

Medical foods are foods that are formulated specifically to help in the management of diseases with particular dietary needs hardly met singly by normal diet. They are taken under medical prescription or supervision. On the other hand, infant formulas are basically foods designed for baby consumption that are intended for nutritive purposes. Some medical foods can also be designed as infant formula for ease of administration to babies. The most common types of medical foods are Ready-to-Use-Foods (RUFs) which are fortified to manage health complications, whilst still maintaining high quality and safety standards. They can be used to prevent the development and/or progression of diseases. These foods need to have a scientifically determined shelf-life with a traceable trail of clinical trials as specified by international foods and health guidelines and regulations. This chapter explores the general outlook of medical foods and infant formulas including threats and future opportunities they present.