



**Baby Bites:**  
*A review of current & recent guidelines on infant feeding 6 to 12 months*

Brigitte Boyd, RDN  
November 16, 2017



---

---

---

---

---

---

---

---

**Today's Objectives**

- Describe complementary feeding recommendations for infants ages 6-12 months.
- List appropriate advice for caregivers on how to introduce potentially allergenic foods.
- Describe responsive feeding and how to support caregivers to follow this practice.
- Describe ways that infant feeding guidelines can inform your work.



---

---

---

---

---

---

---

---

*Complementary Feeding is...*

providing foods or beverages **in addition to breast milk or infant formula.**



---

---

---

---

---

---

---

---

**Setting the Table**  
The When, What, and How





---

---

---

---

---

---

---

---

**When to feed foods?**

WHO and AAP support introduction of complementary foods at **about 6 months** of age.

American Academy of Pediatrics Committee on Nutrition. Pediatric Nutrition. 7th ed.





---

---

---

---

---

---

---

---

**When is a Baby Ready for Foods?**

**Some Signs of Solid Food Readiness**

**At around 6 months:**

- Sit up w/little or no support
- Opens mouth when sees food coming
- Close lips around a spoon
- Transfer food from the front to back of mouth






---

---

---

---

---

---

---

---

*What foods to feed?*





---

---

---

---

---

---

---

---

AAP recommends foods **high in iron and zinc**, especially for the primarily breastfed baby. Otherwise, **introduce foods from any food group.**

American Academy of Pediatrics Committee on Nutrition. Pediatric Nutrition. 7<sup>th</sup> ed.





---

---

---

---

---

---

---

---

*Shaping Food Preferences*  
**Specifically Vegetables**

- No need to offer vegetables before fruits, but no harm either.
- Repeated exposure.
- Offer variety of vegetables vs. offering same vegetable repeatedly.
- Mom's diet during pregnancy & lactation.
- Mix with another familiar food.



Healthy Eating Research: Building Evidence to Prevent Childhood Obesity





---

---

---

---

---

---

---

---

### Making the Move to More Texture

Age Range	Texture
About 6 months	Puree 
6 to 8 months	Fork-Mashed to Lumpy 
9 to 12 months	Chopped Soft foods/ Bite-Sized Pieces of Finger Foods 

Adapted from USDA, Feeding Infants: A Guide for use in Child Nutrition Programs, 2001




---

---

---

---

---

---

---

---

---

---

### AAPs New Juice Recommendations

No juice before age 1



American Academy of Pediatrics "Fruit Juice in Infants, Children, & Adolescents: Current Recommendations." Pediatrics (2017).




---

---

---

---

---

---

---

---

---

---

The AAP recommends introducing one new food **every 3-5 days** so that if a reaction occurs, the **problem food** is **easily identified**.

American Academy of Pediatrics Committee on Nutrition. Pediatric Nutrition. 7<sup>th</sup> ed.




---

---

---

---

---

---

---

---

---

---

When introducing foods to a baby **include those which may cause an allergy** within the first 12 months of life.



---

---

---

---

---

---

---

---

### *Early Introduction, Not Avoidance*

- Introduce after baby has experience with other foods
- Give at home
- Once introduced, continue to regularly include these foods
- If baby has reaction, stop giving that food
- No need to avoid acidic foods, such as berries, tomatoes, citrus fruits/vegetables



---

---

---

---

---

---

---

---

### When to Refer *Before* Introducing Potential Allergenic Foods

- Parent or sibling with food allergies to any food.
- Caregiver perceives an allergy and, thus, limits the baby's diet.
- Persistent moderate-to-severe eczema that is not well managed.
- Diagnosis of milk protein allergy and prescribed a hydrolyzed or special formula.



---

---

---

---

---

---

---

---

### Home Feeding of Peanut Protein

Instructions	Feeding	Recipes
<ul style="list-style-type: none"> <li>• Feed baby when healthy</li> <li>• Adult supervision</li> <li>• Spend at least 2 hrs. with baby after feeding</li> </ul>	<ul style="list-style-type: none"> <li>• Offer small amount</li> <li>• Wait 10 minutes</li> </ul>	<ul style="list-style-type: none"> <li>• Add 2 tsp PB to 2 to 3 tsp hot water.</li> <li>• Add 2 to 3 tbs pureed fruit or vegetables to PB</li> </ul>

The Journal of Allergy and Clinical Immunology, Addendum guidelines for the prevention of peanut allergy in the U.S.




