Infant Diet Risk Codes

OCTOBER 2026

Risk Codes	Definition and Examples
411 A-K: Inappropriate Nutrition Practices for Infants	Routine use of feeding practices that may result in impaired nutrient status, disease or health problems.
411A: Routinely using a substitute(s) for breast milk or Iron-fortified formula as a primary nutrient source through first year	• 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, non-dairy creamer, or other "homemade concoctions."
411B: Routinely using bottles or cups improperly	• Using bottle to feed fruit juice. • Feeding any sugar-containing fluid (soda, soft drinks, corn syrup solutions, sweetened tea). • Allowing infant to fall asleep or put to bed with bottle at nap or bedtime. • Propping the bottle when feeding. • Allowing infant to use bottle without restriction (walking around with a bottle) or as a pacifier. • Allowing infant to carry around and drink throughout the day from covered or training cup/bottle. • Adding any food to infant's bottle (cereal or other solid foods).
411C: Routinely offering complementary* foods or other substances that are inappropriate in type or timing	Adding sweet agents like sugar, honey, syrup to beverages (including water) or prepared foods, or used as a pacifier. Introducing any food other than breast milk or iron-fortified infant formula before 6 months of age. *Complementary foods: any foods or beverages other than breast milk or iron-fortified infant formula.
411D: Routinely using feeding practice that disregard development needs or stage of infant	Inability to recognize, insensitivity to, or disregard infant's cues for hunger and satiety *(forcing infant to eat certain type or amount of food or ignoring hunger cues).* Feeding foods of inappropriate consistency, size or shape that puts infant at risk for choking. Feeding primarily pureed/liquid when infant is ready and capable for more texture such as mashed, chopped, or appropriate finger foods. Not supporting infant's need for growing independence with self-feeding *(soley spoon-feeding when infant is able and ready to finger-feed/use utensils).*

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411E: Feeding foods to an infant that could be contaminated with harmful microorganisms or toxins	• Unpasteurized fruit/vegetable juice. • Unpasteurized dairy products or soft cheese (feta, Brie, Camembert, blue-veined, and Mexican-style cheese). • Honey (added to liquids or solid foods, used in cooking, as part of processed foods, on a pacifier, etc.). • Raw/undercooked meat, fish, poultry, or eggs. • Raw vegetable sprouts (alfalfa, clover, bean, and radish). • Deli meat, hot dogs & processed meats (unless heated until steaming hot).
411F: Routinely feeding inappropriately diluted formula	Failure to follow manufacturer's dilution instructions (to include stretching formula for household economic reasons). Failure to follow specific instructions accompanying medical prescription.
411G: Routinely limiting the frequency of nursing of the exclusively breastfed infant when human milk is the sole source of nutrients	Scheduled feedings instead of on demand feedings. < 8 feedings in 24 hours if infant is < 2 months old. < 6 feedings in 24 hours if infant between 2-6 months of age.
411H: Routinely feeding diet very low in calories/essential nutrients	• Strictly vegan diet. • Macrobiotic diet. • Other diets very low in calories/essential nutrients.
411I: Routinely using inappropriate sanitation in the feeding, preparation, handling & storage of expressed human milk or formula	Limited or no access to safe water supply, heat source for sterilization, refrigerator or freezer for storage. Failure to properly prepare, handle & store bottles or storage containers of expressed human milk or formula. **Human milk:** • Thawing/heating in microwave. • Refreezing or adding expressed unrefrigerated human milk to frozen. • Adding freshly pumped chilled human milk to frozen human milk in an amount that is greater than the amount of frozen human milk. • Feeding milk after 24 hours from thawing. • Saving human milk from used bottles for another feeding. • Not cleaning breast pump per manufacturer's instructions. • Feeding donor human milk acquired directly from individuals or the Internet. **Formula:** • Failure to prepare and/or store formula per manufacturers or physician instructions. • Storing at room temp for more than 1 hour. • Using formula in a bottle more than 1 hour after the start of feeding. • Saving formula from used bottle for another feeding. • Failure to clean bottles properly.

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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 when an infant's diet alone cannot meet nutrient requirements	Infants ≥ 6 months of age ingesting < 0.25 mg fluoride daily when water supply contains < 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 **Only used for infants 4-12 months.**	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.

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