



Feeding Infants and Toddlers Study

A Gerber Initiative



Nutrient Intakes of Infants and Toddlers



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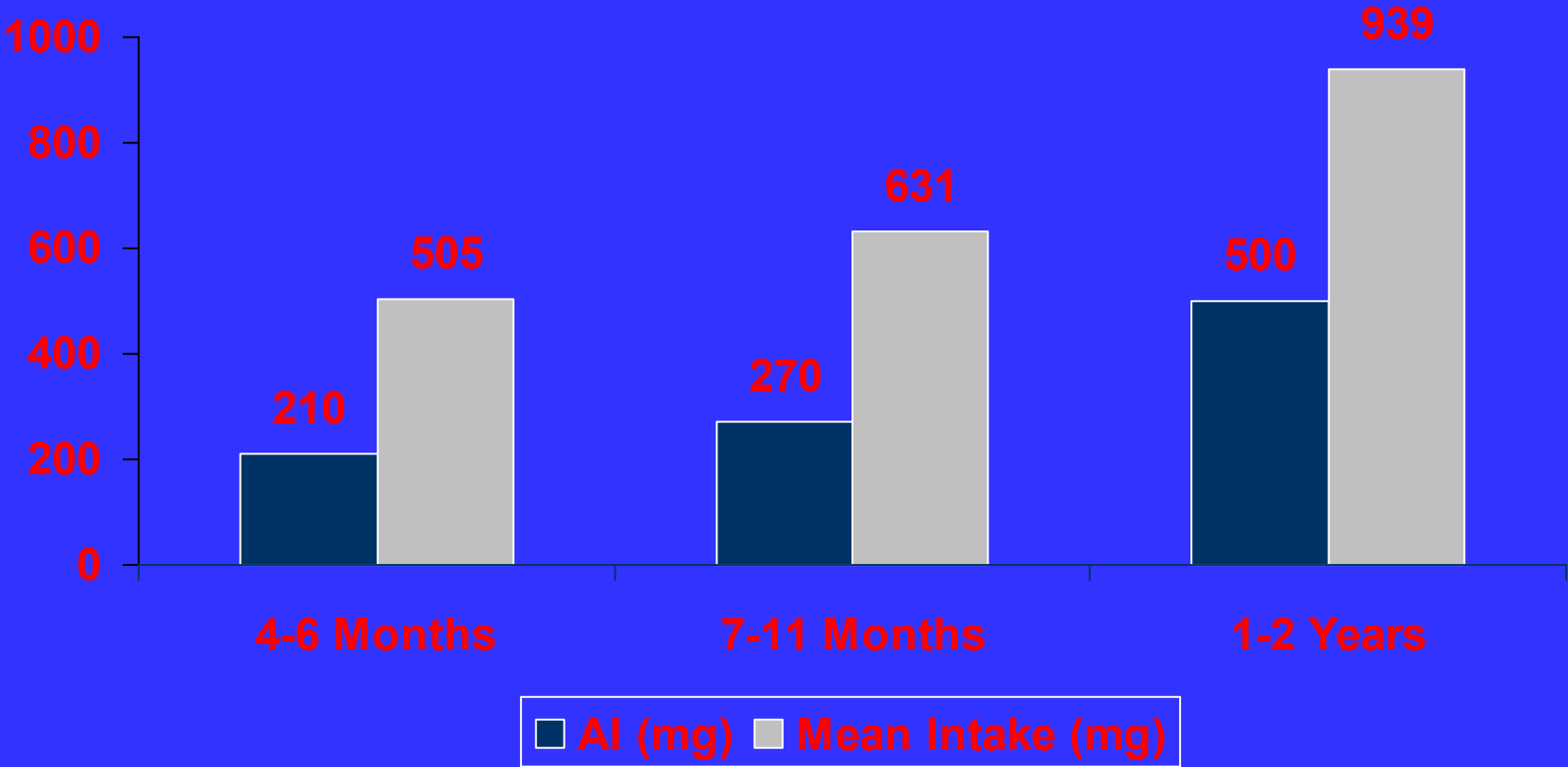


Study Question

- **Do infants and toddlers have nutritionally adequate diets?**
 - **Do they consume enough nutrients to satisfy their requirements without having excessive consumption?**



