

# 425 Inappropriate Nutrition Practices for Children

## 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 425-Justification and References” for this criterion.

## Participant Category and Priority Level

Category	Priority
Children	V

Inappropriate Nutrition Practices for Children	Examples of Inappropriate Nutrition Practices (including but not limited to)
425.1 Routinely feeding inappropriate beverages as the primary milk source.	<p>Examples of inappropriate beverages as primary milk source:</p> <ul style="list-style-type: none"> <li>• Non-fat or reduced-fat milks (between 12 and 24 months of age, unless allowed by State agency policy for a child for whom overweight or obesity is a concern) or sweetened condensed milk; and</li> <li>• Goat’s milk, sheep’s milk, imitation or substitute milks (that are unfortified or inadequately fortified), or other “homemade concoctions.”</li> </ul>
425.2 Routinely feeding a child any sugar-containing fluids.	<p>Examples of sugar-containing fluids:</p> <ul style="list-style-type: none"> <li>• Soda/soft drinks;</li> <li>• Gelatin water;</li> <li>• Corn syrup solutions; and</li> <li>• Sweetened tea.</li> </ul>
425.3 Routinely using nursing bottles, cups, or pacifiers improperly.	<ul style="list-style-type: none"> <li>• Using a bottle to feed: <ul style="list-style-type: none"> <li>○ Fruit juice, or</li> <li>○ Diluted cereal or other solid foods.</li> </ul> </li> <li>• Allowing the child to fall asleep or be put to bed with a bottle at naps or bedtime.</li> <li>• Allowing the child to use the bottle without restriction (e.g., walking around with a bottle) or as a pacifier.</li> <li>• Using a bottle for feeding or drinking beyond 14</li> </ul>

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	months of age.
	<ul style="list-style-type: none"> <li>Using a pacifier dipped in sweet agents such as sugar, honey, or syrups.</li> <li>Allowing a child to carry around and drink throughout the day from a covered or training cup.</li> </ul>
425.4 Routinely using feeding practices that disregard the developmental needs or stages of the child.	<ul style="list-style-type: none"> <li>Inability to recognize, insensitivity to, or disregarding the child's cues for hunger and satiety (e.g., forcing a child to eat a certain type and/or amount of food or beverage or ignoring a hungry child's requests for appropriate foods).</li> <li>Feeding foods of inappropriate consistency, size, or shape that put children at risk of choking.</li> <li>Not supporting a child's need for growing independence with self-feeding (e.g., solely spoon-feeding a child who is able and ready to finger-feed and/or try self-feeding with appropriate utensils).</li> <li>Feeding a child food with an inappropriate texture based on his/her developmental stage (e.g., feeding primarily pureed or liquid food when the child is ready and capable of eating mashed, chopped or appropriate finger foods).</li> </ul>
425.5 Feeding foods to a child that could be contaminated with harmful microorganisms.	<p>Examples of potentially harmful foods for a child:</p> <ul style="list-style-type: none"> <li>Unpasteurized fruit or vegetable juice;</li> <li>Unpasteurized dairy products or soft cheeses such as feta, Brie, Camembert, blue-veined, and Mexican-style cheese;</li> <li>Raw or undercooked meat, fish, poultry, or eggs;</li> <li>Raw vegetable sprouts (alfalfa, clover, bean, and radish);</li> <li>Undercooked or raw tofu; and</li> <li>Deli meats, hot dogs, and processed meats (avoid unless heated until steaming hot).</li> </ul>
425.6 Routinely feeding a diet very low in calories and/or essential nutrients.	<p>Examples:</p> <ul style="list-style-type: none"> <li>Vegan diet;</li> <li>Macrobiotic diet; and</li> <li>Other diets very low in calories and/or essential nutrients.</li> </ul>

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425.7 Feeding dietary supplements with potentially harmful consequences.	<p>Examples of dietary supplements which when fed in excess of recommended dosage may be toxic or have harmful consequences:</p> <ul style="list-style-type: none"> <li>• Single or multi-vitamins;</li> <li>• Mineral supplements; and</li> <li>• Herbal or botanical supplements/remedies/teas.</li> </ul>
425.8 Routinely not providing dietary supplements recognized as essential by national public health policy when a child's diet alone cannot meet nutrient requirements.	<ul style="list-style-type: none"> <li>• Providing children under 36 months of age less than 0.25 mg of fluoride daily when the water supply contains less than 0.3 ppm fluoride.</li> <li>• Providing children 36-60 months of age less than 0.50 mg of fluoride daily when the water supply contains less than 0.3 ppm fluoride.</li> <li>• Not providing 400 IU of vitamin D if a child consumes less than 1 liter (or 1 quart) of vitamin D fortified milk or formula.</li> </ul>
425.9 Routine ingestion of non-food items (pica).	<p>Examples of inappropriate nonfood items:</p> <ul style="list-style-type: none"> <li>• Ashes;</li> <li>• Carpet fibers;</li> <li>• Cigarettes or cigarette butts;</li> <li>• Clay;</li> <li>• Dust;</li> <li>• Foam rubber;</li> <li>• Paint chips;</li> <li>• Soil; and</li> <li>• Starch (laundry and cornstarch).</li> </ul>