

# EAT YOUR PEAS AND PRUNES

## Nutrition Chart

*Pediatric Nutrition Pearls by Topic<sup>3</sup>*

### INFANT FORMULAS

Signs of a milk protein allergy in a neonate include diarrhea, vomiting, dermatitis, colic, and bloody stools.

Infants with a suspected milk protein allergy should be switched to soy formula.

About 14% of infants with a milk protein allergy will also develop an allergy to soy protein.

Infants with both milk and soy protein allergies should be switched to an extensively hydrolyzed formula, such as Alimentum.

“Follow-up” formulas for kids older than 12 months are not recommended, due to associated risks of obesity, iron deficiency, and cavities.

### INTRODUCING COMPLEMENTARY FOODS

Pureed baby food or baby cereal can be introduced after four months of age in formula fed infants.

It is recommended that breastfed infants exclusively breastfeed until six months of age.\*

An infant should meet several developmental milestones before attempting complementary foods: head control, ability to sit with little support, and oral motor skills.

Introduce a new food no more frequently than every 3-5 days to monitor for tolerance or allergic reaction.

A baby may need to try a new food 10 times or more before accepting it.

It is now recommended that potentially antigenic foods (peanut protein, egg, etc.) be introduced along with other complementary foods to decrease the future risk of allergy.\*\*

### VITAMINS AND MINERALS

Iron is the most common mineral deficiency in children.

Iron supplementation in infants is controversial. The American Academy of Pediatrics recommends supplementation for breastfed infants beginning at four months of age, however the U.S. Preventative Services Task Force gives iron supplementation in infants an “I” recommendation.<sup>4,5</sup>

Iron-rich foods include meat, vegetables (spinach, peas), iron-fortified cereal, and beans. Vitamin D supplementation (400IU/day) is recommended for exclusively breastfed babies until one year old, or in formula fed babies who drink less than 1L (33 ounces) of formula daily.

Fluoride supplementation should begin at six months of age for infants whose water source does not contain adequate fluoride (0.7 ppm). Check the Ohio Department of Health website ([www.odh.ohio.gov](http://www.odh.ohio.gov)) for local data.

### TODDLER DIET

Avoid choking risks in toddlers: candy, hot dogs, string cheese, nuts, and gum.

Avoid juice before 12 months of age. After 12 months, limit juice to 4-6 ounces a day.

A children’s multivitamin is not necessary for a normally developing child with a varied diet.

The U.S. Department of Agriculture recommends that vegetables and whole grains make up the largest portion of a toddler’s meal, with the rest supplied by fruit, protein, and dairy.



#### NOTES:

\*Breastfeeding is not included as its own topic in this table, but is highly encouraged by the American Academy of Family Physicians (AAFP), the American Academy of Pediatrics, and the World Health Organization. \*\*It is recommended that physicians review ways to introduce potentially antigenic foods before advising parents to give them to their child. For example, peanut protein can be given mixed with pureed food or as melted peanut butter.