

411 Inappropriate Nutrition Practices for Infants (I)

411.5 Feeding Harmful Foods

Description • Feeding foods that could be contaminated with microorganisms/toxins:
 ○ Unpasteurized juice, soft cheese, honey, raw/undercooked meat/poultry/eggs, unheated deli meats/hotdogs

Assess Readiness for Change: with open ended questions

- “Your family eats a lot of xx (i.e. cheese). How do you know if your xx (i.e. cheese) is pasteurized?”
- “Would you be willing to use a different kind of xx (i.e. cheese) since your xx (i.e. cheese) is not pasteurized?”

Discussion, Counseling and Education

If the answer is:	Try Counseling Strategies	Try Education
Not ready “I don’t know. Mexican cheese is traditional for our family. Raise awareness & personalize change	<ul style="list-style-type: none"> • “It can be hard to give up favorites! Cheese is a soft food, for infants, but unpasteurized foods can contain bacteria and cause food poisoning. Especially dangerous for infants. How willing would you be in trying different cheeses?” • “What other cheeses do you think you could substitute?” 	<ul style="list-style-type: none"> • “Sam is eligible for WIC because he gets xx (i.e. unpasteurized cheese) which can cause food poisoning. How can we help you decide which cheeses are best for Sam?”
Record Plan or Goal	Mom unaware of unpasteurized dangers. Hesitant to change due to culture. Re-assess cheese choices next appointment.	
Unsure “I didn’t know it mattered. I thought it was safe if it was sold in a store.” Raise awareness & confidence & identify barriers to change	<ul style="list-style-type: none"> • “One would think so, but unpasteurized cheese may be sold if it meets aging requirements (60 days) which is supposed to reduce the bacteria in cheese. It is safest to check the label to see if it is pasteurized. And if not avoid. What do you think would be best for you?” 	<ul style="list-style-type: none"> • Avoid unpasteurized juice, cheese, milk, undercooked foods and raw sprouts- may contain bacteria and cause food poisoning: <ul style="list-style-type: none"> ○ Only purchase pasteurized products (read label) ○ Cook all foods to proper temperatures ○ Heat deli meats before served (contain listeria) ○ Eating out: choose hot over cold meat choices ○ Roadside farm stands (ask if pasteurized) ○ Follow safe handling practices ○ Check label to determine if pasteurized
Record Plan or Goal	Mom was unaware of regulations for labeling cheese, will now check labels. Check label reading issues next appointment.	
Ready “I don’t know. I will have to look at the packages. Can he eat other cheese?” Help plan change-support	<ul style="list-style-type: none"> • “Yes, any pasteurized cheese is safe. How comfortable are you with reading labels?” 	<ul style="list-style-type: none"> • “Hard cheese, cottage cheese and yogurt are also safe dairy products. How helpful would it be for me to show you how to read labels?”
Record Plan or Goal	Mom says will stop all soft cheese used. Discussed label reading. Check cheese choices next appointment.	

Education Resources <http://www.fda.gov/Food/ResourcesForYou/Consumers/ucm079516.htm> Resource- *Dangers of raw milk- FDA*
http://www.superkidsnutrition.com/infants_toddlers/bff_foodsafety.php Resource- *Food Safety for Infants*
http://www.fsis.usda.gov/Factsheets/Protect_Your_Baby/index.asp Resource- *Protect Yourself & Your Baby From Listeriosis Fact Sheet (vers 1/23/12)*