



**Paper for discussion: Draft scope and Terms of Reference for  
a review of complementary and young child feeding**

**Agenda Item: 6**

Please see paper attached.

DRAFT

## **REVIEW OF COMPLEMENTARY AND YOUNG CHILD FEEDING**

### **1. INTRODUCTION**

1. At the last SACN Horizon Scanning meeting in October 2009, the Subgroup on Maternal and Child Nutrition (SMCN) proposed a review of the scientific evidence underpinning United Kingdom infant and young child feeding policy. Since the Committee on Medical Aspects of Food Policy (COMA) published its report 'Weaning and the weaning diet' in 1994, there has not been a thorough risk assessment of such evidence in the UK. More recent recommendations made by SACN since the 1994 review may also have implications for current advice on infant feeding (e.g. adoption of WHO Growth Standards, revisions to energy requirements etc). SACN members agreed that this work was a high priority and should form part of the Committee's work programme over the next few years.
2. SMCN discussed a draft scope for the review at their meeting in September 2010, and more recently with some draft terms of reference at their meeting in January 2011. The Subgroup agreed that the review should consider only healthy term infants (in keeping with SACN's terms of reference) and cover infants and young children aged 0-5 years, focusing on children aged 0-2 years as a starting point.
3. The Subgroup agreed that the review should begin by appraising current recommendations for infants and young children in the UK, and consider the need for updating these. They also considered aspects of maternal diet that may affect the infant during breastfeeding to be appropriate in the context of infant feeding, and so this forms part of the draft scope and Terms of Reference set out below.
4. Drawing on relevant current advice in this area, the Subgroup has broadly scoped relevant topics requiring review (see section 2), proposed some draft terms of reference (section 3), and finally, recognising the scale of the topics to be covered, have proposed a phased approach for undertaking the review (section 4).

### **2. SCOPING ASPECTS OF CURRENT RECOMMENDATIONS FOR REVIEW**

5. The following scoping sections are intended to broadly summarise and highlight topics requiring review and are presented in three main areas: a) maternal diet during breastfeeding, b) diet in infants and young children, and c) behavioural aspects of infant feeding.
6. The Subgroup proposes not to include a review of certain aspects of infant feeding where a clinical judgement is required, for example use of extensively hydrolysed formula which is prescribed for medical purposes. In addition, areas such as food safety advice for parents to avoid giving raw shellfish, undercooked eggs, shark, marlin and swordfish, soft and unpasteurised cheeses, and honey need not be considered by SACN. Should issues such

as food safety need consideration during SACN's review, it is proposed that the relevant committees and/or individuals are contacted for updates on their risk assessments as required.

a) **Aspects of maternal diet that may affect the infant during breastfeeding, including:**

- **Consider whether there is a need to revise current nutrient and dietary recommendations for lactating women, including:**
  - Consideration of Dietary Reference Values (DRVs) for lactating women where these may affect infant intake
  - Consumption of foods or ingredients which may be transferred to the infant through breastmilk (in order to ensure the Committee is aware of any restrictions if they were to issue any food based guidance), including:
    - Alcohol consumption\*
    - Peanut consumption\*
    - Fish consumption\*
    - Caffeine\*

b) **Feeding and nutrition of infants and young children, including:**

- **Energy requirements**
  - Consider implications of the revised energy requirements for diet in young children, particularly with regard to micronutrients and implications for the Dietary Reference Values (DRVs)
- **Appropriate use and types of breastmilk substitutes (not composition)**
  - Infant formula
  - Follow-on formula
  - Partially hydrolysed infant formula (not extensively hydrolysed formula)
  - Soya-based infant formula
  - Goat's milk-based infant formula
  - Good Night Milk Drinks (reviewed by SACN in 2008)
  - Unmodified cow's milk (and other milks) as a drink before 12 months
  - Water (particularly for infants before 6 months consuming infant formula)

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\* Indicates topics which would require consulting expertise in other areas

