

Appendix I. DNSIYCS Participant feedback letters

MRC Human Nutrition Research

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Serial/Respondent No.:
Recording period: 25/02/2010 to 28/02/2010

National Infant Diet and Health Study Diet Record Feedback



As part of the National Infant Diet and Health Study, you kindly agreed to complete a diet record for your [son/daughter 'name']. You also said that you would like to receive feedback from this record.

As your child is exclusively breastfed or formula fed they are receiving all the nutrients they need for the first 6 months of their life and we therefore have not provided a detailed breakdown of their dietary intake.

Once you begin to feed your child solid foods, it is important to give them a variety of healthy foods to ensure they get all the nutrients they need. Also, if you give them lots of healthy foods to try when they are young, they are more likely to eat a variety of healthy foods when they grow up.

Please refer to the last page for additional resources if you wish to read more about a healthy diet for your baby.

Healthy Eating



If you wish to obtain more information about a healthy diet for your child and tips for achieving this, there are a number of organisations that can help. It is best to look at websites from registered health professionals and Government organisations where you can trust the information and know that it is supported by good scientific evidence. There is a lot of information about nutrition on the web that is not supported by evidence coming from research. If you do not have access to the Internet, these organisations have other resources to help you. You should be able to find these in your GP's surgery.



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www.readysteadybaby.org.uk

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**HEALTHY
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<http://www.healthystart.nhs.uk>



Who we are:

The National Infant Diet and Health Study is collecting information on the eating habits and nutritional status of the youngest section of the UK population. The Department of Health and the Food Standards Agency have asked MRC Human Nutrition Research (HNR) and the National Centre for Social research (NatCen) to carry out the survey, along with the MRC Epidemiology Unit and the Human Nutrition Research Centre at Newcastle University. HNR's role is to advance knowledge through investigation of biochemical, functional and dietary indicators of nutritional status and health. NatCen is Britain's largest independent research organisation studying social policy.

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National Infant Diet and Health Study Diet Record Feedback



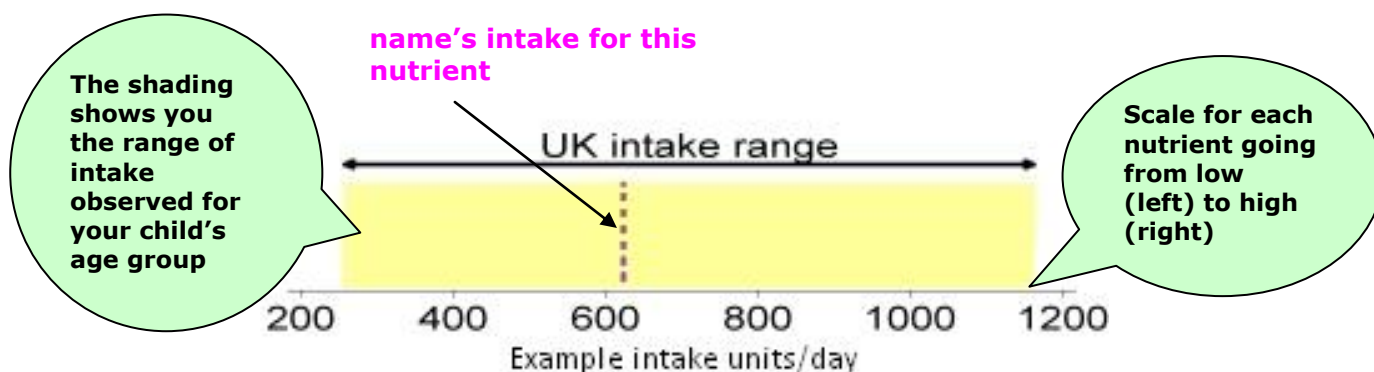
As part of the National Infant Diet and Health Study, you kindly agreed to complete a diet record for your 'son/daughter' 'name'. You also said that you would like to receive feedback from this record.

We have now analysed the diet record you gave us and have estimated a daily intake of energy (calories) and nutrients, from food and drinks 'name' has consumed. Intake from supplements is not included in this feedback.

