

THE INFLUENCES OF PREVIOUS COMPLEMENTARY FEEDING PRACTICES
DURING INFANCY ON CURRENT FOOD ACCEPTANCE AMONG TODDLERS
AGED 18 TO 24 MONTHS

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ABSTRACT

Food that was introduced during infancy may influence toddler's food acceptance and subsequently develop their eating behaviour. These cross-sectional and retrospective studies were aimed to determine the influences of previous complementary feeding practices during infancy on current food acceptance among toddler aged 18-24 months. 120 children (59 boys and 61 girls) in six selected clinics in Selangor were participated in this study. Nutritional status of subjects was measured using anthropometry instruments while feeding practice was assessed through questionnaire. Meanwhile, WHO growth charts were used to compare weight, height, Body Mass Index (BMI), mid-arm circumference (MUAC) and head circumference (HC) of subjects. Diet intake for two consecutive days was recorded using single 24 hours diet recall and analyzed using Diet 4 Software. Then, it was compared with Malaysian Recommended Nutrient Intake (RNI). The data received were analyzed using SPSS 20.0. This study found that almost all of the subjects were having normal weight (86.7%), height (78.3%), BMI (68.3%), MUAC (98.3%) and HC (92.5%). Subject's birth order was related to their nutritional status, but not for early introduction of complementary food. Plain water, formula milk and baby cereals were common examples of early complementary food introduced during their infancy. Data on eating behaviour in this study found that 84 subjects were enjoying their meals while the other 29 subjects were picky eater. Mothers who were practicing self-regulation and pressure to eat resulted in excessive nutrients intake among subjects and it was exceeded compare to RNI recommendation. Overall, most of the food that was introduced during infancy has higher acceptance during toddlers but it depends on types of food and mother's feeding practices itself.

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CHAPTER I

INTRODUCTION

1.1 RESEARCH BACKGROUND

Toddlers are young children usually between the age of 1 to 3 years which distinguished by a rapid growth in gross and fine motor skills with consequent increase in self determination, exploration of the surrounding and language skills (Brown, 2011). Adequate nutrition is necessary during the first two years of life because it is the important stages of growth and development. During this period, children may be exposed to inappropriate dietary patterns and nutrition (Baker et al., 2007). Toddler's stage is a crucial period in which, inadequate or excess supply of energy and nutrient may cause the development of health problems such as overweight, diabetes and hypertension in childhood or in future (Baker et al., 2007). Nutritional deficiencies during this stage will impair cognitive developments as well as their ability to explore their environment (Radwan, 2013; Kimani-Murage et al., 2011).

The transition of toddlers diet from single diet which consist of liquid dense diet breast milk or formula to a diet consisting primarily of tables' food that have variety choices of food may cause lacking of some nutrients in their diet (Birch, Savage, & Ventura, 2009; Baker et al., 2007). Toddlers also learn by themselves to choose and reject new food that is unfamiliar. Previous and current nutrition intake indicates toddler's nutritional status and their health status as well. A study done by Baker et al. (2007) reported that toddler who consume micronutrients such as iron, vitamin D and calcium according to recommended amount will emphasis adequate intake because iron deficiency