The Robert Wood Johnson Foundation (RJWF) recently published *Feeding Guidelines for Infants and Young Toddlers: A Responsive Parenting Approach*. The report, developed by the RJWF Healthy Eating Research (HER) expert panel, is based on a comprehensive review of over 250 published articles on feeding infants and toddlers.

The objective of this project was to develop evidence-based infant and toddler feeding guidelines focused on what and how to feed infants and toddlers, in the context of the growing child and responsive parenting. Conclusive evidence has emerged showing that the period from conception to age 2 is critical for childhood obesity prevention, and overall long term health of an individual. For this reason the 2020 Dietary Guidelines for Americans (DGA) will include for the first time, recommendations for children under 2 years of age. The findings in this report will inform and contribute to the development of the 2020 DGA for children under 2 years of age.

This publication has a wealth of practical information on infant and toddler feeding based on the latest research. We encourage you to read the full report. An issue brief, *Feeding Infants and Young Toddlers: Using the Latest Evidence in WIC Settings*, provides an overview of how the feeding guidelines outlined in the full report can be utilized in the WIC setting. As follow-up, we will be writing a series of short Wednesday Updates on infant feeding topics for 0-24 month olds, focusing on practical information for using the guidelines in WIC.