

# COMPLEMENTARY FEEDING

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# GLOBAL STRATEGY FOR IYCF

## ❖ Nutrition—Component of Child’s Right

“Convention on Rights of the Child”

❖ Children have right to adequate nutrition and access to safe and nutritious food

❖ EBF & Complementary feeding are child’s right

WHO, UNICEF  
2003

## DEFINITION

Complementary feeding refers to consumption of both **breast milk** and **other foods**, usually during the period from **6 to 24 months** of age.

### Amount of CF=

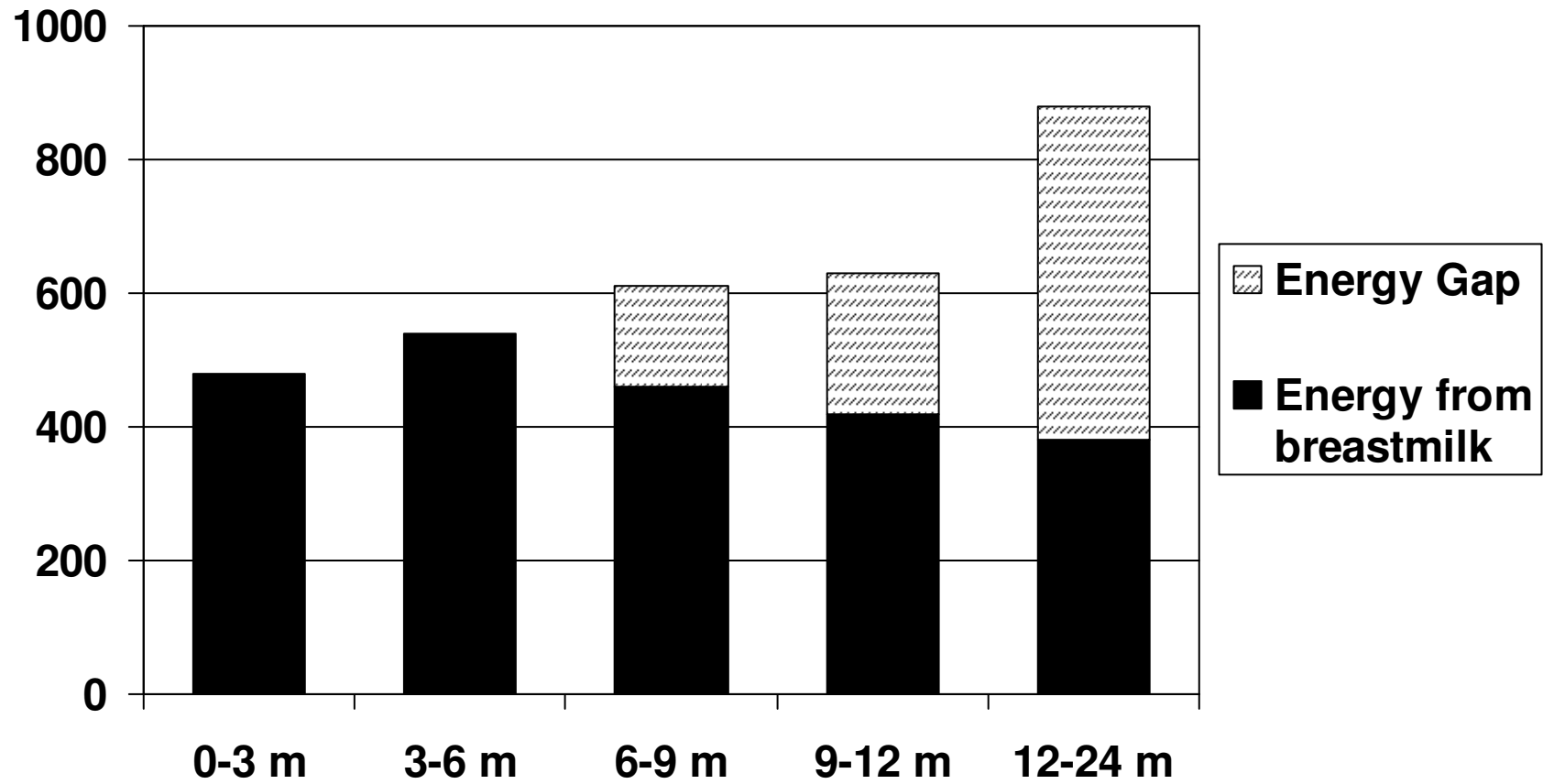
Energy and micronutrients required– Amount transferred by BM

