

Introduction to solids: making sense of the guidelines

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World
Cancer
Research
Fund International



Analysing research on cancer
prevention and survival



THERE'S **STRONG**
EVIDENCE
ALCOHOL
INCREASES THE RISK
OF 6 CANCERS:
BREAST, BOWEL,
LIVER, MOUTH/THROAT,
OESOPHAGEAL & STOMACH

FOR CANCER PREVENTION IT'S BEST NOT TO DRINK ALCOHOL.
IF YOU DO **LIMIT ALCOHOLIC DRINKS** & FOLLOW NATIONAL GUIDELINES.



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New baby feeding guidelines clear confusion on when to start solids

Tuesday 17 May 2016 1:55PM



IMAGE: INFANT FEEDING GUIDELINES HAVE CHANGED OVER TIME (GETTY IMAGES)

A new set of guidelines from an international summit of health professionals aims to halve the rate of peanut allergies in Australian children. How will they do it? **The Health**

Report finds out



Monday 5.30pm
Repeated: Tuesday 5.30am,
Wednesday 11am

Presented by Dr Norman Swan



Australian Government
National Health and
Medical Research Council
Department of
Health and Ageing

EAT FOR HEALTH

Infant Feeding Guidelines

Information for health workers



ascia

australian society of clinical immunology and allergy

www.allergy.org.au

Guidelines

Infant feeding and allergy prevention

NHMRC - 2012

ASCIA- 2014

around 6 months of age

around 6 months of age

NHMRC - 2012

ASCIA- 2014

around 6 months of age

around 6 months of age

not before 4 months of age

not before 4 months of age

NHMRC - 2012

ASCIA- 2014

around 6 months of age

around 6 months of age

not before 4 months of age

not before 4 months of age

offer iron rich foods

offer iron rich foods

NHMRC - 2012

ASCIA- 2014

around 6 months of age

around 6 months of age

not before 4 months of age

not before 4 months of age

offer iron rich foods

offer iron rich foods

continue breastfeeding

continue breastfeeding

NHMRC - 2012

ASCI A- 2014

around 6 months of age

around 6 months of age

not before 4 months of age

not before 4 months of age

offer iron rich foods

offer iron rich foods

continue breastfeeding

continue breastfeeding

Introduce a variety of foods -
..introduced in any order although
iron-rich food should be offered
first

Offer allergenic foods – peanut
butter, cooked egg, dairy and
wheat products in the first year of
life

The Melbourne InFANT (Infant Feeding Activity and Nutrition Trial) Program



The Infant Program RCT

Aimed to improve maternal and child dietary, physical activity and sedentary behaviours – dietary focus on increased fruit, vegetables and water, reduced non-core drinks and snacks

The Infant Program RCT

- Delivered in existing maternal and child health nurse mediated groups across first 18 months of life (n=542 mother-child dyads)



The Infant Program RCT

- Utilised group program but supplemented by web and in future an App with automated text messaging to prompt engagement with the App at key times (e.g. when introducing first foods) associated with key ages and stages visits

RCT outcomes

Maternal outcomes:

- 70% attended ≥ 4 of 6 sessions over 15 months
- 85% reported high program usefulness/relevance; improvements in knowledge/self-efficacy, feeding practices, and maternal dietary patterns (Lunn et al 2016; Campbell et al 2013; Lioret et al 2012)



RCT outcomes

Child outcomes at 18 months:

- children watched 25% less television and
- consumed 25% fewer sweet snacks (Campbell et al 2013);
- had improved dietary quality (Lioret et al 2013);
- further, children of younger/less educated mothers drank more water and ate more vegetables (Cameron et al 2014)



RCT outcomes

Child outcomes at 3.5 and 5 years:

- children consumed fewer sweet snacks (both ages), more water (3.5y), less Sugar Sweetened Drinks (5y)
- viewed less TV (approaching significance 5y)
(Hesketh et al *under review*)



From publications to the public

The Infant Program:

- Identified by MCH nurses as meeting a gap
- Opportunity to take ‘research’ to ‘real world’ funded by *Healthy Together Victoria in 2014*
- We’ve trained 88 people from 16 LGAs in Victoria, NSW and WA
- Program has run in 10 LGAs to date. Six actively running – Whittlesea, Yarra City, Benalla, Swan Hill, Mildura, Northern NSW
- Many more opportunities in the pipe line



Travis Now



Solids



Recipes



Play



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Solids

- [When to introduce solids >](#)
- [Starting solids >](#)
- [Preparing and storing homemade baby food >](#)
- [Finger foods and baby-led weaning >](#)



When to introduce solids

It is recommended that you introduce solids when your baby **shows signs** that they are ready. These signs happen at *different times for different babies*, but most babies will show signs **around six months** of age. Until then, breastmilk or formula gives them all the nutrition they need.

Check if your baby is ready for solids by **taking our quiz**.

From around 6 months your baby:



