

A B C D E F G H Children's Health

Many American Infants And Toddlers Not Getting Recommended Levels Of Nutrients

(NAPS)—Most parents do what they feel is best for their children, and feeding time is no different. A new consumer survey, however, shows that 88 percent of parents mistakenly believe their older infants are getting all the nutrients they need from cereal and table food. Science says otherwise.

According to a study published in *Pediatrics*, intakes of several key nutrients, such as zinc and Vitamin E, start to fall below recommended levels at about the time children are introduced to table foods.

Offering more support to this issue, a United States Department of Agriculture (USDA) survey finds:

- About 60 percent of one-year-olds are not meeting the RDA for iron, a key nutrient for mental development.

- Roughly four out of five one-year-olds are not receiving the RDA for vitamin E, an important antioxidant.

- Eighty-seven percent of one-year-olds are not meeting the RDA for zinc, a mineral important for growth as well as to help support the immune system.


“The normal behavioral declaration of independence that happens simultaneously with the introduction of new foods can lead to an imbalanced diet,” said Donald L. Shifrin, M.D., Clinical Professor of Pediatrics at Washington School of Medicine.

As babies get older and become more independent, their likes and

dislikes begin to take shape, making feeding time more difficult. At an age when babies are reaching for what’s on Mom’s plate and picky eating reigns, older babies’ intakes of key nutrients, such as iron, zinc and vitamin E, fall short of what’s recommended. Part of the solution may come in the form of infant formulas designed specifically for older infants and toddlers, some experts believe.

The Ross Products Division of Abbott Laboratories has introduced Similac 2 for older infants, ages 6

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to 18 months and Isomil 2 for older infants with milk sensitivities. Similac 2 and Isomil 2 are specially formulated to meet the evolving nutritional needs of older infants and toddlers as they move from breast milk and/or infant formula to table foods. The new formulas contain important nutrients including iron, zinc, vitamin E, and have more calcium than Similac With Iron® or Isomil Soy Infant Formula With Iron®.

“It’s difficult for moms to know exactly what nutrients their babies

may be missing. Formulas like Similac 2 and Isomil 2 help parents feel confident that they are keeping up with their babies changing nutritional requirements,” said Susan Finn, Ph.D., R.D., director of nutrition and communications at Ross Products Division.

For more information on Similac 2 and Isomil 2, visit www.Similac2.com or call toll free at 1 800 515-7677.

How much do you know about an older infant's nutritional needs?

1. The American Academy of Pediatrics (AAP) recommends that babies avoid cow's milk until at least: a. 6 months, b. 12 months, c. 18 months
2. True or False: Recommended calcium intake doubles by the time baby turns 1-year-old.
3. In the United States, what percentage of 1-year-olds has insufficient amounts of iron in their diets? a. 5 percent, b. 25 percent, c. 60 percent
4. Approximately what percentage of 1-year olds do not meet the RDA for Vitamin E and zinc? a. 80 percent, b. 60 percent, c. 20 percent
5. For a growing baby, calcium, iron, vitamin E and zinc together are important to: a. building strong bones, b. mental development, c. a healthy immune system, d. all of the above

Answers:

1. (b) 2. (true) 3. (c) 4. (a) 5. (d)

