

Children's Wisconsin Clinical Nutrition Department

Module General Feeding Guidelines: Worksheet

Case Study #1

1. How would you assess Owen's formula intake?
Inadequate. He is not taking the recommended volume of 4 oz every 4 hours for a total of 24 oz per day. Instead, he's taking 3 oz every 4 hours for a total of 18 oz per day. He is also demonstrating that he's still hungry after finishing the entire bottle by clenching his hands and smacking his lips.
2. What recommendations would you have for mom?
Mom should offer at least 4 oz in each bottle, allowing him to drink from this bottle until he demonstrates signs that he's full (closes mouth, turns away from bottle, relaxes hands).
3. Mom has questions about introducing baby food. She asks when she might be able to introduce purees. What do you tell mom?
Mom should not give anything except formula, including baby food purees, until Owen's around 6 months old.

Case Study #2

1. What are 2 new table foods (not purees) that you could suggest parents try offering Emily next?
Any easily dissolvable (dry cereal with minimal added sugar (i.e. Cheerios), Gerber puffs or crunchers, etc)
Any soft fruit or vegetable, cut into appropriate strips/pieces (banana, avocado, steamed carrots, etc)
2. Dad asks if they can offer Emily some juice in her sippy cup. How do you respond?
No juice until she's at least a year old, but preferably waiting even longer. Give water or breast milk in the sippy cup.
3. The PCP recommended that parents introduce peanut butter, but dad has questions about how to introduce this to Emily. What would you recommend they try?
 1. ***Mix peanut butter in with a puree she's already accepting (infant cereal, bananas, etc).***
 2. ***Spread a thin amount of peanut butter on a cracker or other dry crunchy food***

Case Study #3

1. How would you assess Katie's intake of whole cow's milk and what recommendations would you give to mom, if any?

Milk intake should generally be limited to 16-24 oz per day unless advised by a provider. Excessive milk intake can reduce intake of other foods/nutrients and cause anemia. Mom could offer 4-8 oz whole cow's milk with each meal and additional water as desired.

2. Mom has questions about Katie's meat intake. She asks what a typical serving size of meat is for a 2 year old and how she can serve it so Katie can safely eat it. What serving size would you recommend and what are some ideas for serving meat?

Typical serving is ½-1 ounce meat/poultry/fish and protein sources (including meats, beans, eggs, peanut butter) offered 2-4 times per day. Meats offered can be shredded, crock pot/slow cooked, deli meats or flaky fish.

3. What recommendations would you have for mom related to Katie's preferred snacks? What snack alternatives could you suggest to mom?

Fruit snacks and popcorn are both choking hazards. Apple slices can also be a choking hazard at this age if the child has a hard time managing the peels.

Snack alternatives: peel the apples, offer whole grain crackers instead of popcorn, sliced cheese or yogurt to make up for only drinking milk 3 times per day.

Case Study #4

1. What are 2 sources of protein that you could recommend Evan eat?

1. Dairy – good source of bioavailable protein as well as calcium

2. Nuts, seeds, legumes – good source of protein, fiber, and at times, minerals that are often consumed from meats

2. What are 2 nutrients that may be lacking due to Evan's lacto-vegetarian diet?

Iron, zinc, selenium

3. What recommendations do you have for family related to their mealtime behaviors?

1. Don't eat dinner in front of any screens

2. Limit sugar-sweetened beverages as much as possible – opt for water or a calcium-rich, nutritious beverage at meals instead