

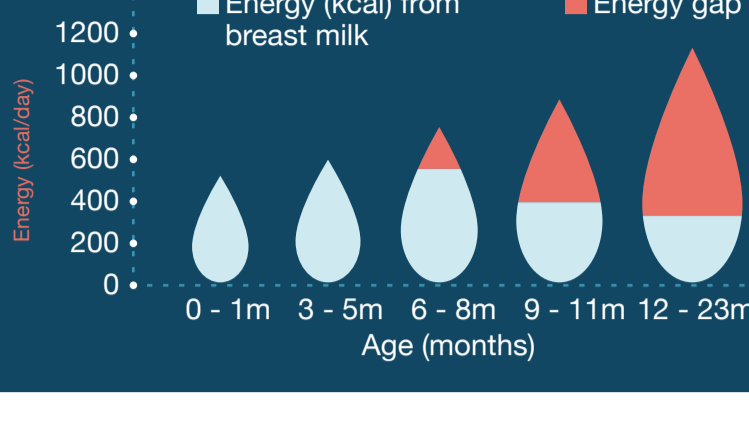
COMPLEMENTARY FEEDING IN MALAYSIA:

OPPORTUNITY FOR EDUCATION AND INTERVENTION

Complementary Feeding is defined as the process of giving the baby other foods and liquids in addition to breast milk. At six months of age, breast milk alone is no longer sufficient to meet the baby's nutritional requirements as they need additional nutrients for their growth and development¹.

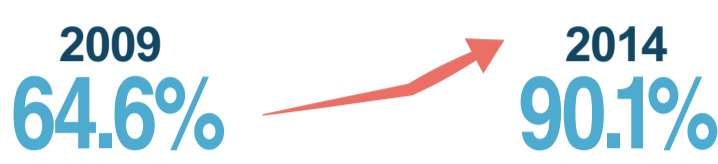


COMPARISON OF ENERGY NEEDS PER KG AND PER DAY FROM BIRTH TO TWO YEARS²



COMPLEMENTARY FEEDING SHOULD START FROM THE AGE OF 6 MONTHS³.

The rate of timely complementary feeding in Malaysia has increased from⁴:



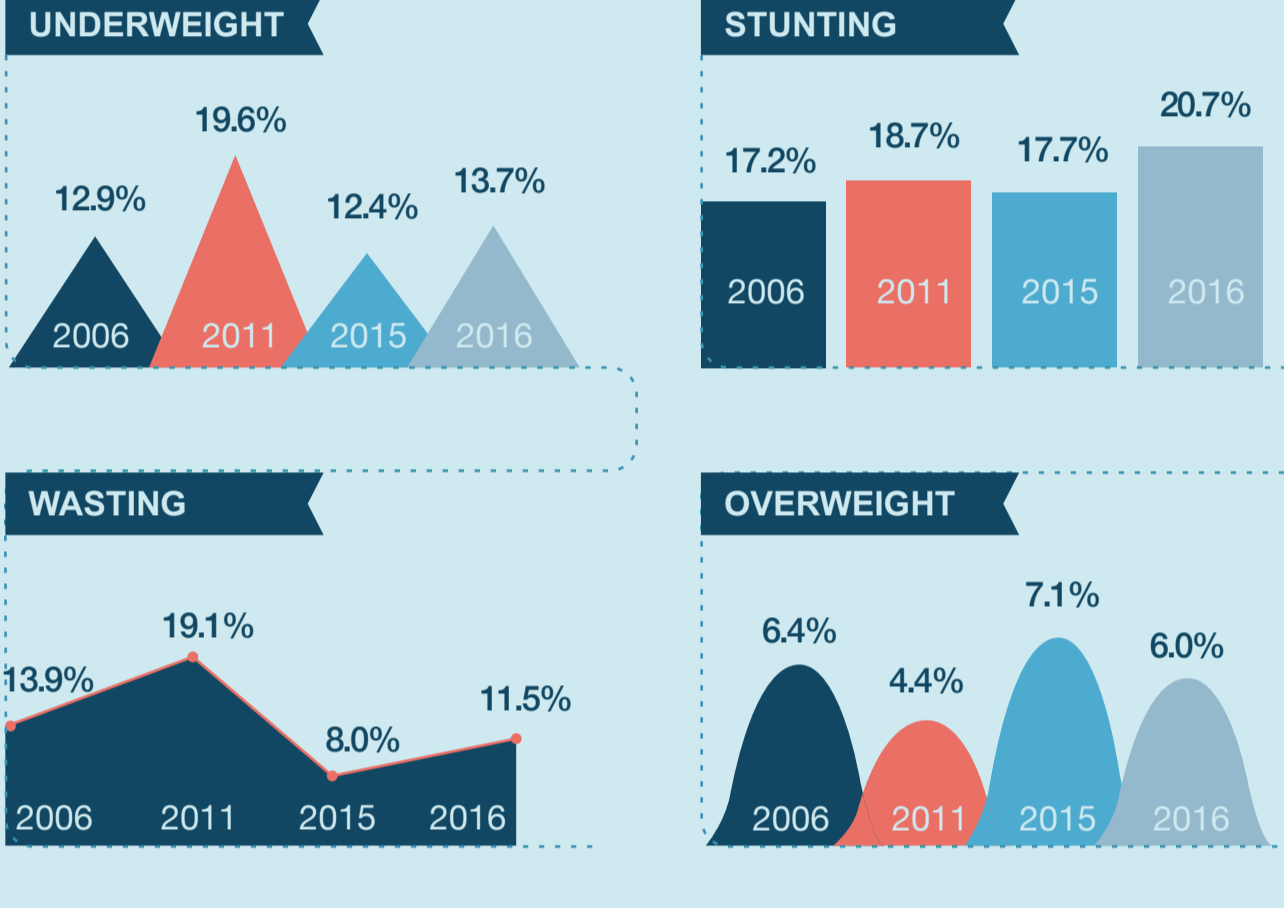
DATA ALSO SUGGESTS THAT COMPLEMENTARY FEEDING MAY START EARLIER AND QUALITY OF COMPLEMENTARY FOODS MAY NEED TO BE IMPROVED

- A study of 295 children showed 70.6% started complementary feeding before 6 months⁵.
- A study of 300 children between 6 – 24 months of age showed only 68.8% of breast-fed infants and 34.6% of non-breast fed infants had a minimal acceptable diet⁶.
- Only 56.3% of the children in the study achieved their recommendations for energy⁶.

