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Toddler Nutrition- Making Every Bite Count Today for Tomorrow - Concurrent Workshop Repeated

Friday, 16 August 2013

Start 4:30pm

Duration: 55mins

Pyramids

Start 5:35pm

Duration: 55mins

Pyramids



South GP CME 2013

General Practice Conference & Medical Exhibition

15-18 August | Edgar Centre | Dunedin



Making Every Bite Count Toddler Nutrition Workshop GPCME South

Clare Wall PhD



THE UNIVERSITY
OF AUCKLAND

FACULTY OF MEDICAL
AND HEALTH SCIENCES

Eating for Healthy Children MoH, 2012

<http://www.health.govt.nz/publication/food-and-nutrition-guidelines-healthy-children-and-young-people-aged-2-18-years-background-paper>



Toddler Diets



A healthy diet for a toddler is different to that for an older child or an adult



Toddlers diets should be based on foods from the 4 food groups



Toddlers will eat best when they have a routine of 3 meals and 2 to 3 snacks



Toddler need between six and eight drinks per day to ensure adequate hydration



What's Normal !

- Show some food preferences – this might be for different textures, tastes and colours
- Like to feed himself or herself and be more independent
- Show sudden changes in food likes and dislikes
- Refuse to try new foods – this usually decreases as toddlers approach school age.

