411 Inappropriate Nutrition Practices for Infants

Definition/cut-off value

Routine use of feeding practices that may result in impaired nutrient status, disease, or health problems. These practices, with examples, are outlined below. Refer to "Attachment to 411-Justification and References" for this criterion.

Participant category and priority level

Category	Priority
Infants	IV

Inappropriate Nutrition Practices for Infants	Examples of Inappropriate Nutrition Practices (including but not limited to)
411.1 Routinely using a substitute(s) for human milk or for FDA approved iron-fortified formula as the primary nutrient source during the first year of life.	Examples of substitutes: • Low iron formula without iron supplementation; • Cow's milk, goat's milk, or sheep's milk (whole, reduced fat, low-fat, skim), canned evaporated or sweetened condensed milk; and • Imitation or substitute milks (such as rice- or soy-based beverages, non-dairy creamer), or other "homemade concoctions."
411.2 Routinely using nursing bottles or cups improperly.	• Using a bottle to feed fruit juice. • Feeding any sugar-containing fluids, such as soda/soft drinks, gelatin water, corn syrup solutions, and sweetened tea. • Allowing the infant to fall asleep or be put to bed with a bottle at naps or bedtime. • Allowing the infant to use the bottle without restriction (e.g., walking around with a bottle) or as a pacifier. • Propping the bottle when feeding. • Allowing an infant to carry around and drink throughout the day from a covered or training cup. • Adding any food (cereal or other solid foods) to the infant's bottle.

Inappropriate Nutrition Practices for Infants	Examples of Inappropriate Nutrition Practices (including but not limited to)
411.3 Routinely offering complementary foods* or other substances that are inappropriate in type or timing. **Complementary foods are any foods or beverages other than human milk or infant formula.*	Examples of inappropriate complementary foods: • Adding sweet agents such as sugar, honey, or syrups to any beverage (including water) or prepared food, or used on a pacifier; and • Introducing any food other than human milk or iron-fortified infant formula before 6months of age.
411.4 Routinely using feeding practices that disregard the developmental needs or stage of the infant.	• Inability to recognize, insensitivity to, or disregarding the infant's cues for hunger and satiety (e.g., forcing an infant to eat a certain type and/or amount of food or beverage or ignoring an infant's hunger cues). • Feeding foods of inappropriate consistency, size, or shape that put infants at risk of choking. • Not supporting an infant's need for growing independence with self-feeding (e.g., solely spoon-feeding an infant who is able and ready to finger-feed and/or try self-feeding with appropriate utensils). • Feeding an infant food with inappropriate textures based on his/her developmental stage (e.g., feeding primarily pureed or liquid foods when the infant is ready and capable of eating mashed, chopped or appropriate finger foods).
411.5 Feeding foods to an infant that could be contaminated with harmful microorganisms or toxins.	Examples of potentially harmful foods: • Unpasteurized fruit or vegetable juice; • Unpasteurized dairy products or soft cheeses such as 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 or undercooked meat, fish, poultry, or eggs; • Raw vegetable sprouts (alfalfa, clover, bean, and radish); and • Deli meats, hot dogs, and processed meats (avoid unless heated until steaming hot).
411.6 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 a prescription.

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411.7 Routinely limiting the frequency of nursing of the exclusively breastfed infant when human milk is the sole source of nutrients.	Examples of inappropriate frequency of nursing: • Scheduled feedings instead of demand feedings; and • Less than 8 feedings in 24 hours if less than 2 months of age.
411.8 Routinely feeding a diet very low in calories and/or essential nutrients.	Examples: • Strict vegan diet; • Macrobiotic diet; and • Other diets very low in calories and/or essential nutrients.
411.9 Routinely using inappropriate sanitation in preparation, handling, and storage of expressed human milk or formula.	Limited or no access to a: • Safe water supply (documented by appropriate officials e.g., municipal or health department authorities); • Heat source for sterilization; and/or • Refrigerator or freezer for storage. Failure to prepare, handle, and store bottles, storage containers or breast pumps properly; examples include: Human Milk • Thawing/heating in a microwave • Refreezing • Adding freshly expressed unrefrigerated human milk to frozen human milk • Adding freshly pumped chilled human milk to frozen human milk in an amount that is greater than the amount of frozen human milk • Feeding thawed refrigerated human milk more than 24 hours after it was thawed • Saving human milk from a used bottled for another feeding • Failure to clean breast pump per manufacturer's instruction Formula • Failure to prepare and/or store formula per manufacturer's or physician instructions • Storing at room temperature for more than 1 hour • Using formula in a bottle one hour after the start of a feeding

Inappropriate Nutrition Practices for Infants	Examples of Inappropriate Nutrition Practices (including but not limited to)
411.9 (continued) Routinely using inappropriate sanitation in preparation, handling, and storage of expressed human milk or formula.	• Saving formula from a used bottle for another feeding • Failure to clean baby bottle properly
411.10 Feeding dietary supplements with potentially harmful consequences.	Examples of dietary supplements which, when fed in excess of recommended dosage, may be toxic or have harmful consequences: • Single or multi-vitamins; • Mineral supplements; and • Herbal or botanical supplements/remedies/teas.
411.11 Routinely not providing dietary supplements recognized as essential by national public health policy when an infant's diet alone cannot meet nutrient requirements.	• Infants who are 6 months of age or older who are ingesting less than 0.25 mg of fluoride daily when the water supply contains less than 0.3 ppm fluoride. • Infants who are exclusively breastfed, or who are ingesting less than 1 liter (or 1 quart) per day of vitamin D-fortified formula, and are not taking a supplement of 400 IU of vitamin D.