Brown et al. WHO/NUT/98.1.  
Geneva, WHO 1998

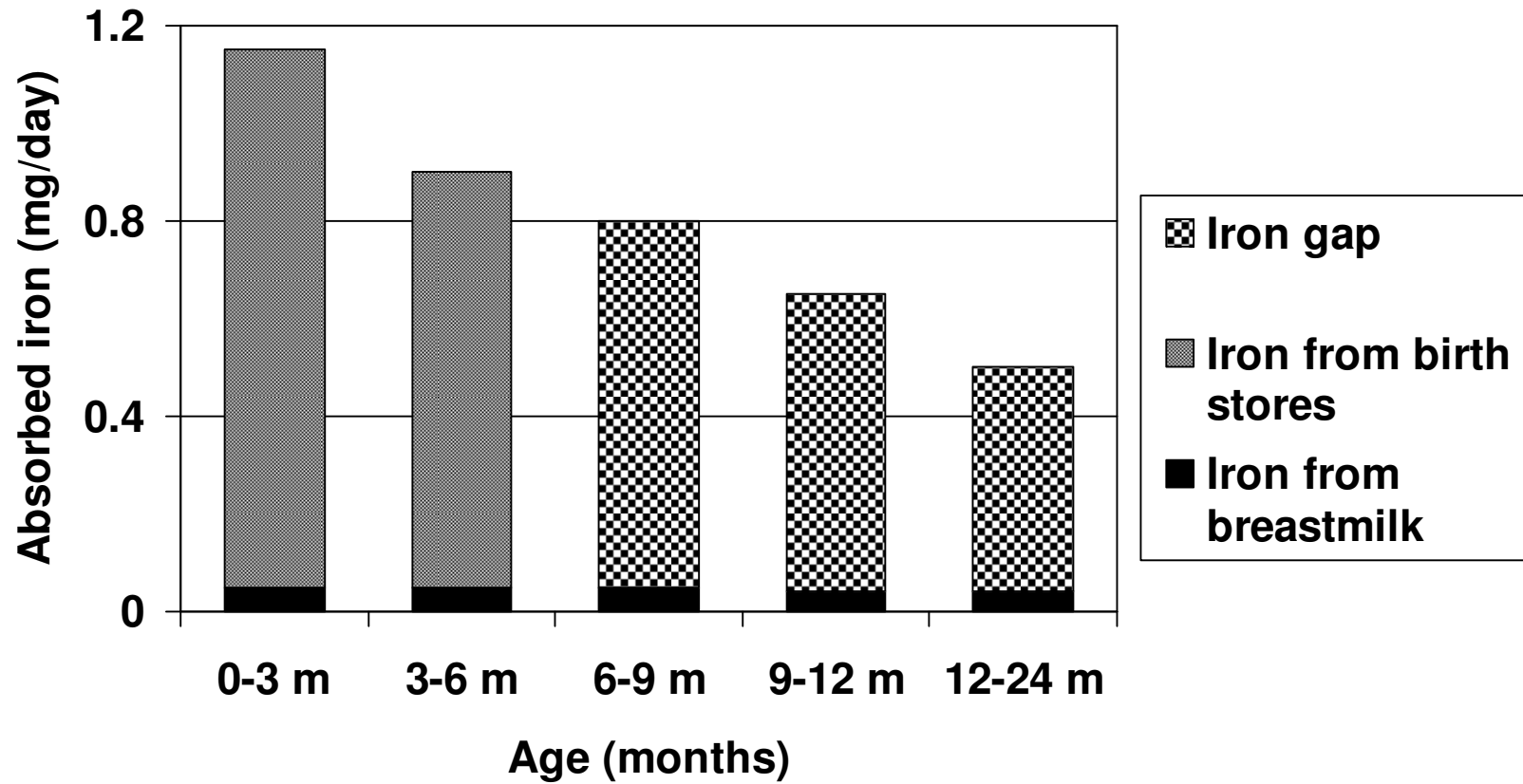
- Average amounts of energy required from CF
  - 6-8 m =200 kcal/day
  - 9-11 m=300 kcal/day
  - 12-23 m=550 kcal/day

