

INFANTS

411 Inappropriate Nutrition Practices for Infants

Routine use of feeding practices that may result in impaired nutrient status, disease, or health problems.

Priority 4

<p>411A: Routinely using a substitute(s) for breast milk or Iron-fortified formula as primary nutrient source through 1st year</p> <p>Examples:</p> <ul style="list-style-type: none"> ◆ Low Iron formula with no iron supplementation ◆ Cow's milk, goat's milk, canned evaporated or sweetened condensed milk ◆ Imitation or substitute milks – rice or soy-based beverages, etc. 	<p>411B: Routinely using bottles or cups improperly</p> <ul style="list-style-type: none"> ◆ Using bottle to feed fruit juice ◆ Feeding any sugar-containing fluid ◆ Allowing infant to fall asleep or put to bed with bottle at nap or bedtime ◆ Allowing infant to use bottle without restriction ◆ Propping the bottle ◆ Allowing infant to carry around and drink throughout day from covered cup ◆ Adding any food to infant's bottle
<p>411C: Routinely offering complementary* foods or other inappropriate in type or timing</p> <p>Examples:</p> <ul style="list-style-type: none"> ◆ Adding sweet agents like sugar, honey, syrup to beverages, prepared foods, pacifier ◆ Any food other than breast milk or iron-fortified infant formula before 4 months of age <p>*Complementary foods: anything other than breast milk or iron-fortified infant formula</p>	<p>411D: Routinely using feeding practice that disregard developmental needs or stage of infant</p> <ul style="list-style-type: none"> ◆ Inability to recognize, insensitivity to, or disregarding infant's cues for hunger and satiety <ul style="list-style-type: none"> – Forcing infant to eat certain type or amount of food – Ignoring hunger cues ◆ Feeding foods of inappropriate consistency, size or shape that puts infant at risk for choking ◆ Not supporting infant's need for growing independence with self-feeding <ul style="list-style-type: none"> – Spoon-feeding when infant ready to finger-feed/use utensils ◆ Feeding infant foods with inappropriate textures for developmental stage <ul style="list-style-type: none"> – Primarily pureed/liquid when infant is ready for more texture
<p>411E: Feeding foods that could be contaminated w/ harmful microorganisms</p> <p>Examples</p> <ul style="list-style-type: none"> ◆ Unpasteurized fruit/vegetable juice ◆ Unpasteurized dairy products or soft cheese ◆ Honey ◆ Raw/undercooked meat, fish, poultry, or eggs ◆ Raw vegetable sprouts ◆ Deli meat, hot dogs, & processed meats (unless heated until steaming hot) 	<p>411F: Routinely feeding inappropriately diluted formula</p> <ul style="list-style-type: none"> ◆ Failure to follow manufacturer's dilution instructions ◆ Failure to follow specific instructions accompanying medical prescription
<p>411G: Routinely limiting frequency of nursing (exclusively breastfed)</p> <p>Examples</p> <ul style="list-style-type: none"> ◆ Scheduled feedings instead of demand feedings ◆ < 8 feedings in 24 hours, infant < 2 months ◆ < 6 feedings in 24 hours, infant 2-6 months 	<p>411H: Routinely feeding diet very low in calories/essential nutrients</p> <p>Examples</p> <ul style="list-style-type: none"> ◆ Vegan diet ◆ Macrobiotic diet ◆ Other diets very low in calories/essential nutrients

411 I: Routinely using inappropriate sanitation in preparation, handling, & storage of expressed breastmilk or formula

Examples

- ◆ Limited or no access to a:
 - Safe water supply
 - Heat source for sterilization
 - Refrigerator or freezer for storage
- ◆ Failure to properly prepare, handle & store bottles or storage containers of expressed breastmilk or formula

411J: Feeding dietary supplements with potentially harmful consequences

Examples of dietary supplements, when fed in excess of recommended dosage may be toxic or harmful :

- ◆ Single or multi-vitamins
- ◆ Mineral supplements
- ◆ Herbal or botanical supplements, remedies, teas

411K: Routinely not providing dietary supplements recognized as essential by national public health policy

- ◆ Infants 6 months+ ingesting < 0.25 mg fluoride daily when water supply contains less than 0.3 ppm fluoride
- ◆ Infants who are exclusively breastfed, or ingesting < 1 liter (1 quart) of vitamin D-fortified formula, and not taking supplement of 400 IU Vitamin D.

428: Dietary Risk Associated with Complementary Feeding Practices

- ◆ Complete nutrition assessment, including RC 411 for infants **MUST** be completed prior to assigning this risk
- ◆ Infants 4-12 months: Priority 4
- ◆ An infant or child who has begun to or expected to begin to
 - Consume complementary food & beverages
 - Eat independently
 - Be weaned from breastmilk or infant formula
 - Transition from diet based on infant/toddler foods to one based on Dietary Guidelines for Americans