If name's food intake during the recording period (25/02/2010 to 28/02/2010) was typical for him/her at the age he/she was then, the results will tell you how his intake of nutrients fits with the UK range for the 4 to 12 month age group.*

If breast milk is a major part of your child's intake, with very little solid food or other drinks, the intake of some nutrients may appear towards the lower end of the range. This is quite normal. The content of some nutrients may be low in breast milk, but your child is efficient at using these nutrients to meet its needs for growth and development.

Understanding the graphs: First an explanation on how to read the graphs provided.



What it means: If 'name's' intake is within the yellow band he/she is consuming within the UK range for his age group.

Please refer to the last page for additional resources if you wish to read more about a healthy diet for your baby. If you have any concerns regarding your baby's diet please consult your GP or health visitor.

*The ranges are taken from consumption figures from the dress rehearsal of this survey (188 participants) carried out in 2010. The intakes given are for your child's age group and are for food only and do not include supplements. Ranges shown exclude 2.5% of individuals at each end of the spectrum as these are considered extremes of intake.



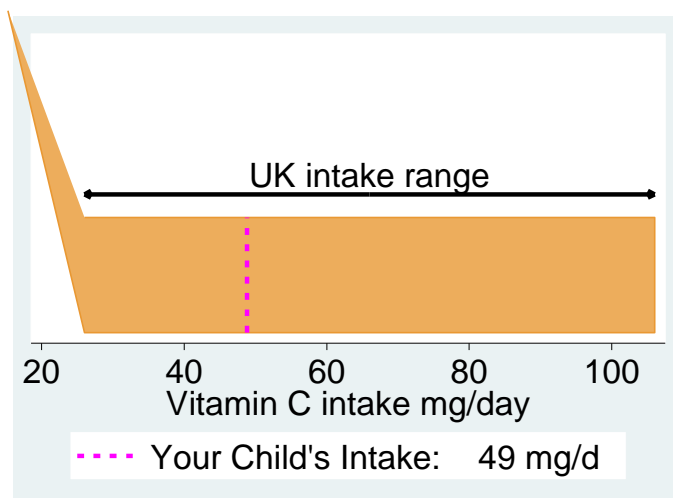
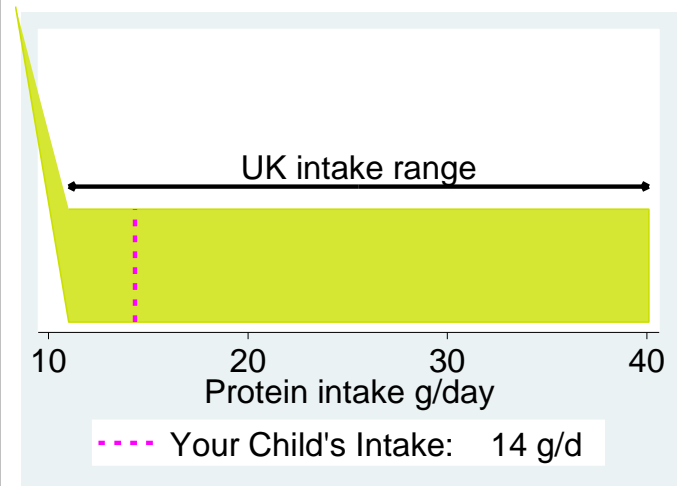


As you feed your child more solid foods, it is important to give them a variety of healthy foods to ensure they get all the nutrients they need. Also, if you give them lots of healthy foods to try when they are young, they are more likely to eat a variety of healthy foods when they grow up.



Your baby needs **protein** to grow. There is a lot of protein in the milk you give your baby regardless of what type that is, and there is also protein in cereals and in meats, when you reach the point of giving these. Most babies in the UK have enough

protein in the diet.



Some young children may not consume a good variety or sufficient amount of solid foods to get enough of vitamins A, C and D and, as a precaution, are therefore recommended to take supplements of these vitamins between 6 months and 5 years. Vitamin D supplements are particularly important in this age group as very few foods are good sources.

