

Nutrition for Healthy Term Infants

Health Canada's
Recommendations from 6 to 24
months



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Learning Objectives

- Identify the 8 principles and recommendations outlined in the NFHTI 6-24 months
- Identify key changes in recommendations
- Apply the 8 principles in a case example



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Outline

- What are the challenges in advising?
- Background on the recommendations
- 8 Principles and Case Studies
- Summary



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What are the most common questions from parents?

What are the challenges in advising parents on child feeding?

- Highly charged topics
- Linked with values, goals, traditions
- What's really important? What's the evidence?
- Role of our own experience (or lack of)

Background

- NFHTI 0-6 months updated in 2012
- NFHTI 6-24 months just release April 2014

Breastfeeding

- Support breastfeeding for up to 2 years and beyond, as long as mother and child want to continue

Principle 2

Supplemental Vitamin D (400 IU) is recommended for infants and young children who are breastfed or receiving breastmilk

What is the advice on Vitamin D for children 1 year and older?

- Continue Vit D for children who are breastfeeding/receiving breastmilk >1yr
- No need to supplement for children who have transitioned to cow's milk

Principle 3

Complementary feeding, along with continued breastfeeding, provides the nutrients and energy to meet the needs of the older infant



Complementary Foods

- Recommend gradually increasing the number of times a day that complementary foods are offered while continuing to breastfeed



First foods

- Recommend iron-rich meat, meat alternatives, and iron-fortified cereal as the first complementary foods



Family Meals

- Encourage parents and caregivers to progress to introduce a variety of nutritious foods from family meals



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Textures

- Ensure lumpy textures are offered no later than 9 months
- Encourage progress towards a variety of textures, modified from family foods, by 1 year of age



Introducing new foods if parents have concerns about food allergies?

- Re: Prevention of allergies
 - No evidence for any particular order of food introduction to prevent allergies
 - This includes children at higher risk of allergy (positive family history); (Health Canada, 2014; OSNPPH, 2010)



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Introducing new foods if parents have concerns about food allergies?

- Can introduce any time after 6 months:
 - Fish, peanut products, wheat, milk products, soy, whole eggs
- Re: Allergy identification
 - When introducing, only start 1 per day, wait a couple of days before trying another
 - Watch for signs of allergy



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Principle 4

Responsive feeding promotes the development of healthy eating skills



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Responsive Feeding

- Allow the child to guide feeding
- Balances helping with encouraging self-feeding
- Eye contact and verbal encouragement (But NOT verbal or physical coercion)
- Responds to early hunger and satiety cues



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Responsive Feeding

- Minimizes distractions; comfortable environment
- Different food combinations, tastes and textures
- Uses different methods of encouragement, even if foods are initially refused



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Division of Responsibility

- The parent is responsible for *what, when, where*
- The child is responsible for *how much* and *whether*

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Promoting Feeding Skills

- Promote finger foods to encourage self-feeding
- Encourage use of an open cup, initially with help



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Principle 5

Iron-rich complementary foods help to prevent iron deficiency



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Iron Deficiency

- Continuum from iron depletion to iron deficiency anemia
- Depletion more common than anemia
- Anemia associated with irreversible developmental delays in cognitive function



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Preventing Iron Deficiency

- Continue to recommend a variety of iron-rich foods
- Ensure meat, meat alternatives, and fortified cereal are offered a few times each day



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Preventing Iron Deficiency

- If parents and caregivers are introducing cow's milk, advise them to delay until 9-12 months of age.
- Limit cow's milk to no more than 750ml (3 cups or 24oz) per day



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Case Studies

- Each table has one of 2 case studies
- 10 minute discussion at your tables
- Report out on:
 - What are the relevant principles from NFHTI?
 - What are the issues? Are you concerned?
 - How would you advise?



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Principle 6

Foods for infants and young children must be prepared, served and stored safely



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Safety

- Ensure infants and young children are always supervised during feeding
 - Family meals
- Avoid hard, small and round, or smooth and sticky solid foods. These may cause aspiration and choking

Preventing foodborne illness

- Promote safe food preparation and storage to prevent food poisoning.
- Avoid products containing raw or undercooked eggs, meat, poultry, or fish.
- Avoid unpasteurized products (milk, juice, etc)
- Avoid cross contamination (between cooked and uncooked foods)
- Avoid giving honey to a child under one year of age - botulism

Principle 7

From 1 year of age, young children begin to have a regular schedule of meals and snacks, and generally follow Canada's Food Guide

Routine and Variety

- Recommend regular schedule of meals and snacks
- Offer a variety of foods from the 4 food groups



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Added sugars and salt

- Recommend foods prepared with little or no added sugar or salt



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Dietary Fat

- Explain to parents and caregivers that nutritious higher-fat foods are an important source of energy for young children



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Milk

- Encourage continued breastfeeding or offering 500mL (2 cups, or 16oz) per day of homogenized (3%) cow's milk

Juices, etc.

- Advise limiting fruit juice and sweetened beverages. Encourage offering water to satisfy thirst.
- Encourage parents and caregivers to be role models and instill lifelong healthy eating habits

Principle 8

Recommendations on the use of breastmilk substitutes

Cow's Milk

- Recommend commercial infant formula until 9-12 months of age
- Advise pasteurized whole cow milk (3% M.F.) be introduced at 9-12 months of age.
- Skim cow's milk is inappropriate in the first 2 years



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When to stop formula

- Advise that, for most healthy children, there is no indication for the use of commercial formulas beyond one year of age



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Inappropriate milks <2yrs

- Advise that soy, rice, or other vegetarian beverages, whether or not they are fortified, are inappropriate alternatives to cow milk in the first 2 years



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Bottles...

- Avoid prolonged bottle feeding.
- Advise against giving bottles at night

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Summary

- Increased emphasis on development of feeding skills, healthy habits
- Less importance on order of introduction of foods (including potentially allergenic ones)
- Variety of iron-rich foods as first foods; offer regularly between 6mths-2yrs

Resources for Clinicians

- Health Canada, Canadian Paediatric Society, Dietitians of Canada, & Breastfeeding Committee for Canada (2014) *Nutrition for healthy term infants: Recommendations from six to 24 months*.
 - Includes some sample menus
- Pediatric Nutrition Guidelines for Primary Health Care Providers (2011). Ontario Society of Nutrition Professionals in Public Health (OSNPH).
 - Available at: http://www.osnpph.on.ca/resources/YORK-Pediatric_Nutrition_Guidelines_for_Primary_Health_Care_Providers-2011.pdf



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Resources for Families

- Best Start: Feeding Your Baby 6 months to 1 year; www.beststart.org
- Secrets of Feeding a Healthy Family: How to Eat, How to Raise Good Eaters, How to Cook (2008). Ellyn Satter.
- How to get your child to eat...but not too much (1987). Ellyn Satter.
- Better Baby Food: Your Essential Guide to Nutrition, Feeding and Cooking For All Babies and Toddlers (2008). Kalnins & Saab.
- The Family Table: Recipes and Strategies (2008). Breton, Emond, Beha & Prudhomme.



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Questions?



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