**Dietary energy density**  
and  
**feeding frequency**  
INDEPENDENTLY CONTRIBUTE TO ENERGY  
INTAKE

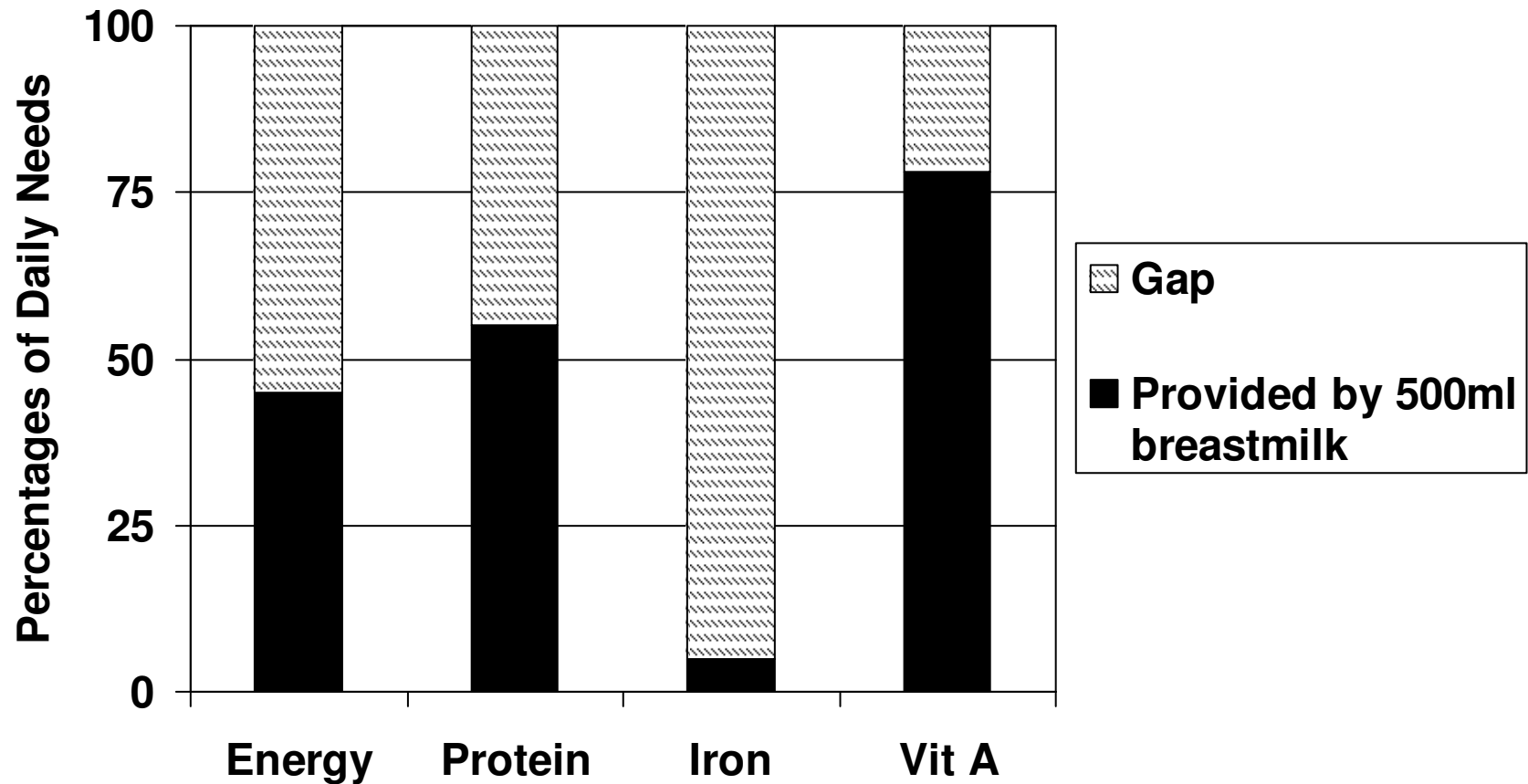
# Energy Gap



# Iron Gap

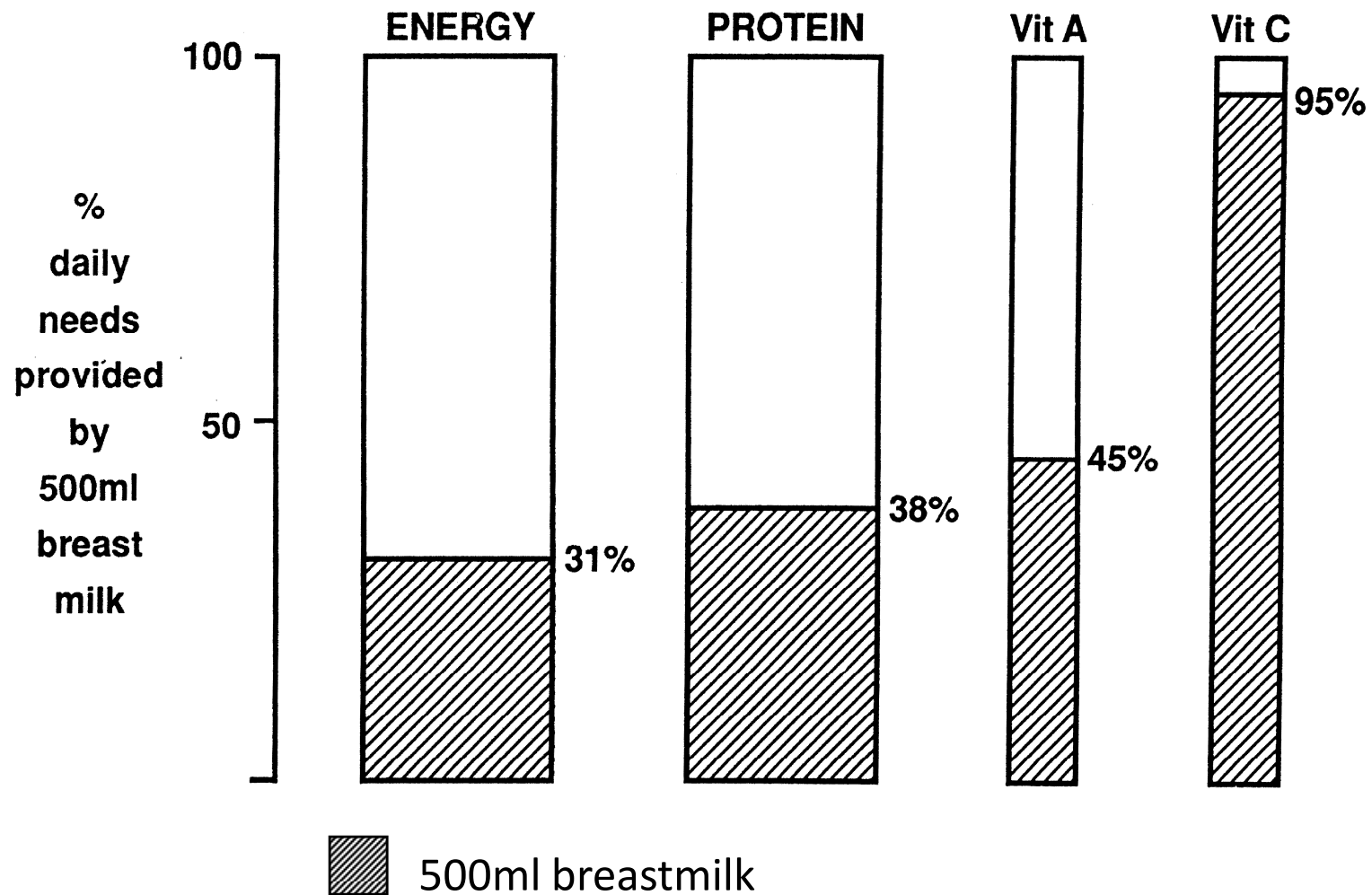


# Nutrient gaps to be filled by complementary foods (12-23 months)

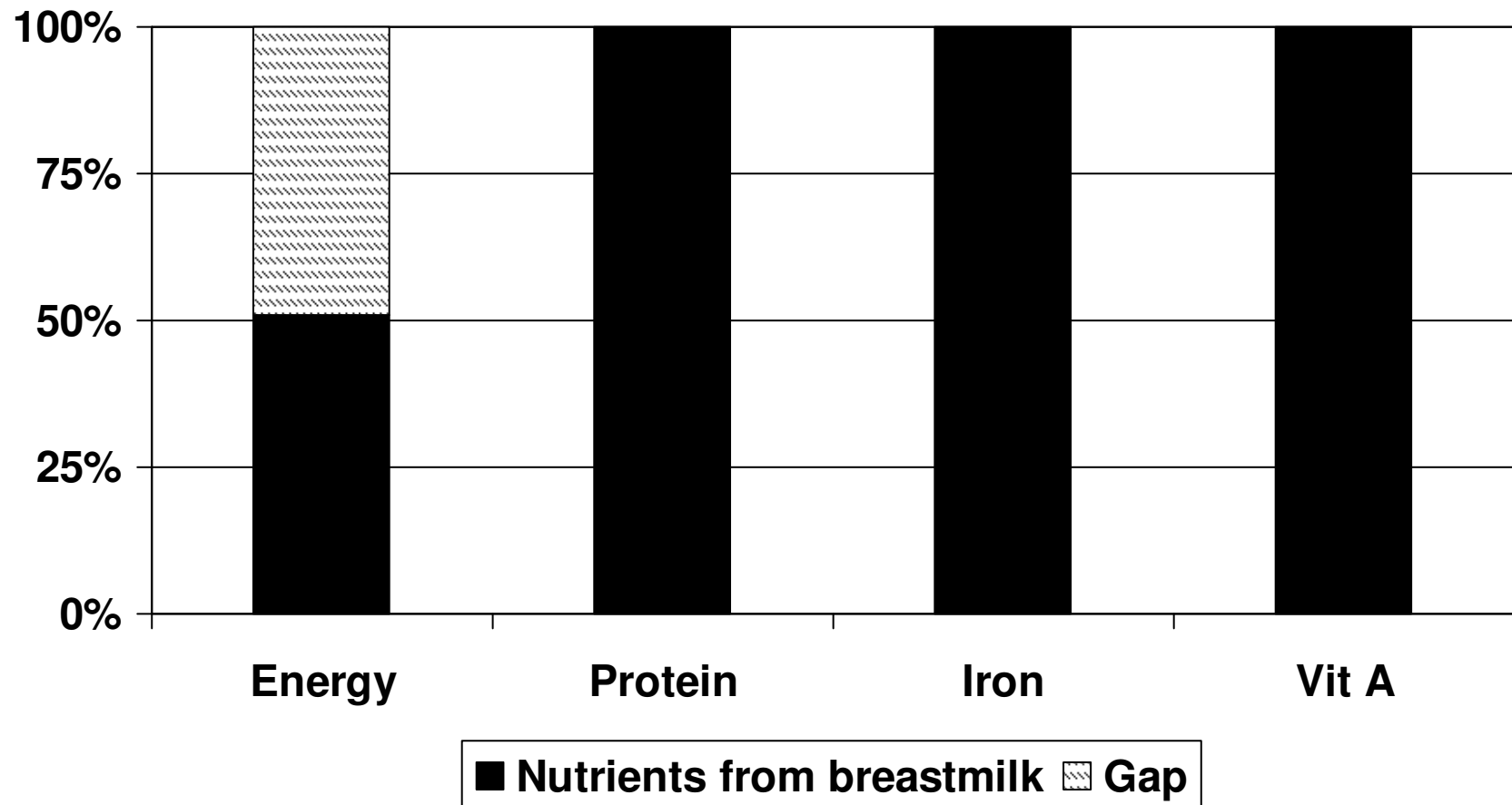


# Breastmilk in Second Year

How much energy, protein, Vit A and Vit C it provides



# Percentage of nutrient needs with foods and snacks but no breastmilk

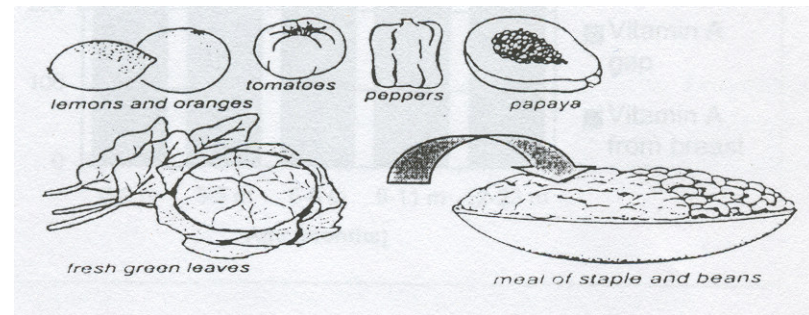


