

Transitional Feeding for Infants 10-16 Months



OSSE Health & Wellness Symposium

Child and Adult Care Food Program (CACFP)

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Infant Development and Motor Skills



Developmental Stages in Infant & Toddler Feeding

Developmental Skills

8-12 months	12 months	~ 12 months	14-15 Months	12 months-2 years
<ul style="list-style-type: none">• Uses pincer grasp (with finger and thumb)• Sit without support• Starts spoon-feeding without spilling• Starts drinking from closed cup	<ul style="list-style-type: none">• Recognizes food by sight, smell and taste• Starts drinking from an open cup• Distracted by toys during mealtimes	<ul style="list-style-type: none">• Starts to understand similar looking foods might taste the same• Change behavior using others' facial expressions	<ul style="list-style-type: none">• Imitates eating behavior and food preferences of adults• Most infants can feed themselves with a spoon	<ul style="list-style-type: none">• Can cope with most textures offered but chewing not fully mature• More likely to eat foods that look like foods that they know they like



In Your Centers

What do infants need to be fed?

The CACFP meal pattern
components...

Why?

It's a licensing requirement!





Providing Formula and Foods

All enrolled infants must be served all of the meal pattern components and their minimum portion sizes.

Even if the parent/guardian provides each component.

Required:

- Buy, stock, and offer at least one approved infant formula
- Buy, stock, and offer infant foods
- Stock a 3-day emergency supply for all enrolled children

Infant Feeding in the CACFP



The Child and Adult Care Food Program
(CACFP)



CACFP Infant Meal Pattern

CACFP Infant Meal Pattern

	0-5 Months	6-11 Months
Breakfast	4-6 fl. oz. breastmilk or formula	6-8 fl. oz. breastmilk or formula 0-4 tbsp. infant cereal, meat, fish, poultry, whole eggs, cooked dry beans or peas; or 0-2 oz. cheese; or 0-4 oz. (volume) cottage cheese; or 0-8 oz. yogurt; or a combination 0-2 tbsp. vegetable, fruit or both
Lunch or Supper	4-6 fl. oz. breastmilk or formula	6-8 fl. oz. breastmilk or formula 0-4 tbsp. infant cereal, meat, fish, poultry, whole egg, cooked dry beans or peas; or 0-2 oz. cheese; or 0-4 oz. (volume) cottage cheese; or 0-8 oz. yogurt; or a combination 0-2 tbsp. vegetable, fruit or both
Snack	4-6 fl. oz. breastmilk or formula	2-4 fl. oz. breastmilk or formula 0- ½ bread slice; or 0-2 crackers; or 0-4 tbsp. infant cereal or ready-to-eat cereal 0-2 tbsp. vegetable, fruit or both



Highlights

- Fruit and vegetable juices may not be served to infants under 12 months.
- All formulas and dry infant cereals must be iron-fortified.
- Yogurt may not contain more than 23 grams of sugar per 6 oz. serving.
- Ready-to-eat breakfast cereals may not contain more than 6 grams of sugar per dry ounce.



Highlights

- Solid foods are being modified as developmentally appropriate.
 - Best Practice! Encourage providers to keep open lines of communication with families regarding eating habits and the introduction of solid foods.
 - Best Practice! Encourage providers to request a written statement from families outlining when & which solid foods to serve.
- Meals are reimbursable when a breastfeeding mother nurses on-site.

- Progress from purees and pouches to lumpier foods and spoon-feeding
 - Thinned mashed potatoes
- Finger foods: steamed broccoli, peas, carrots, green beans
- Single ingredients good when assessing for allergies; mixes when both have been introduced
- Texture and Consistency:
 - Chopped/roughly mashed



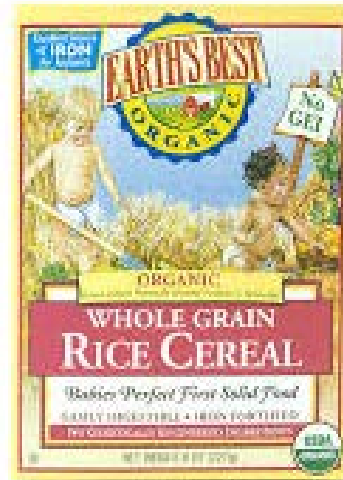


Veggies & Fruits: What's Unallowable & Why

- Fruits or vegetables pre-mixed with other items (like cereal or meat)
 - Many by-product and sugar additives
- Vegetable or fruit juice
 - Lacks dietary fiber and protein critical to growth
 - Contributes to weight gain
 - Contributes to dental caries

Iron-fortified

- First cereals: rice or oat
- Later: wheat or barley
- Then: mixed grain





Infant Cereal in Late Infancy

- Change consistency of infant cereal by minimizing the amount of liquid
- Never feed infant cereal from a bottle
- Infant cereals that contain other ingredients (like fruit or vegetable) are **not** allowable
 - You may mix infant cereal with pureed fruit or vegetable as developmentally appropriate