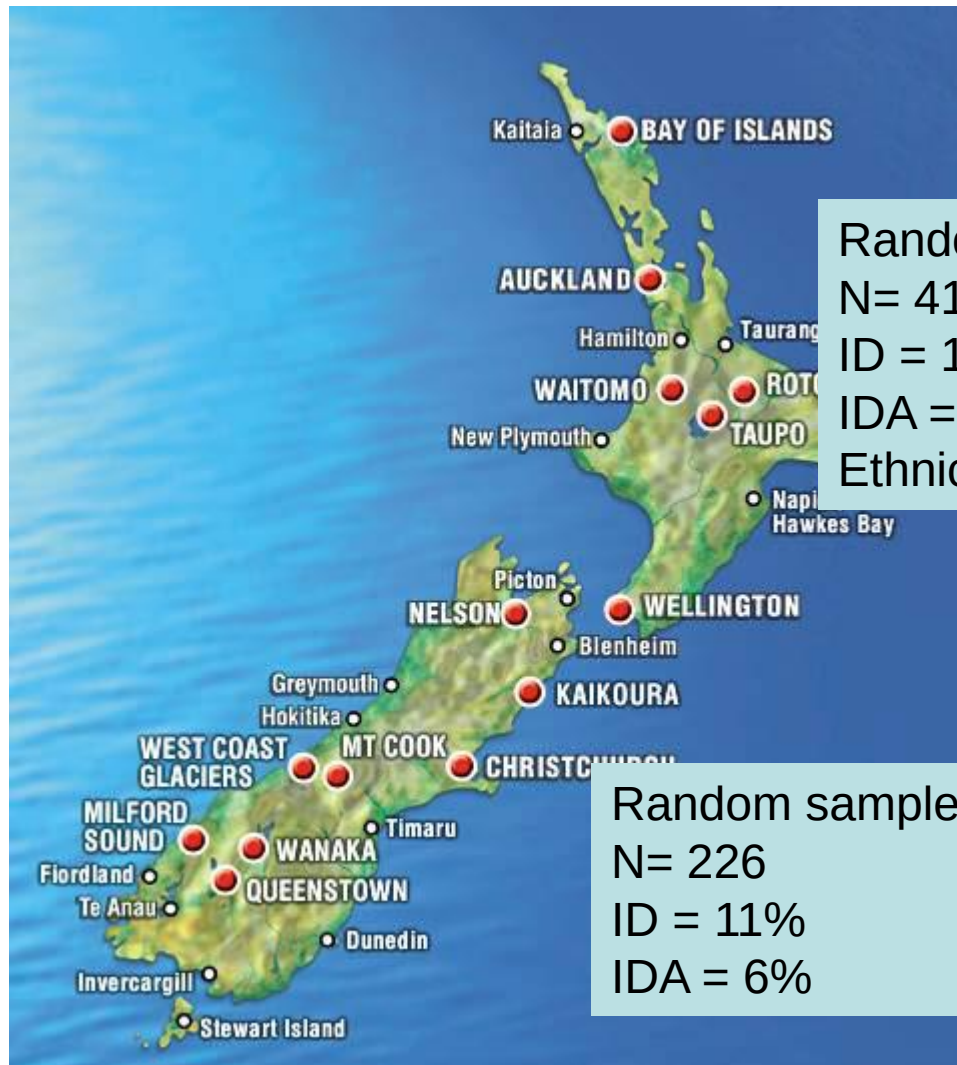


Tips for Managing Fussy Eaters

- ✓ Eat with your child as often as possible.
- ✓ Develop a daily routine of three meals and two to three snacks
- ✓ Praise toddlers when they eat well.
- ✓ Arrange to eat with other toddlers
- ✓ Give small portions.
- ✓ Offer finger foods as often as possible.
- ✓ Eat in a calm, relaxed environment without distractions
- ✓ Finish the meal within about 20-30 minutes
- ✓ Learn to recognise the signs that your child has had enough