- **Appropriate timing for introduction of solid foods, for both breastfed and formula fed infants.** To include foods to avoid before 6 months, such as:
    - Allergenic foods\* (including wheat and other foods containing gluten, peanuts, nuts , seeds, eggs, fish and shellfish)
    - Liver\*
    - Pate\*
  - **Milk and other drinks**
    - Suitability and age of introduction of semi-skimmed, skimmed and 1% cow's milks
    - Suitability of other milks e.g. sheep and goat's milks
    - Fruit juice and squash
    - Tea and coffee
    - Artificial sweeteners\*
    - Rice drinks (arsenic in rice drinks reviewed in 2009)
    - Other cereal drinks
    - Other functional drinks
  - **Food based guidance during early childhood**
    - Salt (i.e. re-evaluate the current SACN recommendation)
    - NMES intake (e.g. appropriate advice for fruit juice/smoothies/puree etc)
    - Nuts\*
    - Fish\*
  - **Vitamin and mineral supplements**
    - Requirement for vitamin and mineral supplements for infants and young children i.e. suitable supplements and age required
7. Since some aspects of these areas have been updated relatively recently (e.g. advice on peanut consumption for young children in 2009), SACN may decide to simply reiterate existing recommendations in the absence of any new evidence, in order that the review is comprehensive.

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\* Indicates topics which would require consulting expertise in other areas

c) **Behavioural aspects of infant feeding (including psychological and socioeconomic aspects); introducing other drinks and solid foods:**

- **Amount and types of food**
  - **Portion size**
  - **Textures of food offered**
  - **Pace of complementary feeding**
  - **Taste perception and factors affecting acceptance of foods**
8. The review should draw on ongoing surveillance data from the Infant Feeding Survey, National Diet and Nutrition Survey (NDNS) and Diet and Nutrition Survey of Infants and Young Children (DNSIYC), as well as data from other studies such as the Enquiring About Intolerance (EAT) study.

### **3. DRAFT TERMS OF REFERENCE**

9. The proposed working Terms of Reference for the review are:
- a) To review the nutritional basis for current dietary recommendations applying to breastfeeding mothers (where relevant to the health of the infant)
  - b) To review current recommendations for complementary and young child feeding up to 5 years of age, considering new evidence where available and drawing on ongoing surveillance data
  - c) To review scientific evidence on the behavioural aspects of infant and young child feeding relevant to diversification (i.e. quality and quantity) of the diet, and to make recommendations for policy and practice

### **4. PROPOSED APPROACH FOR UNDERTAKING THE REVIEW**

10. The review of the evidence will be undertaken in accordance with the principles described in the SACN working document *A Framework for the Evaluation of Scientific Evidence*, adopting SACN's hierarchy approach for reviewing the evidence.
11. Recognising the large scope of the review, the Subgroup proposes to break down the review into manageable sections as outlined in the approach below. With regard to the feeding and nutrition of infants and young children, it was agreed that the 0-2 year age group should be reviewed first, initially considering priority areas within the 0-12 month age group followed by consideration of the remaining areas within 0-2 years, and then addressing 2-5 years separately.

<b>STAGE 1 – Scoping the evidence</b>	
A range of topics has been identified by review of existing guidance. The amount and type of evidence available for each topic will be scoped, drawing on existing reviews and identifying areas that may benefit from systematic review of the evidence.	
<b>STAGE 2 – Reviewing the evidence</b>	
<p><b>Maternal diet during breastfeeding</b></p> <p>a) To review aspects of maternal diet that may affect the breastfed infant, including consideration of the DRVs for lactating women, and consumption of foods or ingredients which may be transferred to the infant through breastmilk</p>	<p><b>Infant and young child feeding</b></p> <p>a) To review feeding and nutrition of infants and young children aged 0-2 years as follows:</p> <ol style="list-style-type: none"> <li>I. Identify and review priority areas within the 0-12 month age group, including the timing and pace of dietary diversification (to address introduction of potentially allergenic foods<sup>†</sup>), and any other areas considered priority</li> <li>II. Review remaining relevant areas within the 0-12 month age group and up to 2 years of age, including behavioural aspects of infant and young child feeding</li> </ol> <p>b) To review relevant areas of diet and nutrition of children aged 2-5 years, including behavioural aspects of eating</p>

## 5. COMMITTEE MEMBERSHIP

12. It is proposed that SMCN undertake the review, consulting other expert committees and/or individuals for their expertise as appropriate. Areas identified for potential collaboration or consultation so far include:

- Toxicology
- Microbiology
- Food safety

<sup>†</sup> Will require consultation with the Committee on Toxicity

- Behavioural and psychological aspects of infant and young child feeding
- Social aspects of infant and young child feeding

## **DISCUSSION**

13. The Committee is asked to discuss and agree the draft scope for the review, and the approach proposed by the Subgroup on Maternal and Child Nutrition (SMCN).

This document had been prepared for consideration by the Scientific Advisory Committee on Nutrition. It does not necessarily represent the final views of the Group or the policy of Health Departments.