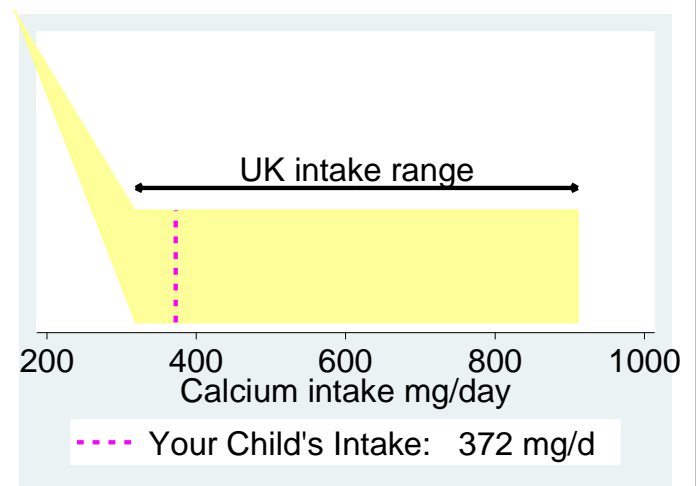
Opposite is an example of your child's intake for vitamin C from food and drinks.



Vitamin C is important for many functions in the body and it helps to protect cells from damage. Vitamin C can only be obtained from fruit and vegetables so it is important to include these in your baby's diet once you start to wean. Try to prepare fruit and vegetables yourself by using soft types, such as bananas, or pureeing and offering using a spoon. Starting fruit and vegetables early in your weaning and getting your baby used to them will help with their willingness to eat them when they get older.

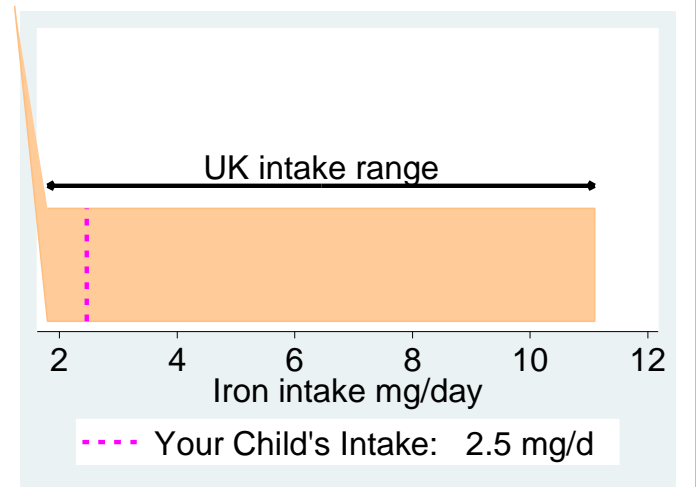
Calcium is important for many functions in the body, including building strong bones and teeth, helping muscles to contract and blood to clot properly.

Your milk is an important source of calcium for your baby as are dairy products such as milk, yoghurts and cheese.

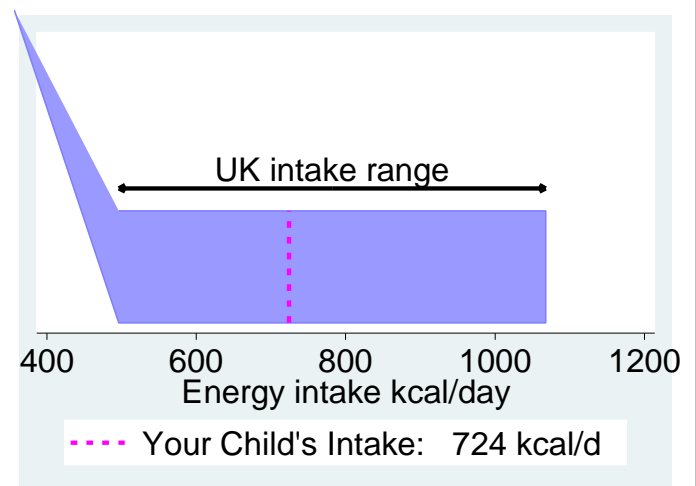


Iron is required for healthy blood and to help carry oxygen around our body. Lack of iron leads to anaemia, which causes tiredness and can affect your baby's development, behaviour and resistance to infection.