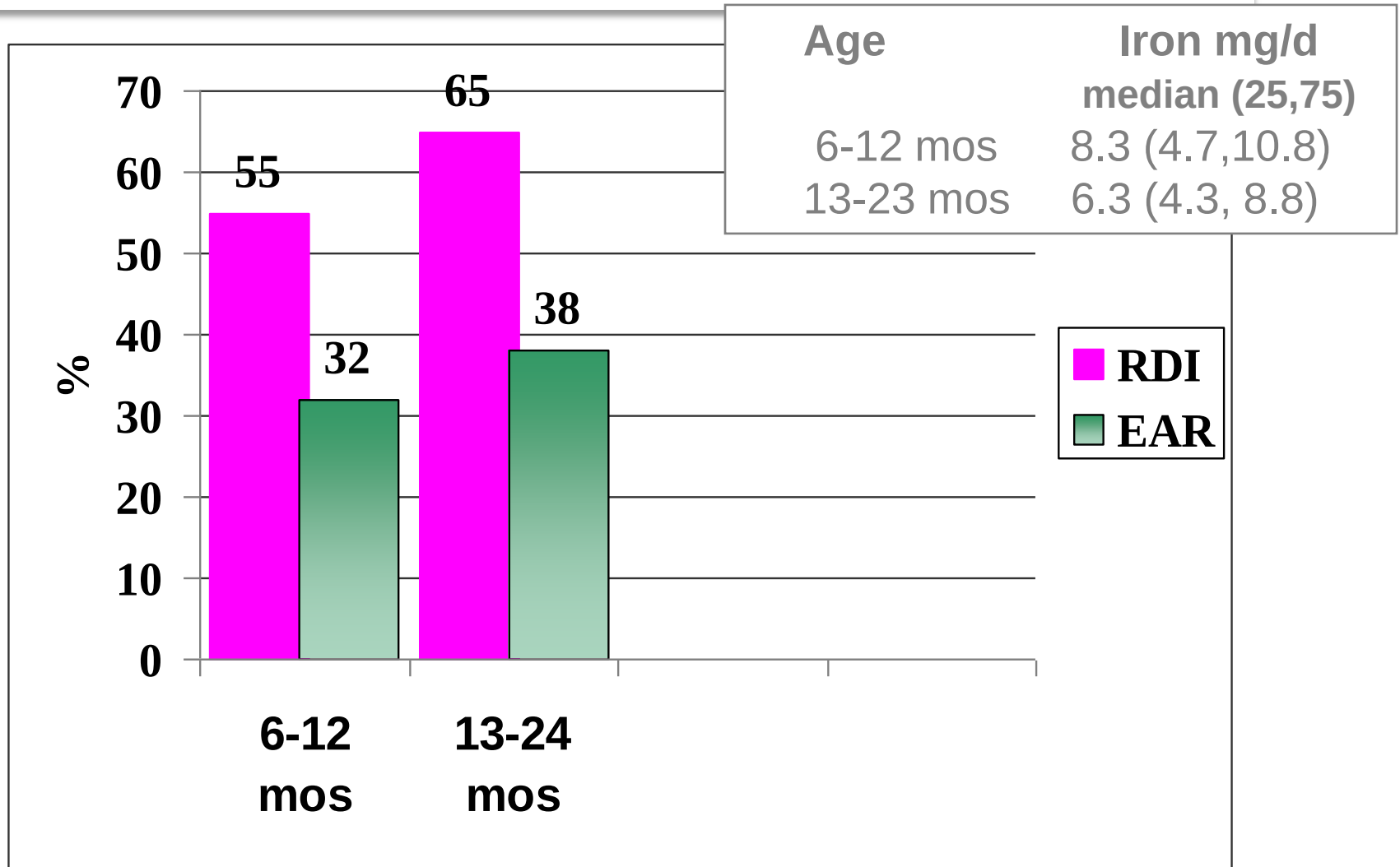
Contemporary NZ Studies



Random sample 6-23 mos
N= 416
ID = 14%
IDA = 6%
Ethnically stratified

Random sample 6-24 mos
N= 226
ID = 11%
IDA = 6%

Reported dietary iron intake n=405 % below RDI & EAR

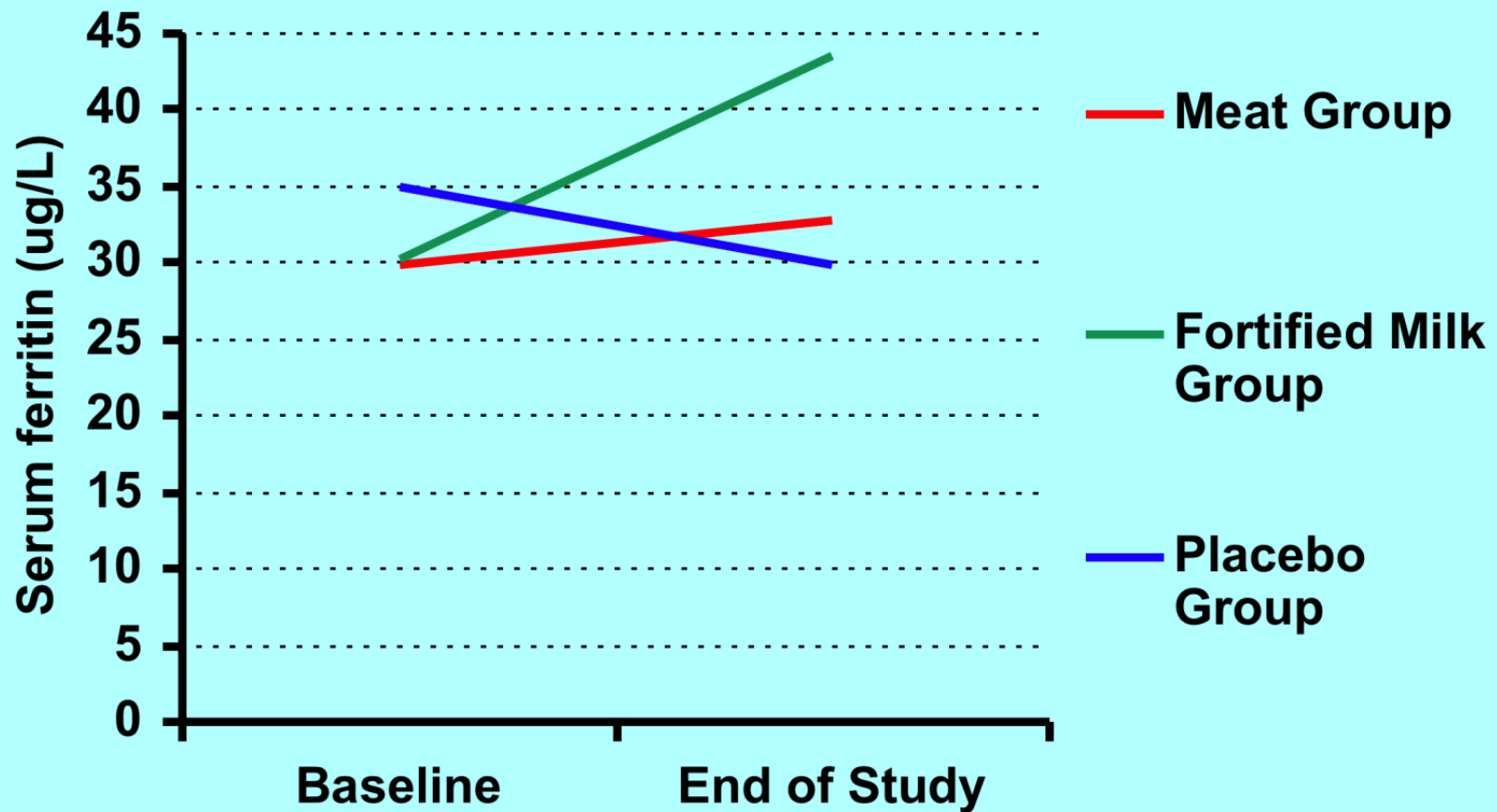




Transition from Infant to Toddler diet- Risks for ID

Infant	Toddler
Breast milk or formula	Cows milk
Iron fortified infant cereals	Transition to family diet less iron fortified foods
Dependence	Food refusal and independence
Passive	Active
	More food eaten away from home
	Energy self regulation mechanisms decline

