

# 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.	<p>Examples of substitutes:</p> <ul style="list-style-type: none"> <li>• Low iron formula without iron supplementation.</li> <li>• Cow’s milk, goat’s milk, or sheep’s milk (whole, reduced fat, low-fat, skim), canned evaporated or sweetened condensed milk.</li> <li>• Imitation or substitute milks (such as rice- or soy-based beverages, non-dairy creamer), or other “homemade concoctions.”</li> </ul>
411.2 Routinely using nursing bottles or cups improperly.	<ul style="list-style-type: none"> <li>• Using a bottle to feed fruit juice.</li> <li>• Feeding any sugar-containing fluids, such as soda/soft drinks, gelatin water, corn syrup solutions, and sweetened tea.</li> <li>• Allowing the infant to fall asleep or be put to bed with a bottle at naps or bedtime.</li> <li>• Allowing the infant to use the bottle without restriction (e.g., walking around with a bottle) or as a pacifier.</li> <li>• Propping the bottle when feeding.</li> <li>• Allowing an infant to carry around and drink throughout the day from a covered or training cup.</li> <li>• Adding any food (cereal or other solid foods) to the infant’s bottle.</li> </ul>

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<p>411.3 Routinely offering complementary foods* or other substances that are inappropriate in type or timing.</p> <p><i>*Complementary foods are any foods or beverages other than human milk or infant formula.</i></p>	<p>Examples of inappropriate complementary foods:</p> <ul style="list-style-type: none"> <li>• Adding sweet agents such as sugar, honey, or syrups to any beverage (including water) or prepared food, or used on a pacifier.</li> <li>• Introducing any food other than human milk or iron-fortified infant formula before 6 months of age.</li> </ul>
<p>411.4 Routinely using feeding practices that disregard the developmental needs or stage of the infant.</p>	<ul style="list-style-type: none"> <li>• 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).</li> <li>• Feeding foods of inappropriate consistency, size, or shape that put infants at risk of choking.</li> <li>• 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).</li> <li>• 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).</li> </ul>
<p>411.5 Feeding foods to an infant that could be contaminated with harmful microorganisms or toxins.</p>	<p>Examples of potentially harmful foods:</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>• Honey (added to liquids or solid foods, used in cooking, as part of processed foods, on a pacifier, etc.).</li> <li>• Raw or undercooked meat, fish, poultry, or eggs.</li> <li>• Raw vegetable sprouts (alfalfa, clover, bean, and radish).</li> <li>• Deli meats, hot dogs, and processed meats (avoid unless heated until steaming hot).</li> <li>• Donor human milk acquired directly from individuals or the Internet.</li> </ul>
<p>411.6 Routinely feeding inappropriately diluted formula.</p>	<ul style="list-style-type: none"> <li>• Failure to follow manufacturer's dilution instructions (to include stretching formula for household economic reasons).</li> <li>• Failure to follow specific instructions accompanying a prescription.</li> </ul>

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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.	<p>Examples of inappropriate frequency of nursing:</p> <ul style="list-style-type: none"> <li>• Scheduled feedings instead of demand feedings.</li> <li>• Less than 8 feedings in 24 hours if less than 2 months of age.</li> </ul>
411.8 Routinely feeding a diet very low in calories and/or essential nutrients.	<p>Examples:</p> <ul style="list-style-type: none"> <li>• Strict vegan diet.</li> <li>• Macrobiotic diet.</li> <li>• Other diets very low in calories and/or essential nutrients.</li> </ul>
411.9 Routinely using inappropriate sanitation in the feeding, preparation, handling, and/or storage of expressed human milk or formula.	<p>Limited or no access to a:</p> <ul style="list-style-type: none"> <li>• Safe water supply (documented by appropriate officials e.g., municipal or health department authorities).</li> <li>• Heat source for sterilization.</li> <li>• Refrigerator or freezer for storage.</li> </ul> <p>Failure to prepare, handle, and store bottles, storage containers or breast pumps properly; examples include:</p> <p>Human Milk</p> <ul style="list-style-type: none"> <li>• Thawing/heating in a microwave.</li> <li>• Refreezing.</li> <li>• Adding freshly expressed unrefrigerated human milk to frozen human milk.</li> <li>• Adding freshly pumped chilled human milk to frozen human milk in an amount that is greater than the amount of frozen human milk.</li> <li>• Feeding thawed refrigerated human milk more than 24 hours after it was thawed.</li> <li>• Saving human milk from a used bottle for another feeding.</li> <li>• Failure to clean breast pump per manufacturer’s instruction.</li> <li>• Feeding donor human milk acquired directly from individuals or the Internet.</li> </ul> <p>Formula</p> <ul style="list-style-type: none"> <li>• Failure to prepare and/or store formula per manufacturer’s or physician instructions.</li> <li>• Storing at room temperature for more than 1 hour.</li> <li>• Using formula in a bottle one hour after the start of a feeding.</li> </ul>

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<p>411.9 (continued)</p> <p>Routinely using inappropriate sanitation in preparation, handling, and/or storage of expressed human milk or formula.</p>	<ul style="list-style-type: none"> <li>• Saving formula from a used bottle for another feeding.</li> <li>• Failure to clean baby bottle properly.</li> </ul>
<p>411.10 Feeding dietary supplements with potentially harmful consequences.</p>	<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.</li> <li>• Herbal or botanical supplements/remedies/teas.</li> </ul>
<p>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.</p>	<ul style="list-style-type: none"> <li>• 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.</li> <li>• 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.</li> </ul>