

D401 – Dietary Guidelines Not Met for Women and Children ≥2 years

Definition	When to Use D401:
Women and children who consume fewer than the recommended number of servings from one or more of the basic food groups (grains, fruits, vegetables, milk products, and meat or beans)	<p>This risk may be assigned to women and children > 2 years for whom required Hgb/Hct results have been brought in and a complete nutrition assessment has been performed and no other risk(s) are identified which includes an assessment for:</p> <ul style="list-style-type: none"> • D402 - Vegan/Highly Restrictive Diets, • D421 - Pica, • D423 - Inappropriate/Excess Intake Dietary Supplements, • D425 - Inappropriate Nutrition Practices for Children, <u>or</u> • D427 - Inappropriate Nutrition Practices for Women.

D402 - Vegan/Highly Restrictive Diets for Women, Infants and Children

Definition	Examples
<u>For Infants and Children:</u> Feeding a diet very low in calories and/or essential nutrients.	<ul style="list-style-type: none"> • Vegan diet; • Macrobiotic diet; and • Other diets very low in calories and/or essential nutrients.
<u>For Women:</u> Consuming a diet very low in calories and/or essential nutrients; or impaired caloric intake or absorption of essential nutrients following bariatric surgery.	<ul style="list-style-type: none"> ▪ Strict vegan diet; • Low-carbohydrate, high-protein diet; • Macrobiotic diet; and • Any other diet restricting calories and/or essential nutrients.

D411 – Inappropriate Nutrition Practices for Infants

Definition	Examples
Using a substitute for breast milk or for FDA approved iron-fortified formula as the primary nutrient source during the first year of life.	<p>Breast milk or formula substitutes:</p> <ul style="list-style-type: none"> ▪ Low iron formula without iron supplementation; ▪ Cow's milk, goat's milk, or sheep's milk (whole, reduced fat, low-fat, skim), canned evaporated or sweetened condensed milk; and ▪ Imitation or substitute milks (like rice- or soy-based beverages, non-dairy creamer), or other "homemade concoctions."

D411 – Inappropriate Nutrition Practices for infants, continued	
<p>Using nursing bottles or cups improperly.</p>	<ul style="list-style-type: none"> ▪ Using a bottle to feed fruit juice. ▪ Feeding any sugar-containing fluids, such as soda/soft drinks, gelatin water, corn syrup solutions, and sweetened tea. ▪ Allowing the infant to fall asleep or be put to bed with a bottle at naps or bedtime. ▪ Allowing the infant to use the bottle without restriction (e.g., walking around with a bottle) or as a pacifier. ▪ Propping the bottle when feeding. ▪ Allowing an infant to carry around and drink from a covered or training cup throughout the day. ▪ Adding any food (cereal or other solid foods) to the infant’s bottle.
<p>Offering complementary foods* or other substances that are inappropriate in type or timing.</p> <p><i>*Any foods or beverages other than breast milk or infant formula.</i></p>	<p>Inappropriate complementary foods:</p> <ul style="list-style-type: none"> ▪ Adding sweet agents such as sugar, honey, or syrups to any beverage (including water) or prepared food, or used on a pacifier. ▪ Any food or beverage other than breast milk or iron-fortified infant formula before 4 months of age, such as tea, rice water, or infant cereal.
<p>Using feeding practices that disregard the developmental needs or stage of the infant</p>	<ul style="list-style-type: none"> ▪ Inability to recognize, insensitivity to, or disregarding the infant’s cues for hunger and satiety (e.g., forcing an infant to eat a type and/or amount of food or beverage or ignoring a hunger cues). ▪ Feeding foods of inappropriate consistency, size, or shape that put infants at risk of choking. ▪ Not supporting an infant’s growing independence with self-feeding (e.g., solely spoon-feeding an infant who is able and ready to finger-feed and/or self-feeding with appropriate utensils). ▪ Feeding an infant food with inappropriate texture based on his/her developmental stage (e.g., feeding primarily pureed or liquid foods when the infant is ready and capable of eating mashed, chopped or appropriate finger foods.)
<p>Feeding inappropriately diluted formula.</p>	<ul style="list-style-type: none"> ▪ Failure to follow manufacturer’s dilution instructions (to include stretching formula for household economic reasons.) ▪ Failure to follow specific instructions accompanying a prescription.
<p>Limiting the frequency of nursing of the exclusively breastfed infant when breast milk is the sole source of nutrients</p>	<p>Inappropriate frequency of nursing:</p> <ul style="list-style-type: none"> ▪ Scheduled feedings instead of demand feedings; ▪ Less than 8 feedings in 24 hours if less than 2 months of age; and ▪ Less than 6 feedings in 24 hours if between 2 and 6 months of age.