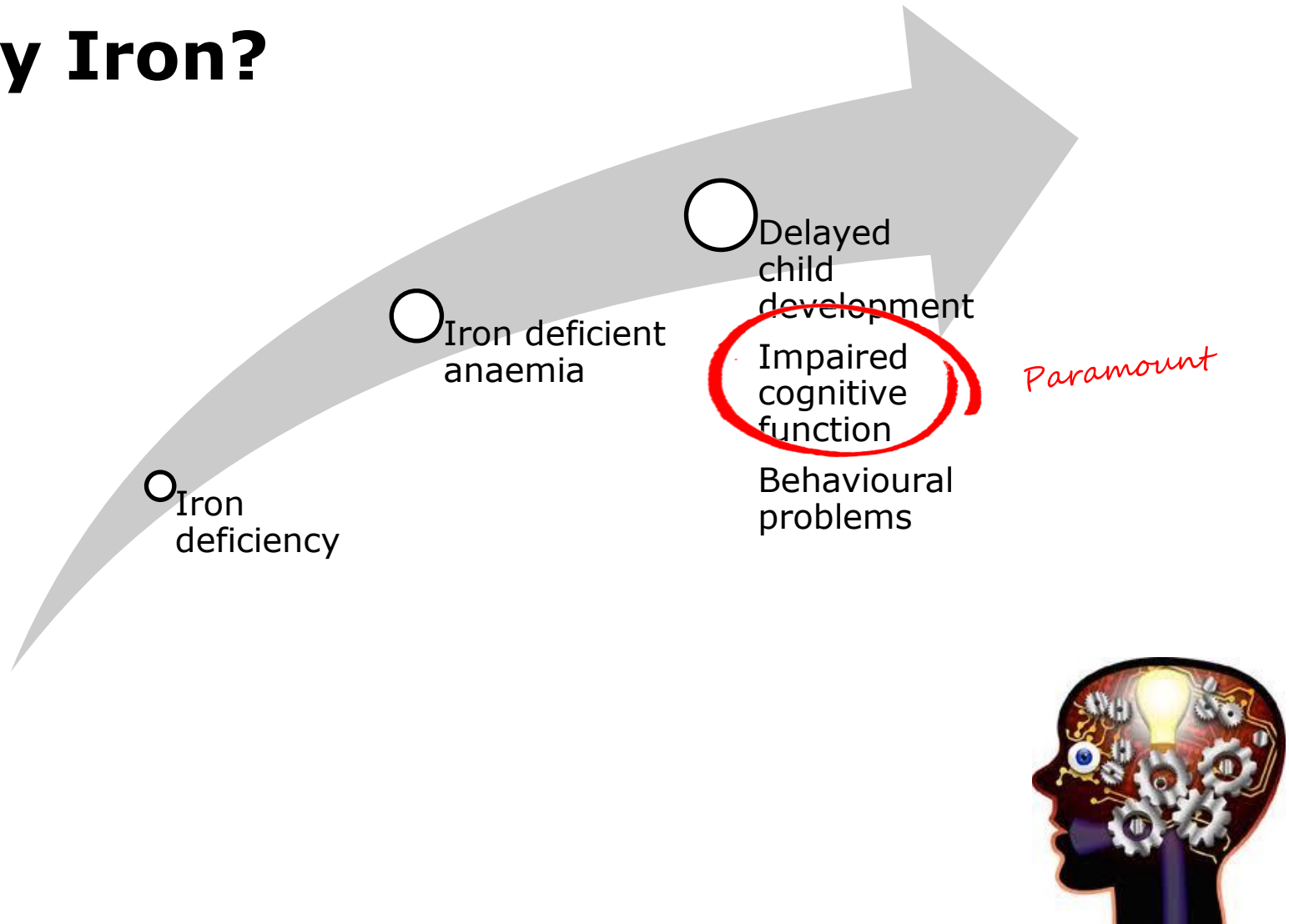
Otago Toddler Food Study



Adjusted for age, sex, age x sex, infection, education,
income, ethnicity a Significant change from baseline
 $P=0.002$ b Significant change compared to Placebo
Group $P<0.05$



Why Iron?



Iron Food Strategies

- **Iron-rich foods at each meal**

Meat, Oily fish,

Fortified breakfast cereals,
Lentils and green leafy vegetables
+ vitamin C to aid absorption.