MALAYSIA FACES THE CHALLENGE OF DOUBLE BURDEN OF MALNUTRITION⁷⁻¹⁰:

- Prevalence of stunting in children <5 years is still high.
- While the prevalence of childhood overweight is on the rise, undernutrition remains a significant public health concern.

PREVALENCE OF MALNUTRITION INDICATORS FROM NHMS 2006, 2011, 2015, 2016.



ONE REASON MAYBE INAPPROPRIATE COMPLEMENTARY FEEDING PRACTICES¹¹

POOR QUALITY FOOD

- Poor micronutrient quality
- Low dietary diversity
- Inadequate animal source foods
- Low energy content
- Anti-nutrient content

INADEQUATE PRACTICES

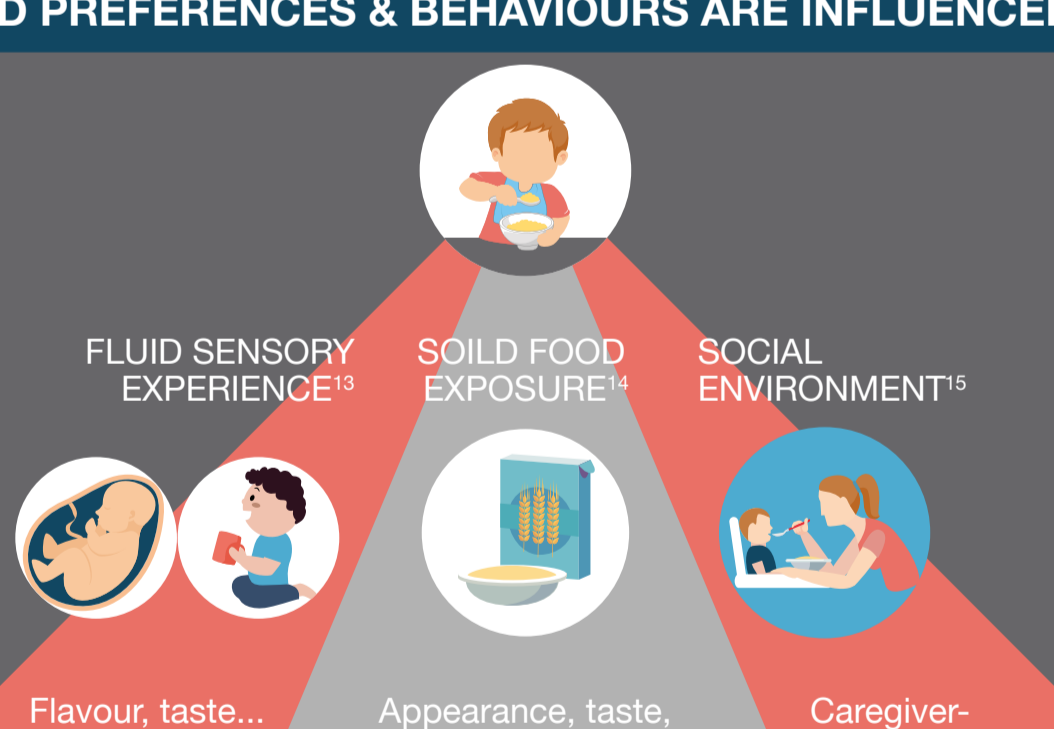
- Infrequent feeding
- Feeding insufficient quantity
- Thin food consistency
- Non-responsive feeding
- Inadequate feeding during and after illness

STUNTED GROWTH AND DEVELOPMENT

DEVELOPMENT OF HEALTHY EATING HABITS STARTS IN THE WOMB AND CONTINUES THROUGH THE EARLY YEARS:

A study showed that 50 – 60% of food preferences in 2 – 3 year old children are the same in 17 – 22 year old adults¹².

FOOD PREFERENCES & BEHAVIOURS ARE INFLUENCED BY:



Appropriate complementary feeding practices is important to support the development of healthy dietary habits that will benefit health later in life.

RECOMMENDATIONS ON COMPLEMENTARY FEEDING FROM THE MALAYSIAN DIETARY GUIDELINES¹⁶:

- Start the baby on complementary food from 6 months of age.
- Feed children with enough food to meet their energy needs.
- Increase the feeding frequency of complementary foods according to age.

AGE	MEAL FREQUENCY/ DAY	NUTRITION SNACKS/ DAY
6 to 8 months	2 to 3 times	1 to 2 times
9 to 11 months	3 to 4 times	1 to 2 times
1 to 2 years	4 to 5 times	1 to 2 times

- Change food texture and preparation methods gradually as the baby gets older.
- Give a variety of food and gradually increase the quantity to ensure that all nutrient needs are met.
- Consider your child's stage of development and feeding ability.
- Give sick children extra fluids and small frequent meals.

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This infographic is developed in collaboration with Prof. Dr. Zailiah Mohd Shariff, Universiti Putra Malaysia.