# COMPLEMENTARY FEEDING

**Breastfeeding**



**Food from family pot**



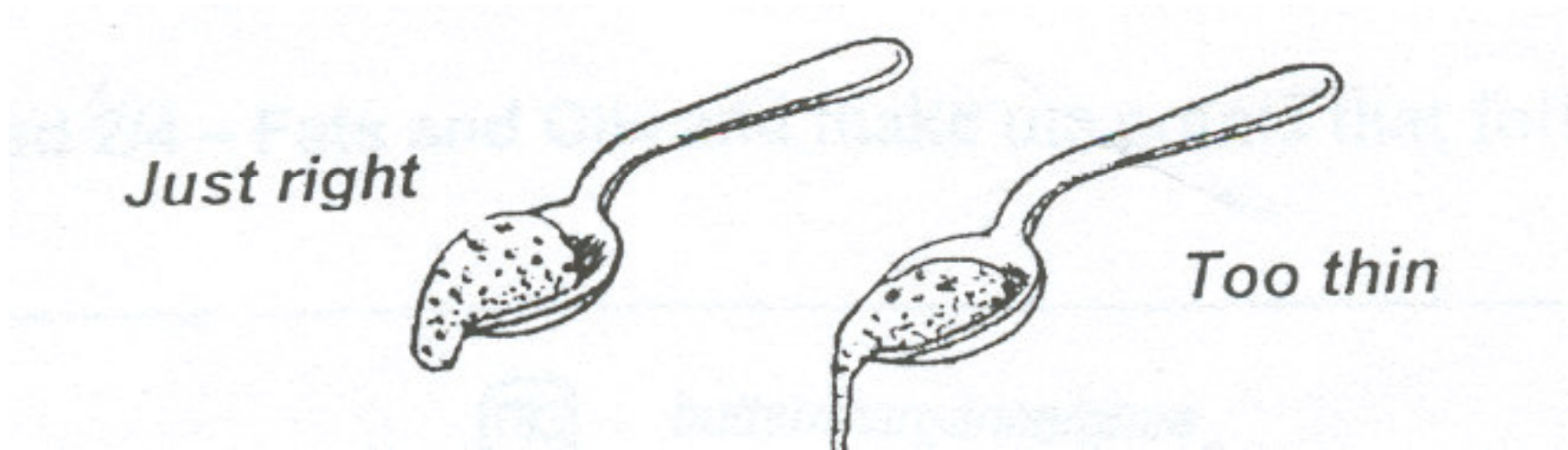
# PHYSIOLOGICAL HANDICAPS

- No teeth, can not chew
- No taste, can not relish food
- Unable to swallow solids
- Unable to move food by tongue
- Can not eat more as small stomach size
- Can not concentrate, needs active feeding

# Stomach size



# Thickness of Feed



# QUALITY OF COMPLEMENTARY FOODS

- In lower income countries: *iron, zinc, calcium & occasionally vit A may be deficient in diet*

- **How to improve:**

## ❖ **IEC**

- ❖ Animal source food
- ❖ Fortified foods
- ❖ Micronutrient supplementation
- ❖ Processed complementary foods



It hurts to go back to begin again... Even so, the birds do not ever stop, they continue to sing and build,

## Breastfeeding with staples

❖ Ingestion of cereals (rice, wheat, oats, barley, rye)  $\leq 3$  m or  $\geq 7$  m

Higher risk of islet cell autoimmunity (IDM) compared to between 4-6 m

Breastfeeding significantly reduces risk

Noris et al. JAMA 2003

❖ Ingestion of wheat (Gluten) along with Breastfeeding significantly reduces risk of Celiac Disease.

Akobeng et al. Arch Dis Child 2006



# FEEDING STRATEGY

- Breastfeed followed by complement feed?
- Complement feed followed by breastfeed?
- One feed at a time?

**Excessive energy density  
and  
Feeding frequency  
May displace breastfeeding**

BE  
A  
LEADER





Tomorrow's success  
depends on today's effort!