

Summary: Nutrition for Healthy Term Infants Recommendations from Six to 24 Months

PRINCIPLES	RECOMMENDATIONS
Breastfeeding is an important source of nutrition for older infants and young children as complementary foods are introduced.	Support sustained breastfeeding for up to two years or beyond, as long as mother and child want to continue.
Supplemental vitamin D is recommended for infants and young children who are breastfed or receiving breastmilk.	Recommend a daily vitamin D supplement of 10 ug (400 IU) for infants and young children who are breastfed or receiving breastmilk.
Complementary feeding, along with continued breastfeeding, provides the nutrients and energy to meet the needs of the older infant.	<p>Recommend gradually increasing the number of times a day that complementary foods are offered while continuing to breastfeed.</p> <p>Recommend iron-rich meat, meat alternatives, and iron-fortified cereal as the first complementary foods. Encourage parents and caregivers to progress to introduce a variety of nutritious foods from the family meals.</p> <p>Ensure that lumpy textures are offered no later than nine months. Encourage progress towards a variety of textures, modified from family foods, by one year of age.</p>
Responsive feeding promotes the development of healthy eating skills.	<p>Encourage responsive feeding based on the child's hunger and satiety cues.</p> <p>Promote offering finger foods to encourage self-feeding.</p> <p>Encourage use of an open cup, initially with help.</p>
Iron-rich complementary foods help prevent iron deficiency.	<p>Continue to recommend a variety of iron-rich foods. Ensure that foods such as meat and meat alternatives and iron-fortified cereal are offered a few times each day.</p> <p>If parents and caregivers are introducing cow milk, advise them to delay until nine to 12 months of age. Recommend limiting cow milk intake to no more than 750 mL per day.</p>

PRINCIPLES	RECOMMENDATIONS
<p>Food for older infants and young children must be prepared, served and stored safely.</p>	<p>Recommend infants and young children always be supervised during feeding.</p> <p>Recommend parents and caregivers avoid offering hard, small and round, or smooth and sticky solid foods. These may cause aspiration and choking.</p> <p>Promote safe food preparation and storage to prevent foodborne illness. Recommend avoiding products that contain raw or undercooked meat, eggs, poultry, or fish; unpasteurized milk or milk products; unpasteurized juice; and cross-contamination between cooked and uncooked foods.</p> <p>Advise parents and caregivers not to give honey to a child under one year of age. This helps to prevent infant botulism.</p>
<p>From one year of age, young children begin to have a regular schedule of meals and snacks, and generally follow the advice in Canada’s Food Guide.</p>	<p>Recommend a regular schedule of meats and snacks, offering a variety of foods from the four food groups.</p> <p>Recommend foods prepared with little or no added salt or sugar.</p> <p>Explain to parents and caregivers that nutritious, higher-fat foods are an important source of energy for young children.</p> <p>Encourage continued breastfeeding, or offering 500 mL per day of homogenized (3.25% M.F.) cow milk.</p> <p>Advise limiting fruit juice and sweetened beverages. Encourage offering water to satisfy thirst.</p> <p>Encourage parents and caregivers to be role models and instil lifelong healthy eating habits.</p>
<p>Recommendations on the use of breastmilk substitutes.</p>	<p>Some infants may not be breastfed for personal, social or rarely, medical reasons. Their families need support to optimize the infant’s nutritional well-being. The International Code of Marketing of Breast-Milk Substitutes (WHO, 1981) advises health professionals to inform parents about the importance of breastfeeding, the personal, social, and economic costs of formula feeding, and the difficulty of reversing the decision not to breastfeed. Individually counsel those families who have made a fully informed choice not to breastfeed on the use of breastmilk substitutes.</p>

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