D411 – Inappropriate Nutrition Practices for Infants, continued	
Using inappropriate sanitation in preparation, handling, and storage of expressed breastmilk or formula.	<p>Inappropriate sanitation:</p> <ul style="list-style-type: none"> ▪ Limited or no access to a: <ul style="list-style-type: none"> – safe water supply (documented by appropriate officials), – heat source for sterilization, and/or – refrigerator or freezer for storage. ▪ Failure to properly prepare, handle, or store bottles or storage containers of expressed breast milk or formula.
Not providing dietary supplements recognized as essential by national public health policy when an infant’s diet alone cannot meet nutrient requirements.	<ul style="list-style-type: none"> ▪ Infants who are 6 months of age or older who are ingesting less than 0.25 mg of fluoride daily when the water supply contains less than 0.3 ppm fluoride. ▪ Breastfed infants who are ingesting less than 1 liter (or 1 quart) per day of vitamin D-fortified formula, and are not taking a supplement of 400 IU of vitamin D. ▪ Non-breastfed infants who are ingesting less than 1 liter (or 1 quart) per day of vitamin-D fortified formula, and are not taking a supplement of 400 IU of vitamin D.

D421 - Pica	
Definition	Examples
<p><u>For Women and Children:</u> Ingestion of inappropriate nonfood items.</p>	<ul style="list-style-type: none"> • Ashes; • Baking soda; • Burnt matches; • Carpet fibers; • Chalk; • Cigarettes or cigarette butts; • Clay • Dust; • Foam rubber; • Large quantities of ice and/or freezer frost; • Paint chips; • Soil; and • Starch (laundry and cornstarch).

D423 - Inappropriate/Excess Intake Dietary Supplementation for Women, Infants and Children	
Definition	Examples
Consuming dietary supplements with potentially harmful consequences	<p>Dietary supplements when ingested in excess of recommended dosage may be toxic or have harmful consequences:</p> <ul style="list-style-type: none"> • Single or multi-vitamins; • Mineral supplements; and • Herbal or botanical supplements/remedies/teas.

D425 – Inappropriate Nutrition Practices for Children	
Definition	Examples
Feeding inappropriate beverages as the primary milk source.	Inappropriate beverages as primary milk source: <ul style="list-style-type: none"> • Non-fat or reduced-fat milks (between 12 and 24 months of age only) or sweetened condensed milk; and • Unfortified or inadequately fortified substitute milks (such as unfortified rice, almond or soy based beverages, non-dairy creamer, or homemade concoctions).
Feeding a child any sugar-containing fluids.	Sugar-containing fluids: <ul style="list-style-type: none"> • Soda/soft drinks; • Gelatin water; • Corn syrup solutions; and • Sweetened tea.
Using nursing bottles, cups, or pacifiers improperly.	<ul style="list-style-type: none"> • Using a bottle to feed fruit juice, diluted cereal or other solid foods. • Allowing the child to fall asleep or be put to bed with a bottle at naps or bedtime. • Allowing the child to use the bottle without restriction (e.g., walking around with a bottle) or as a pacifier. • Using a bottle for feeding or drinking after 14 months of age. • Using a pacifier dipped in sweet agents such as sugar, honey, or syrups. • Allowing a child to carry around and drink throughout the day from a covered or training cup.
Using feeding practices that disregard the developmental needs or stages of the child	<ul style="list-style-type: none"> • Inability to recognize, insensitivity to, or disregarding the child's cues for hunger and satiety (e.g., forcing a child to eat a certain type and/or amount of food or beverage or ignoring a hungry child's requests for appropriate foods). • Feeding foods of inappropriate consistency, size, or shape that put children at risk of choking. • Not supporting a child's need for growing independence with self-feeding (e.g., solely spoon-feeding a child who is able and ready to finger-feed and/or try self-feeding with appropriate utensils). • Feeding a child food with an inappropriate texture based on his/her developmental stage (e.g., feeding primarily pureed or liquid food when the child is ready and capable of eating mashed, chopped or appropriate finger foods).

