

Dr Sarah Gerritsen

Manaaki Tamariki Hui on
Sleep and Nutrition
Wellington, May 2021

**What's new in the 2021 Infant
and Toddler Dietary Guidelines?**

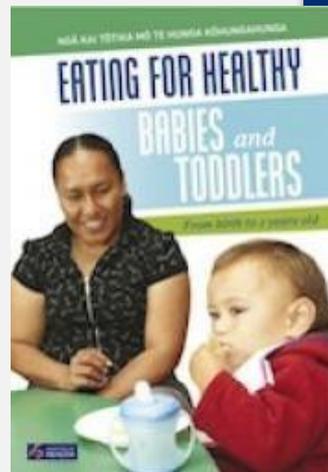


The guidelines need to reflect the latest evidence

Rapid increase in the amount and quality of research about nutrition in the first 1000 days of life (pregnancy through to 2 years) in past 10 years.

More recognition of the underlying social determinants of health.

Nutrition in early life lays the foundation for optimum growth, health and development across the lifespan.



Food and Nutrition
Guidelines for
Healthy Infants
and Toddlers (Aged 0–2)
A background paper

Partially revised 2012

New Zealand Government

2008

Enable health professionals to provide confident, consistent advice

“Food-based dietary guidelines are an attempt to translate a vast (and always incomplete) evidence base regarding relations between foods, diet patterns, and health into specific, culturally appropriate, and actionable recommendations.”

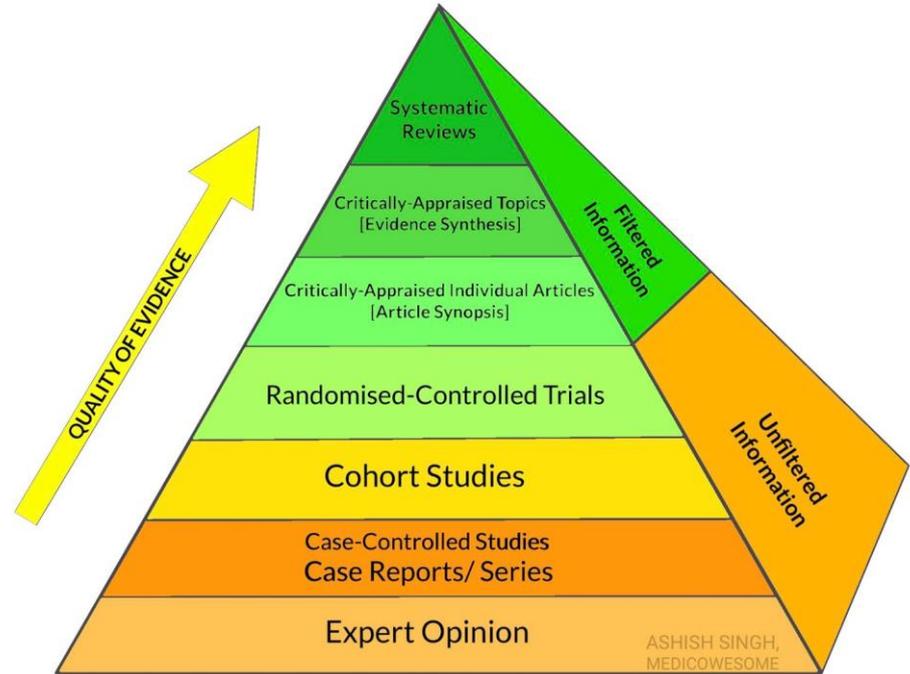
Herforth, A et al. 2019 *Nutrition Advances* 10:590



What does 'evidence based' mean?

Originates from EBM where clinical guidelines are defined as “systematically developed statements to assist practitioner and patient decisions about appropriate health care for specific clinical circumstances.”

Institute of Medicine, 1990



HIERARCHY OF EVIDENCE

The 'evidence base' for dietary guidelines follows this approach

Statements are based on systematic reviews and syntheses.

We don't conduct our own systematic reviews – use international evidence.

'Lower' forms of evidence used to inform NZ-specific advice in the Guidelines (indicated with stars).



HIERARCHY OF EVIDENCE

MAT0-2 Technical Advisory Group of experts



Professor **Clare Wall** (Chair), Nutrition & Dietetics, University of Auckland



Professor **Lesley McCowan**, Obstetrics & Gynaecology, University of Auckland



Sande Mareroa-Gates, Toi Tangata



Mafi Funaki-Tahifote, Pacific Heartbeat

A/Professor **Anne-Louise Heath**, Human Nutrition, Otago University



Dr **Robyn Lawrence**, Liggins Institute, University of Auckland



Kass Jane, Maternity, Ministry of Health



Emily Jones, Speech and Language Therapist, Massey University



A/Professor **Cath Conlon**, Sport, Exercise and Nutrition, Massey University

Anne Hodren, National Educator, Plunket



Testing of statements with public and stakeholders



Jacinta Fa'alili-Fidow, Seini Taufa Helu, Amio Ikihele



53 mothers, pregnant women, fathers, grandparents, caregivers, and early childhood teachers of under 2s: Maori (28%), Tongan (25%), Asian (21%) Samoan (18%), Pakeha (17%) Niuean (11%), Cook Island Maori (6%)

Online stakeholder consultation in 2019 received 40 organisation and 32 individual submissions on guideline wording.