- **Avoid excess volumes of milk drinks** - maximum three drinks of 120mls/day

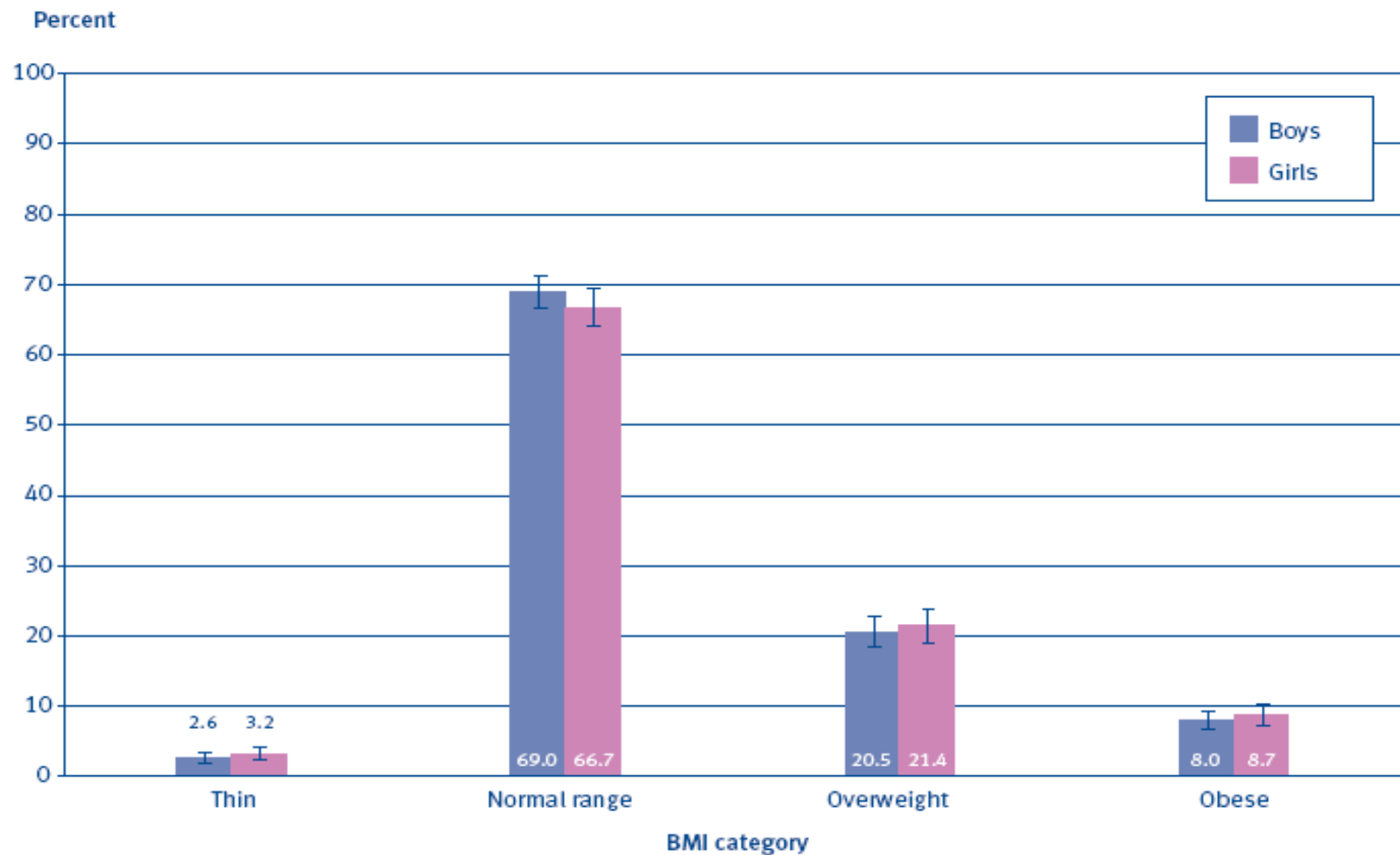
- **Growing up milks** – after one year if there is any doubt about the iron sufficiency of the diet.

2010

**43 million Preschool
children overweight
or
92 million “**at risk**”
of overweight**



Figure 2.59: Body mass index (BMI) category of children aged 2–14 years, by gender (age standardised prevalence)



