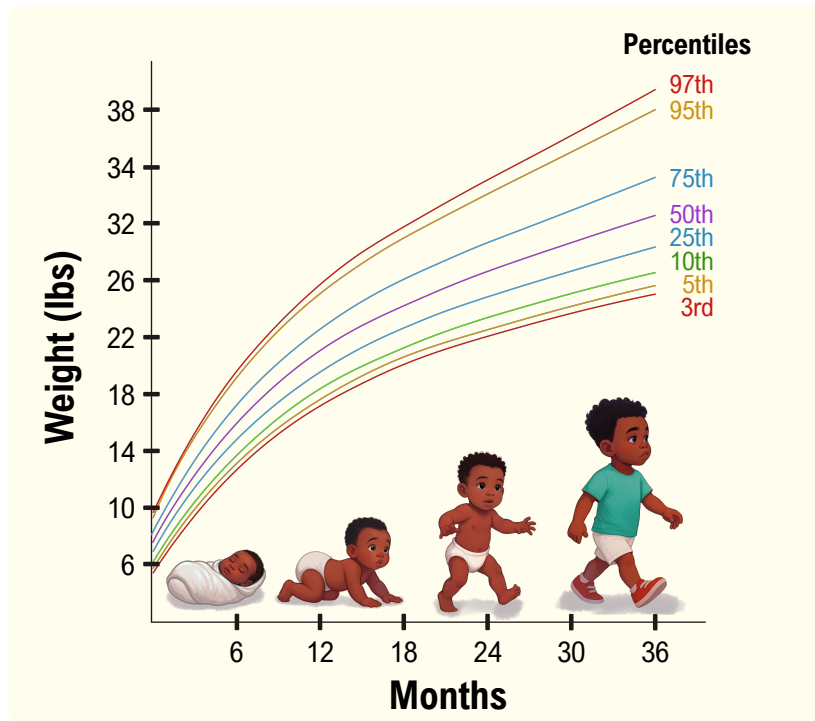


CONCEPT: NUTRITIONAL NEEDS FOR INFANTS

Infant Nutrition & Growth

- ◆ An infant's *growth* is a key indicator of their *overall* _____.
- ◆ Infants *triple* birth weight by ~12 months - the _____ *growth rate* through any stretch of life.
 - Infants need _____ - _____ kcal per pound of body weight per day (~3x more than adults).



Note: An infant's weight & length should be approximately _____.

CONCEPT: NUTRITIONAL NEEDS FOR INFANTS

EXAMPLE

Baby James' height & weight are taken by the doctor at his 8-month well-check. His length is in the 30th percentile, and his weight is in the 75th percentile, the same values as his last two appointments. What actions should his parents take to optimize his health?

- a) Feed him more breastmilk.
- b) Increase his daily caloric intake.
- c) Reduce James' Calorie intake by cutting out high-Calorie, low-nutrient foods (e.g. concentrated fruit juice).
- d) Feed him more food rich in vitamin D & calcium to help his bones grow longer.

PRACTICE

Which of the following statements is true?

- a) When a doctor is checking an infant's growth, they're looking for the weight percentile to be approximately half of the length percentile (e.g. 50th percentile for length & 25th percentile for weight).
- b) Between birth & 12 months old, an infant's weight should approximately double.
- c) An infant's length and weight should be checked by a doctor at least once every year.
- d) A healthy infant's length & weight should increase approximately proportionally to each other.

CONCEPT: NUTRITIONAL NEEDS FOR INFANTS

Dietary Requirements for Infants: 0-6 Months

- ◆ Breastmilk & formulas typically meet _____ hydration & nutritional needs of infants in their first 6 months of life.
 - Exception: exclusively breastfed infants are typically recommended vitamin _____ supplements.
- ◆ 40-50% of an infant's energy should come from _____ in the first year of life.


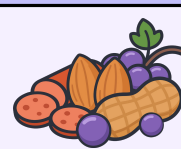




Dietary Requirements for Infants: 6-12 Months

- ◆ By ~6 months of age, some _____-solid foods may be introduced when the baby is physiologically ready:

<p>Has head/neck control.</p> 	<p>Can sit up with support.</p> 	<p>Can turn head to indicate fullness.</p> 
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- ◆ Introduce new foods *one-at-a-time* to test for *allergies*; prioritize _____-rich semi-solid foods (e.g. pureed meat).
- ◆ Some foods & beverages are _____ safe for infants:

Honey: may contain <i>Clostridium botulinum</i> .	Choking Hazards: grapes, nuts, raw carrots, hot dogs.	Animal/Plant Milk: lack the nutrient profile suitable for infants.	Juice: high in sugar, can lead to excess Calorie intake.
			

CONCEPT: NUTRITIONAL NEEDS FOR INFANTS

EXAMPLE

Mark each food with a ✓ if it's safe, or with a number (1–4) to indicate why it's unsafe for physiologically ready infants around 6 months old.

Honey ____	✓	Safe.
Fruit juice ____	1	Unsafe: Contains lots of sugar which can lead to excess Calorie consumption.
Pureed meat ____	2	Unsafe: Choking hazard.
Cow's milk/plant-based milk ____	3	Unsafe: May contain <i>Clostridium botulinum</i> , a pathogen that can be extremely harmful to an infant (due to under-developed immune system).
Hot dog slices, nuts, grapes ____	4	Unsafe: Does not have a nutrient profile that meets an infant's needs.
Yogurt blended w/ strawberries ____		

EXAMPLE

Fill in the interactive blanks to complete the table & review key concepts:

	Preconception	During pregnancy	First 12 months (Lactation)
Father	_____ teratogens. Achieve a healthy weight via a balanced diet & exercise.	Do not smoke if regularly around mother.	Do not smoke if regularly around mother or baby.
Mother	Avoid/limit teratogens. Achieve a healthy weight via a balanced diet & exercise. Consume 400 µg _____/day.	Avoid/limit teratogens. Light exercise for >150 min/week. Consume 3L fluid & an extra 350-450 kcal per day in 2 nd & 3 rd trimesters.	Avoid/limit teratogens. Consume 3.8L fluid & an extra _____-400 kcal per day. _____ iron intake to 9 mg/day.
Baby	N/A	N/A	_____ or formula is primary source of nutrition. _____ honey, choking hazards, cow's/plant milk, & juice.

CONCEPT: NUTRITIONAL NEEDS FOR INFANTS

PRACTICE

Which of the following is the most appropriate semi-solid food to start feeding an infant at 6 months old?

- a) Raisins/grapes.
- b) Pureed meat.
- c) Yogurt & honey.
- d) Nuts & seeds.

PRACTICE

Which of the following is NOT a requirement to start feeding a 6-month-old baby solid foods?

- a) They have head & neck control.
- b) They have mature swallowing ability.
- c) They can sit upright.
- d) They have all their teeth.