Once weaning starts, iron can be obtained from cereals and also from meat, where the form of iron, called haem iron, is much better absorbed into the body than iron from other sources.



Energy or calories are obtained from the protein, fat, and carbohydrate in the food your baby consumes, and everything your baby does uses calories. How many calories your baby needs depends on how fast your baby is growing and how active your baby is.



Healthy Eating



If you wish to obtain more information about a healthy diet for your child and tips for achieving this, there are a number of organisations that can help. It is best to look at websites from registered health professionals and Government organisations where you can trust the information and know that it is supported by good scientific evidence. There is a lot of information about nutrition on the web that is not supported by evidence coming from research. If you do not have access to the Internet, these organisations have other resources to help you. You should be able to find these in your GP's surgery.



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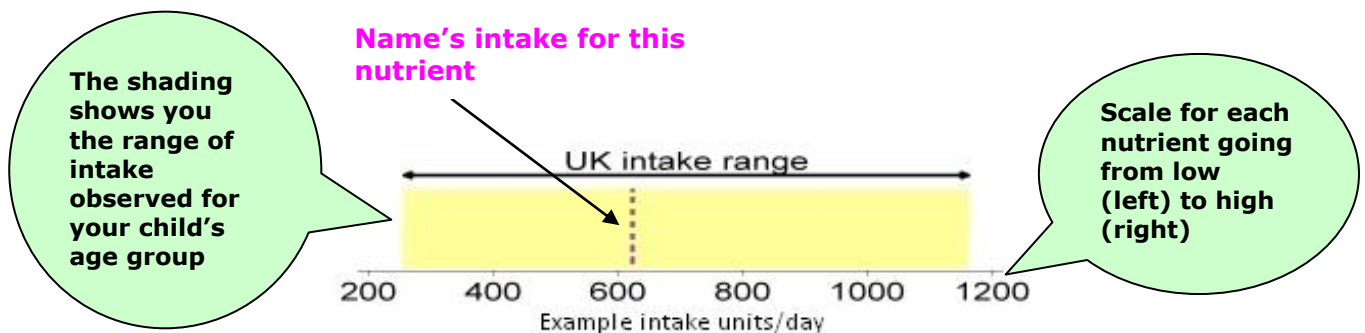


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If 'name's' food intake during the recording period (25/02/2010 to 28/02/2010) was typical for him/her at the age he/she was then, the results will tell you how his intake of nutrients fits with the UK range for the 12 to 18 month age group.*