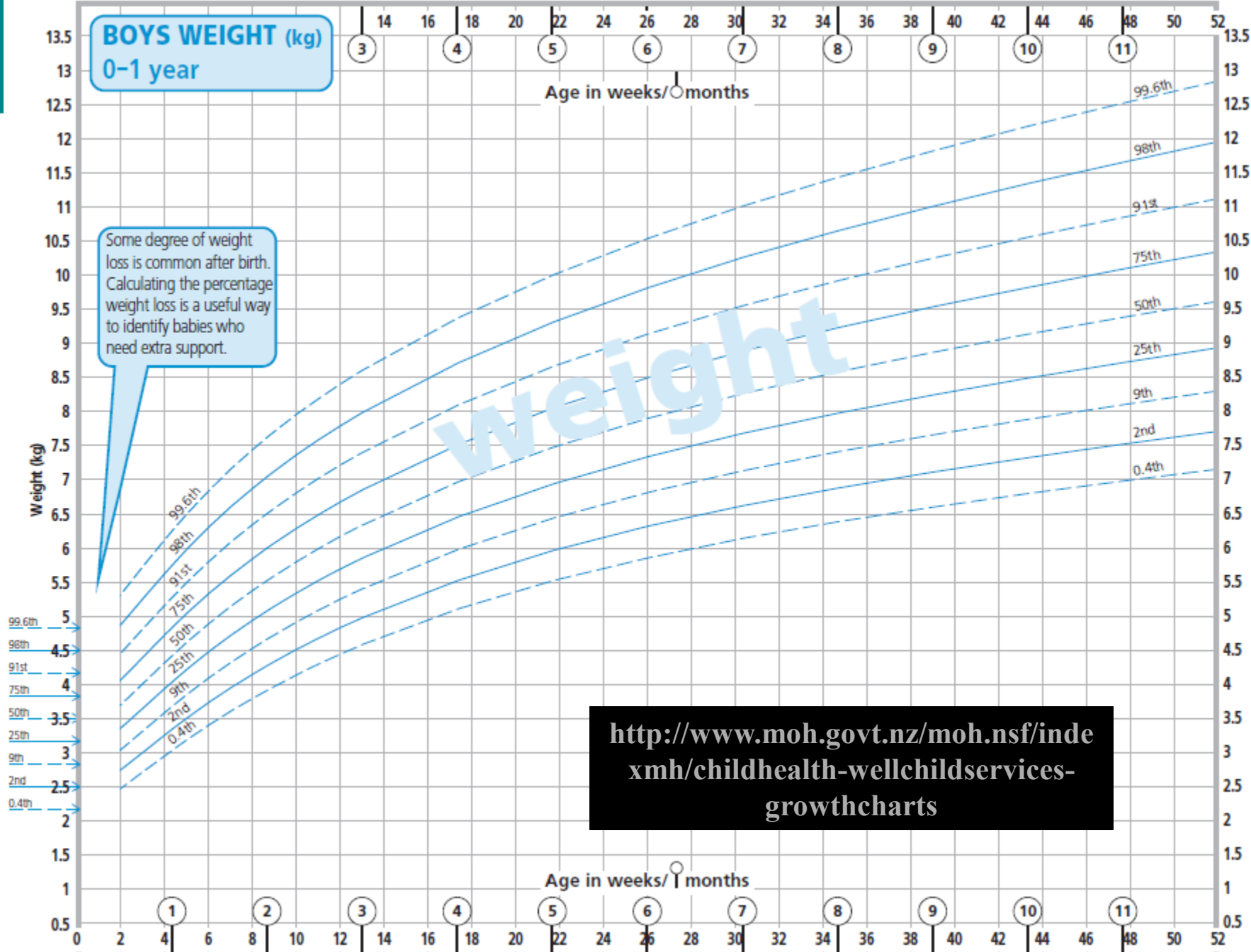
Source: 2006/07 New Zealand Health Survey

BOYS WEIGHT (kg)