---

---

---

---

---

---

---

---

### How to feed foods?




---

---

---

---

---

---

---

---

### Responsive Feeding: Listening to Your Baby

Caregivers decide **when to start** and **when to stop** feeding based on baby's signs.




---

---

---

---

---

---

---

---

## Understanding Responsive Feeding

### Support Caregivers To:

- Recognize Feeding Signs
- Pace feeds to meet baby's needs
- Limit distractions during meals
- Understand feeding is learning and love- talk, eye contact
- Balance baby's need for assistance with encouragement of self feeding



Healthy Eating Research: Building Evidence to Prevent Childhood Obesity




---

---

---

---

---

---

---

---

---

---

## Feeding Cues/Signs

Age	Hunger Signs	Fullness Signs
Around 6 through 8 months	<ul style="list-style-type: none"> <li>▪ Reaches for food</li> <li>▪ Coos during feeding to indicate more</li> <li>▪ Opening mouth</li> </ul>	<ul style="list-style-type: none"> <li>▪ Eating slows down</li> <li>▪ Pushes food away</li> <li>▪ Seals lips</li> <li>▪ Turns head away</li> <li>▪ Distracted</li> </ul>
9 through 11 months	<ul style="list-style-type: none"> <li>▪ Gets excited when food is presented</li> <li>▪ Points to food</li> <li>▪ Expresses desire for specific foods with words or sounds</li> </ul>	<ul style="list-style-type: none"> <li>▪ Shakes head to say "no more"</li> </ul>

USDA, WIC Works Resource System, Infant Developmental Skills




---

---

---

---

---

---

---

---

---

---

## Infant Feeding **Hot** Topics




---

---

---

---

---

---

---

---

---

---

### Evolution of Baby Food Packaging



---

---

---

---

---

---

---

---

### To Squeeze, or Not to Squeeze *Creating a Balanced View*

- Gradual increase in food texture.
- Discourage prolonged use of smooth purees.
- Avoid “grazing” behaviors by allowing constant access to food, including pouches.
- Once opened, refrigerate within 1 hour and discard after 24 hours according to most manufacturers.



---

---

---

---

---

---

---

---

### Baby-Led Weaning (BLW)

BLW refers to a way to introduce solid food without purees or spoon feeding.



---

---

---

---

---

---

---

---

### BLW Foods

- Steamed/roasted long pieces or chunks of vegetables/ meats
- Sticks or whole raw fruits




---

---

---

---

---

---

---

---

### Evidence to Date: BLW

- Limited research to recommend as a feeding approach
- Choking concern
- Potential inadequate iron & zinc
- For success babies must be able to self-feed
- Not the best option for all babies at all times




---

---

---

---

---

---

---

---

### Assessing Nutritional Adequacy & Safety

BLW: Key questions to assess adequate nutrition & safety:

What foods do you plan to offer & how will you offer them? What foods do you plan to avoid or delay?

What have you heard about iron and zinc needs of a baby? What foods do you plan to offer that provide iron and zinc?

What foods are you aware of that are choking hazards for babies? How do you plan to minimize the risk of choking while following BLW?

Would you be willing to add in purees, especially if your baby is not able to self-feed at 6 months?




---

---

---

---

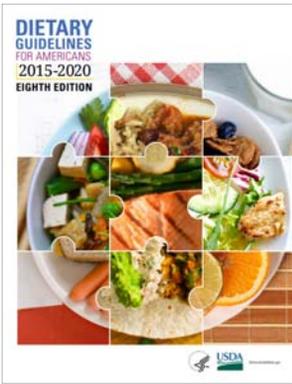
---

---

---

---

Dietary Guidelines for Americans 2020-2025 will include guidance for infants & toddlers 2 and younger.



The image shows the cover of the 'DIETARY GUIDELINES FOR AMERICANS 2015-2020 EIGHTH EDITION'. It features a vibrant, circular collage of various food items including salmon, broccoli, carrots, and bread, arranged around a central point. The USDA logo is visible at the bottom right of the cover.

WFC 

---

---

---

---

---

---

---

---

*In Summary*

- Many changes in infant feeding, including feeding techniques, food marketing, and nutrition requirements.
- Because the pace at which babies obtain feeding skills varies, many recommendations should be considered in conjunction with the baby's development.

WFC 

---

---

---

---

---

---

---

---

*Questions*

- To ask a question, type it into the chat box or unmute your phone.
- We will prioritize questions and answer them as time allows.

Brigitte.Boyd@state.co.us

WFC 

---

---

---

---

---

---

---

---