Six main guidelines (recommendations for the public)

The guideline topics form the six chapters of the book:

1. Breastfeeding
2. Introduction to solids
3. Four main food groups
4. No/low salt and sugar
5. Drinks
6. Developing healthy eating behaviours

Main differences in the updated version related to **emphasis and confidence** rather than change in direction or re-writing

So what's new?

Statement 1. Aim to exclusively breastfeed your baby to around six months of age. Continue to breastfeed alongside the introduction of complementary foods at around six months, and for up to two years or longer.

- Brings NZ in line with WHO recommendations
- Evidence for extended breastfeeding is getting stronger, particularly:
 - alongside the introduction of complementary foods for maintaining energy and nutrient intake and reducing risk of allergies.
 - beyond 1 year for decreasing risk of breast cancer, ovarian cancer, diabetes in mother.

So what's new?

Statement 2. Introduce complementary foods (solids) at around six months of age, when your baby is showing signs of readiness.

Offer iron-rich foods, vegetables and fruit to infants as first foods. Introduce a range of tastes and textures earlier rather than later.

- Faster texture and taste progression than previously advised. "Start with spoon-fed puree, then progress quickly to chewable textures, such as mashed/lumpy foods and finger foods."

So what's new?

Statement 3. Once complementary feeding has started, offer a variety of nutritious foods every day, including:

- **vegetables and fruit**
- **grain foods (e.g., porridge, rice, bread, pasta)**
- **milk-based foods (e.g., yoghurt, cheese)**
- **legumes (e.g. beans, lentils, and tofu), nut butters, eggs, fish, seafood, chicken, or lean red meat.**

- Brings in line with Adult EAGs (four food groups, acceptability of vegetarian diet for all ages)
- Introducing common allergy causing foods early.
- Dietary supplements not recommended, except vitamin D if high risk of deficiency and B12 for children on a vegan diet.

So what's new?

Statement 4. When preparing food for your baby or toddler, do not add salt or sugar. If using commercially-prepared foods, choose those that are low in salt (sodium) and with no added sugars.

- Stronger wording.
- Provides list of foods that are “not good options” for infants and toddlers – poor nutritional value and displace healthy foods in diet
- Based on data from Growing Up in New Zealand that:
 - half of infants had tried sweets/chocolate, hot chips and crisps by 9 months of age.
 - 14% of 9 month olds were eating hot chips at least once a week.

So what's new?

Statement 5. Recommended drinks for your baby and toddler are breast milk* and water (once eating solid foods).

* or if necessary, a commercial infant formula until 12 months of age

Cow's milk can be offered as a drink from 12 months.

Do not give your baby or toddler juice, cordials, fruit drink, flavoured milk, soft drinks, tea, coffee or alcohol.

- Stronger wording – “Do not give...”.
- Open cup (without a spout) use from 6 months.
- Covers raw milk, plant-based milks, toddler milks, limiting cow's milk, safe drinking water, oral health

So what's new?

Statement 6. Let your baby and toddler guide you about how much they eat. Encourage your child to eat but do not force them.

Sit with your baby or toddler while they eat or drink and include them in family mealtimes. Aim for relaxed, enjoyable mealtimes, without distractions such as TV and other screens.

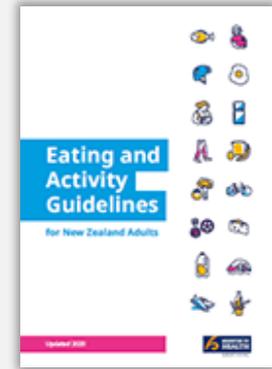
From a young age, encourage your child to feed themselves and help with mealtimes.

- Responsive feeding emphasis
- Adult role modelling
- Healthy eating behaviours for a lifetime

Where can I find the new guidelines?

Dietary guidelines for pregnant and breastfeeding women:

www.health.govt.nz/publication/eating-and-activity-guidelines-new-zealand-adults



Dietary guidelines for infants and toddlers will be released mid-2021:

Sign up to the Nutrition and Physical Activity Knowledge Bulletin for updates

www.health.govt.nz/our-work/preventative-health-wellness/nutrition/nutrition-and-physical-activity-knowledge-bulletin



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NEW ZEALAND

Any questions or comments?

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Kia ora, thank you!