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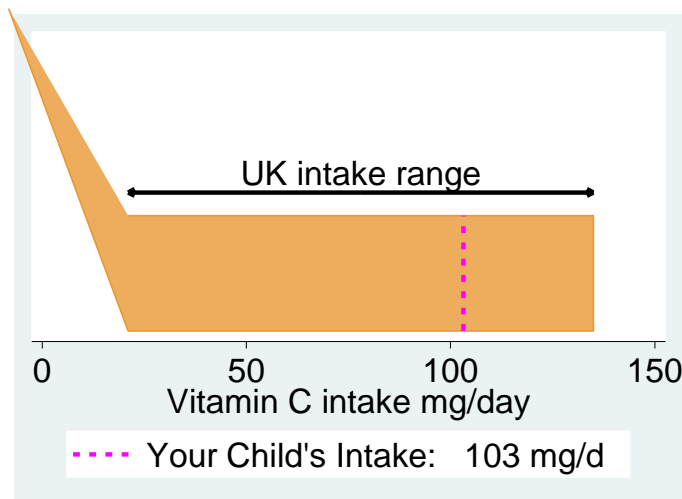
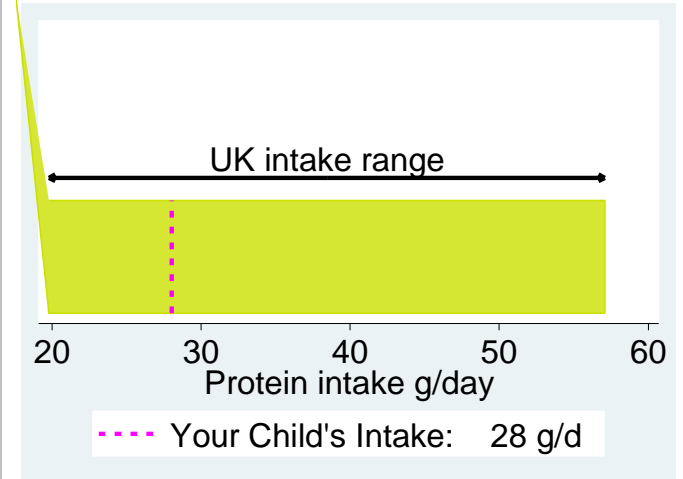
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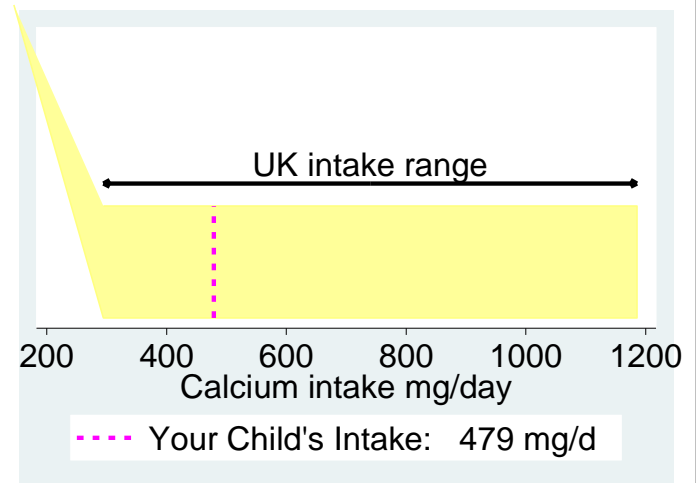
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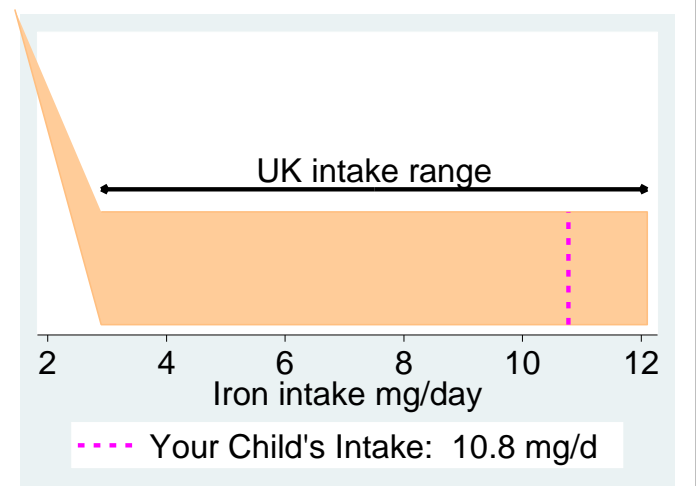
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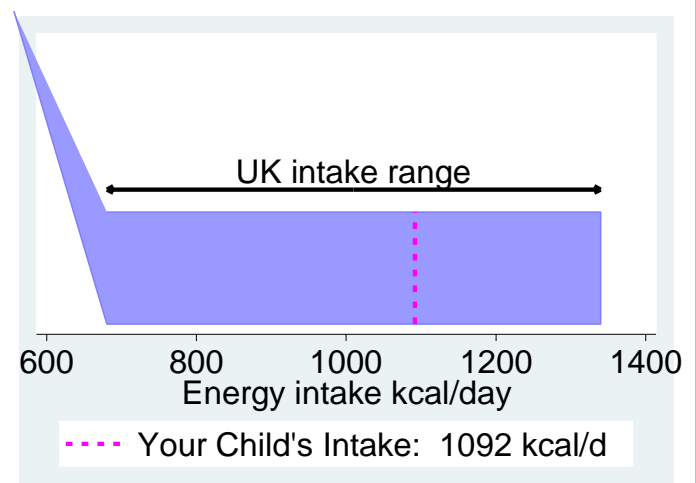


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