D425 – Inappropriate Nutrition Practices for Children, continued	
Feeding foods to a child that could be contaminated with harmful microorganisms.	<p>Potentially harmful foods for a child:</p> <ul style="list-style-type: none"> • Unpasteurized fruit or vegetable juice; • Unpasteurized dairy products or soft cheeses such as feta, Brie, Camembert, blue-veined, and Mexican-style cheese; • Raw or undercooked meat, fish, poultry, or eggs; • Raw vegetable sprouts (alfalfa, clover, bean, and radish); and • Deli meats, hot dogs, and processed meats (avoid unless heated until steaming hot).
Not providing dietary supplements recognized as essential by national public health policy when a child’s diet alone cannot meet nutrient requirements.	<ul style="list-style-type: none"> ▪ Providing children under 36 months of age less than 0.25 mg of fluoride daily when the water supply contains less than 0.3 ppm fluoride. • Providing children 36-60 months of age less than 0.50 mg of fluoride daily when the water supply contains less than 0.3 ppm fluoride. • Not providing 400 IU of vitamin D if a child consumes less than 1 liter (or 1 quart) of vitamin D fortified milk or formula.

D427 – Inappropriate Nutrition Practices for Women	
Definition	Examples
Inadequate vitamin/mineral supplementation recognized as essential by national public health policy.	<ul style="list-style-type: none"> • Consumption of less than 27 mg of iron as a supplement daily by pregnant women. • Consumption of less than 150 µg of supplemental iodine per day by pregnant and breastfeeding women. • Consumption of less than 400 mcg of folic acid from fortified foods and/or supplements daily by non-pregnant woman. • Lack of Vitamin D supplementation by exclusively breastfeeding women.

<p>Pregnant woman ingesting foods that could be contaminated with pathogenic microorganisms.</p>	<p>Potentially harmful foods:</p> <ul style="list-style-type: none"> • Raw fish or shellfish, oysters, clams, mussels, and scallops; • Refrigerated smoked seafood, unless it is an ingredient in a cooked dish, such as a casserole; • Raw or undercooked meat or poultry; • Hot dogs, luncheon meats (cold cuts), fermented and dry sausage and other deli-style meat or poultry products unless reheated until steaming hot; • Refrigerated pâté or meat spreads; • Unpasteurized milk or foods containing unpasteurized milk; • Soft cheeses such as feta, Brie, Camembert, blue-veined cheeses and Mexican style cheese such as queso blanco, queso fresco, or Panela unless made with pasteurized milk;
<p>D427 – Inappropriate Nutrition Practices for Women, <i>continued</i></p>	
	<ul style="list-style-type: none"> • Raw or undercooked eggs or foods containing them including certain salad dressings, cookie and cake batters, sauces, and beverages such as unpasteurized eggnog; • Raw sprouts (alfalfa, clover, and radish); or • Unpasteurized fruit or vegetable juices.

<p align="center">D428 - Dietary Risk Associated with Complementary Foods (Infants 4-11 months <i>and</i> children 12-23 months)</p>	
<p>Definition</p>	<p>When to Use D428:</p>
<p>An infant or child who has begun to or is expected to begin to:</p> <ol style="list-style-type: none"> 1. consume complementary foods and beverages, 2. eat independently, 3. be weaned from breast milk or infant formula, or 4. transition from a diet based on infant/toddler foods to one based on the Dietary Guidelines for American, is at risk of inappropriate complementary feedings. 	<p>This risk may be assigned to infants and children under age 2 for whom required Hgb/Hct results have been brought in and a complete nutrition assessment has been performed and no other risk(s) is identified which includes an assessment for:</p> <ul style="list-style-type: none"> • D402 - Vegan/Highly Restrictive Diets, • D421 - Pica, • D423 - Inappropriate/Excess Intake Dietary Supplements, • D411- Inappropriate Nutrition Practices for Infants <u>or</u> • D425 - Inappropriate Nutrition Practices for Children