Infants and Toddlers Are Getting Enough Calcium



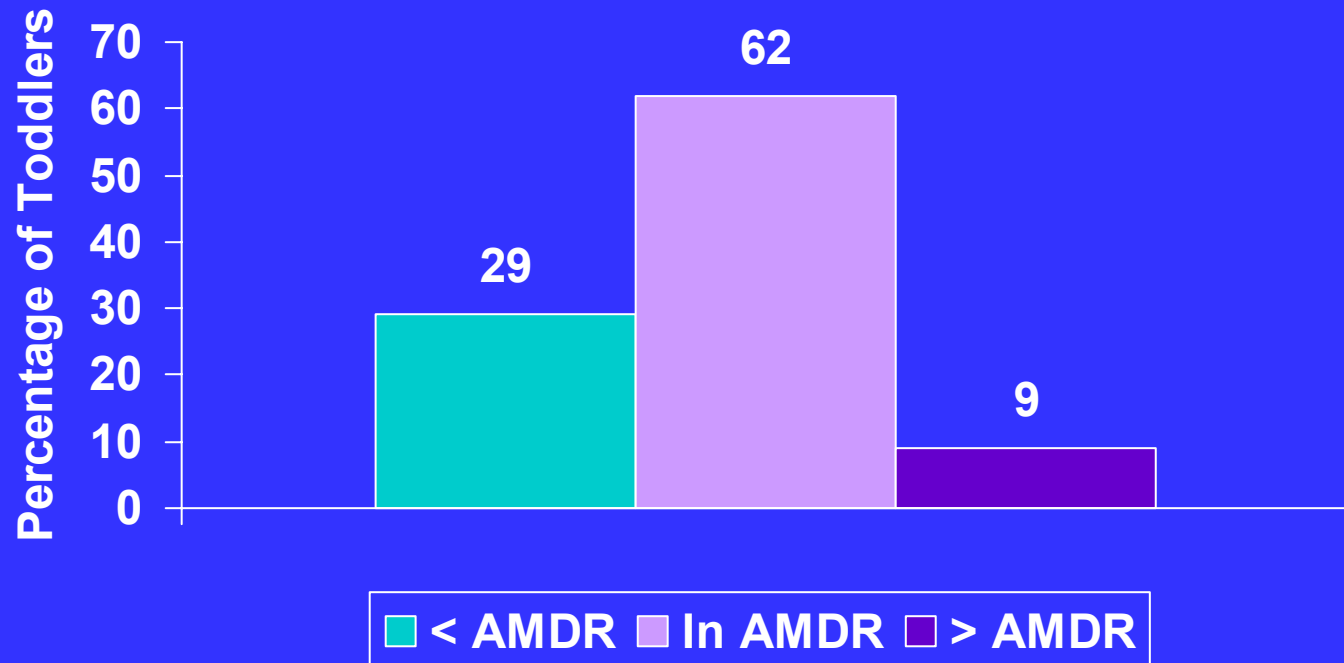
Energy Intakes Exceed Estimated Requirements

Age	EER	Mean Intake	Median Intake
4 to 6 Months	629	690	670
7 to 11 Months	739	912	884
1 to 2 Years	950	1,249	1,220

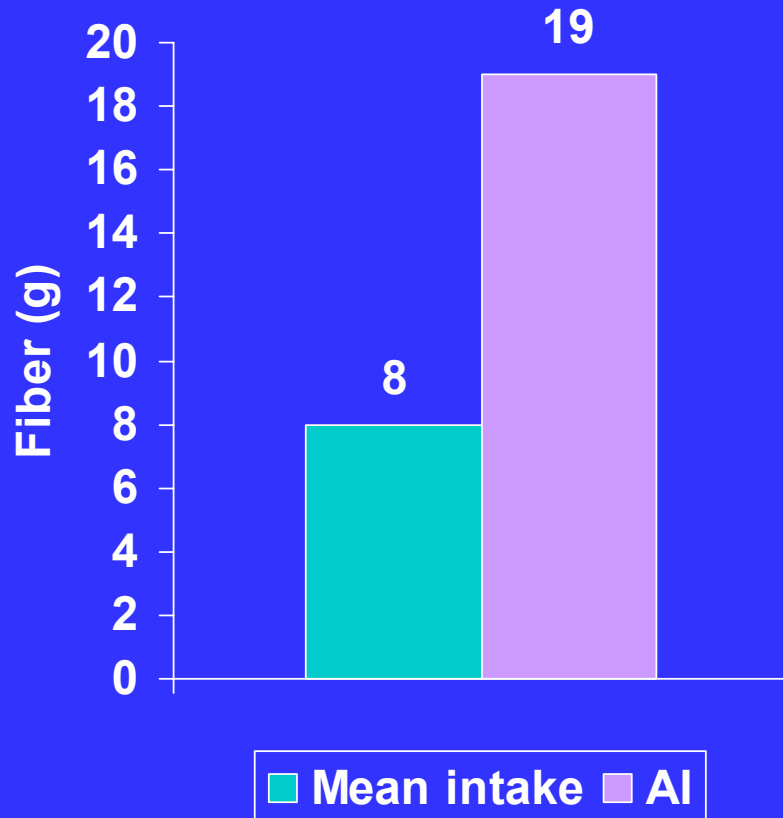


Many Toddlers Have Fat Intakes Outside of the Recommended Range

Percent of Food Energy From Fat



Additional Research May Be Needed on Some DRIs for Toddlers



- Fiber intakes are less than recommendations
- Less than 1% have usual intakes $>$ UL, except:
 - Vitamin A: 35%
 - Zinc: 43%



Summary of Study Findings

- Overall, infants and toddlers have nutritionally adequate diets
- Infants and toddlers consume more calories than their estimated requirements
- Children 12 to 24 months vary in their fat intakes and a significant proportion have fat intakes that fall below the Acceptable Macronutrient Distribution Range



Applications

- **High energy intakes relative to requirements suggest the need for parent education**
- **Additional research to substantiate some DRIs is needed**
 - **EAR for vitamin E**
 - **AMDR for fat**
 - **AI for fiber**
 - **UL for vitamin A and Zinc**