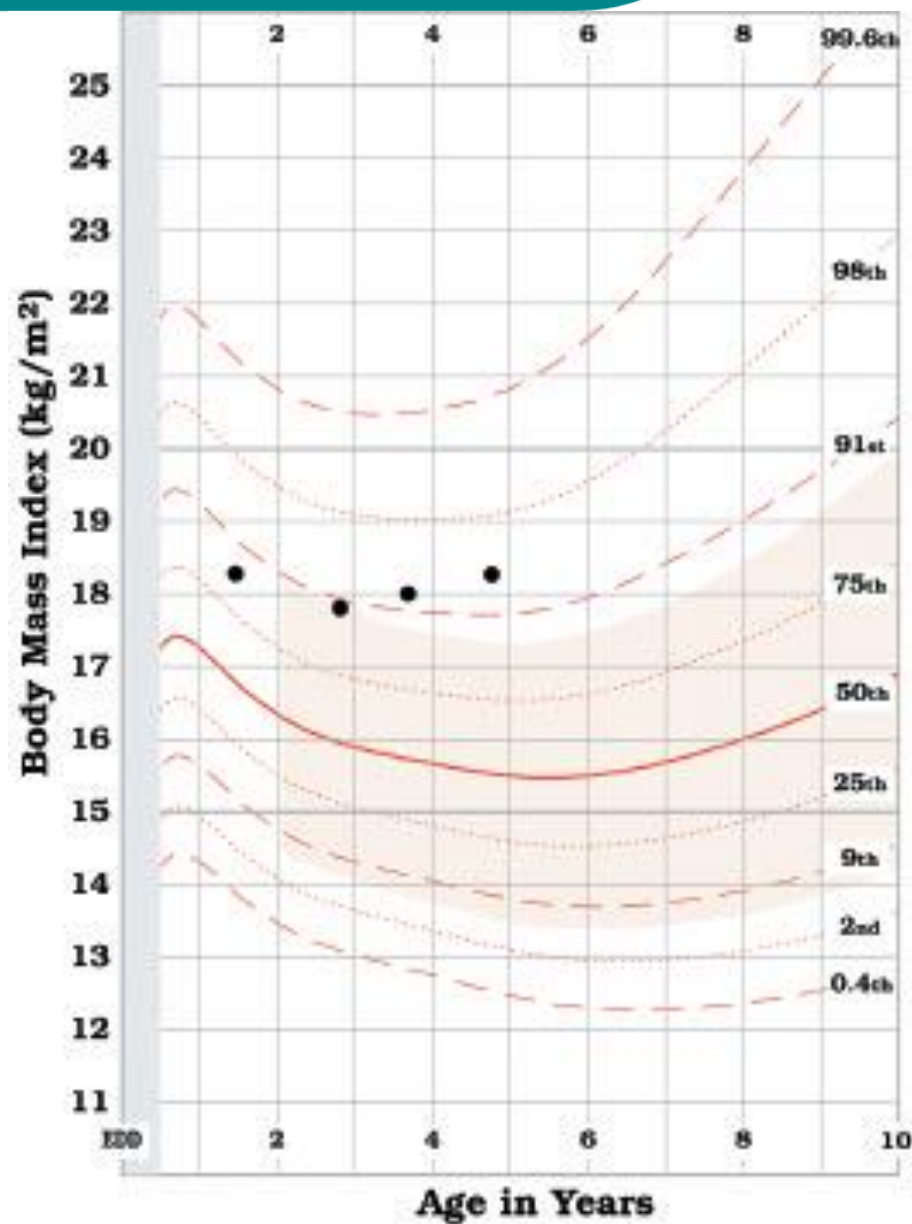
0-1 year

Age in weeks / months

Some degree of weight loss is common after birth. Calculating the percentage weight loss is a useful way to identify babies who need extra support.



<http://www.moh.govt.nz/moh.nsf/index/mh/childhealth-wellchildservices-growthcharts>



Goal Setting

Aspect of goal	Good examples	Poor examples
Specific	Have water or diluted fruit juice in place of sweetened squashes and fizzy drinks. Dilute fruit juice using one part juice to 6-10 parts water	Choose healthy drinks
Measurable	Limit crisps for everyone to 4-6 crisps at one meal each week	Eat fewer crisps
Achievable	1. Toddlers can walk the last 200 metres to nursery rather than being pushed in the buggy or driven in the car 2. Use the stairs rather than escalators or lifts in the shopping centre - particularly when not encumbered with heavy shopping or pushchairs	1. Walk all the way to nursery (which might be over a mile and too far for a toddler to walk) 2. Only use stairs, never escalators (the family may live at the top of a tall tower block)
Relevant	Include fruit with each meal	Eat more pomegranates
Time limited	Go swimming on Saturday afternoons this month	Go swimming more often this year

Reward

Toddlers repeat behaviours which are rewarded with parental attention and praise.

- ✓ Parents should be encouraged to praise their toddlers for good behaviour
- ✓ Try not to use food or drinks as rewards.
- ✓ More suitable rewards are, for example, playing indoor games with them, reading books to them,



Removing inconsistencies in the family environment.

- ✓ limit high calorie, low nutrient foods in the house
- ✓ buy an individual packet rather than multi packs of snack foods or biscuits
- ✓ have set mealtimes, when possible with all the family
- ✓ have readily available healthy snacks to use in between meals
- ✓ resist spontaneous snack rewards or incentives

Clinical Guidelines for Weight Management in New Zealand Children and Young People



MANATŪ HAUORA

<http://www.health.govt.nz/publication/clinical-guidelines-weight-management-new-zealand-children-and-young-people>