Infant Cereal: What You Can Substitute

- Infant Cereal at Breakfast, Lunch, Supper
 - If not serving, choose meat/meat alternate
 - Poultry & other meats
 - Yogurt
 - Cheese
 - Whole Eggs
 - Cooked dry Beans/Peas





Meat Alternates: Good Options

- Yogurt:
 - Full-fat is best



- Cheese:
 - Serve real cheeses and cottage cheese
 - Cheese foods and cheese spreads are not allowable





Identifying Non-Creditable Cheese Foods

- Product packaging states:
 - “Imitation Cheese”
 - “Cheese Food”
 - “Cheese Product”
- Common Items
 - Cheese Whips
 - Cheese with Pimento
 - Cream Cheese





Infant Cereal: Substituting at Snack

- Infant Cereal at Snack
 - If not serving, choose bread, cracker, or ready-to-eat breakfast cereal





Ready-To-Eat Breakfast Cereals

How to find cereals with 6 grams of sugar per dry oz. or less easily:

- Use WIC Approved Breakfast Cereal
 - Website: <https://www.dcwic.org/> (WIC Food List)



What Do We Mean by “Bread”?

- Whole Grain-Rich, Enriched Meal, or Enriched Flour
 - Whole Grain or Enriched Bread
 - English Muffins
 - Bagels
 - Pita
 - Rolls
 - Biscuits
 - Corn or Wheat Tortillas

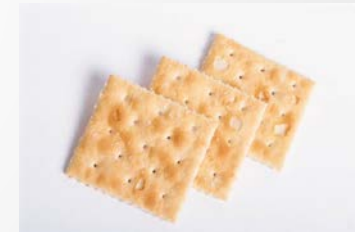


What Do We Mean by “Crackers”?

- Whole Grain-Rich, Enriched Meal, or Enriched Flour

- Examples

- Wheat Crackers (Wheat Thins, etc.)
- Rye Crackers
- Water Crackers
- Club Crackers
- Saltines
- Melba toasts or Zwieback crackers
- Teething biscuits
- Graham Crackers



Sugar Reduction

- Sweet Grains not allowable in the CACFP

- Examples

- Sweet Rolls
- Cookies
- Granola Bars
- Toaster Pastry
- Cake



Formula/Breast milk

- Must say “iron-fortified” or “with iron”
- Can be ready-to-feed, concentrate, or powder
- Can be soy or cow’s milk-based
- ***When stocking, consider what most parents would accept***



Unallowable Formulas

- Specialized formulas (FDA Exempt Formulas) **not** permitted without written notice from the practitioner or medical authority
 - Follow-up formula
 - Toddler formula





Breastfeeding Mothers

- Licensing requires “a comfortable and secluded location where mothers may breastfeed on-site”
- Needed:
 - Space
 - Time
 - Comfort
 - Encouragement





Activity Time!

Breastfeeding Location –
What's Included?



Bottle to Cup: Safe Feeding Practices



Weaning From a Bottle

When to do it?

By 12 – 14 months of age

How to do it?

Sips of water from cup during feeding of least interest OR when other people are using cups



Why do it?

Children still feeding from a bottle beyond 12 to 14 months of age may:

- be more likely to develop tooth decay
 - consume so much milk that they don't eat enough solid foods to get an adequate amount of nutrients
 - be delayed in developing appropriate feeding skills.
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Breastmilk or Formula from a Cup

- Discuss with the parents when they would like you to feed breastmilk or infant formula from a cup
 - Babies are usually ready around 8 month of age
- Babies usually consume less breastmilk or formula from the bottle as their eating of solid foods and drinking from a cup increases.





Sippy Cups: What's Wrong?

- No walking and drinking
- Created for caregiver's convenience, not good for children's development
- The way you swallow with a sippy cup is different than the way you swallow from a cup
 - You use different muscles and position your mouth differently. If a child only ever drinks from a sippy cup, the transition with learning how to swallow from an open cup could take more time.
- Can lead to bacterial growth and tooth decay
- Straw cups or spoutless cups are better options



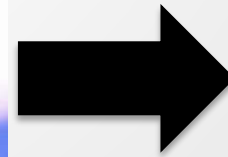


First Birthday: Transitioning between Meal Patterns



Moving On Up!

