dental Association report. “Because of their smaller size and weight, infants’ bodies often require less than older children and adults.”

The advisories recommend mother’s breast milk for infants, or ready-to-feed baby formula. If using powdered or liquid-concentrate baby formula, then bottled water rather than fluoridated tap water is recommended.

The dental benefits or risks of fluoridated drinking water have been an ongoing nationwide debate for over 50 years. Like most of the cities in the area, the City of Ormond Beach provides fluoridated water.

The Volusia County Health Department has no plans to change its recommended optimum range for fluoride levels in drinking water, which is the range the city’s water plant operators strive to maintain – about one-fourth the maximum level allowed.