- Continue breads and crackers
- Introduce
 - Oatmeal and other cooked cereals
 - Rice, pasta, and other grains
- Transition to cow's milk
 - Whole (vitamin D) milk
- Discontinue serving juice
- Discontinue infant cereal





Transitioning Meal Patterns

- Don't have to immediately transition from the infant meal pattern to the child meal pattern on an infant's first birthday
- During a child's 12th month you can follow the infant or child meal pattern or mix of both





Age Appropriate Foods



Food Preparation Reminder

- Texture and consistency important
 - Chop and roughly mash foods
 - Avoid tough, stringy meats
 - Give tender, chopped poultry, pork, or beef
 - Remove the bones from fish, chicken, and meat before cooking
 - Shred or slice cheeses





Food Preparation Reminder Con't

- Modify or substitute foods on regular menu
- Peel and cook fruits and vegetables
 - Chopped, well-cooked carrots instead of raw baby carrots
 - Applesauce instead of apple slices
 - Chopped peaches instead of peach slices
 - Grapes sliced into quarters instead of whole grapes



Choking Hazards

- Raw vegetables
- Cherry tomatoes
- Whole grapes
- Hard fruits
- Raisins and other dried fruits
- Nuts
- Hot dogs



Right-Size Portions

Meal size:
1 up to 3 years

**Healthy Portion
Serving Tips:**

- It's okay to leave food on the plate if your infant or child is full.
- For child size portions, use child size plates, glasses, and serving spoons.

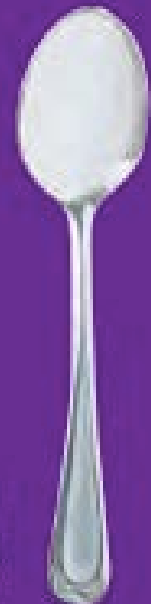
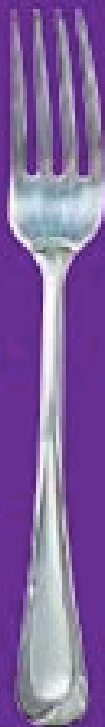


Photo credit: Nemours Health & Prevention Services “Best Practices for Healthy Eating



Child Meal Pattern (1 year and older)



Breakfast & Lunch/Supper

Meal	Meal Pattern Component	Ages 1-2
BREAKFAST	Fluid Milk ¹	1/2 cup (4 fl. oz)
	Fruit/Vegetable ²	1/4 cup
	Grains ^{5,6,7}	1/2 slice or 1/4 cup
	Meat or Meat Alternate ³ (May replace grains 3x/week)	1 ounce
LUNCH/SUPPER	Fluid Milk ¹	1/2 cup (4 fl. oz)
	Meat or Meat Alternate ³	1 ounce equivalent
	Lean meat, poultry, fish	1 ounce
	Tofu, soy products, or alternate protein products	1 ounce
	Cheese	1 ounce
	Large egg	1/2 egg
	Cooked beans or peas	1/4 cup
	Nut/Seed Butters	2 tbsp
	Yogurt ⁴	4 ounces
	Fruit ²	1/8 cup
	Vegetable ²	1/8 cup
	Grains ⁵	1/2 slice or 1/4 cup



Snack

Meal	Meal Pattern Component	Ages 1-2
SNACK Choose Two Components	Fluid Milk ¹	1/2 cup (4 fl. oz)
	Fruit ²	1/2 cup
	Vegetable ²	1/2 cup
	Meat or Meat Alternate ³	1 ounce
	Grains ^{5,6,7}	1/2 slice or 1/4 cup



Milk

- Unflavored whole milk must be served to 1 year olds
- Non-dairy milk substitutes that are nutritionally equivalent to milk may be served in place of milk to children or adults with medical or special dietary needs.





Whole-Grain Rich

- At least one serving of grains per day must be whole grain-rich
- Whole grain-rich foods are foods that contain 100% whole grains, or that contain at least 50% whole grains and the remaining grains in the food are enriched.



PHOTO ILLUSTRATION/GETTY IMAGES



Identifying Whole-Grain Rich

- **Breads, cereals, and other non-mixed dishes**
 - A whole grain is listed as the first ingredient on the product's ingredient list or second after water
- **Pizza, burritos, and other mixed dishes**
 - A whole grain is the first grain ingredient listed on the product's ingredient list, or multiple whole grains are the primary grain ingredient by weight.
- **The product includes one of the following Food and Drug Administration approved whole-grain health claims on its packaging**
 - “Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat, and cholesterol may reduce the risk of heart disease and some cancers.” OR
 - “Diets rich in whole grain foods and other plant foods, and low in saturated fat and cholesterol, may help reduce the risk of heart disease.”



Fruits and Vegetables

- Make it fun and developmentally appropriate!
 - Apple moons (thinly sliced)
 - Avocado boats (a quarter of an avocado)
 - Banana wheels
 - Broccoli/cauliflower trees (steamed broccoli florets)
 - Carrot swords (cooked and thinly sliced)
- Pair foods to maximize nutritional benefits!
 - What's rich in vitamin C helps iron absorption

Bell peppers/Broccoli/cauliflower/citrus/berries/tomatoes

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Grains/lentils/legumes/meats/tofu



Meat/Meat Alternates

- Tofu and soy yogurt are allowable
- Can replace the grain at breakfast completely with a meat/meat alternate





Meat/Meat Alternate Provisions

Deep-fat frying not allowed

What other ways can you cook?

Sauté

Pan-fry

Stir-fry

Roast

Broil

Bake



| Thank you!



Q&A