

TAMAMLAYICI BESLENME

(COMPLEMENTARY FEEDING)

- ▶ KRİTİK PENCERE DÖNEMİ
- ▶ “Tamamlayıcı beslenme dönemi, emzirilen bebeğin yaşına ve gelişim basamaklarına uygun yeni besin maddelerini alması, besin madde çeşitliliği sağlayarak dengeli ve yeterli beslenmesinin sağlanması, kendi kendini besleyebilir hale gelmesi dönemidir.
- ▶ KANITA DAYALI VERİLER AZ
- ▶ DSÖ (WHO) TANIMI

TAMAMLAYICI BESLENMEDE 10 BASAMAK



▶ 1. Altı ay sadece anne sütü ile beslenme sağlanmalıdır.

▶ 2. İki yaşına dek anne sütü ile beslenmeye devam edilmelidir.

▶ WHO (World Health Organization). 2002. Complementary Feeding. Report of the Global Consultation. Geneva, 10–13 December 2001. Summary of Guiding Principles. http://www.who.int/nutrition/publications/Complementary_Feeding.pdf. Accessed March 11, 2016.

- ▶ Anne sütünün protein içeriđi dűşűklűđű
- ▶ • Anne sűtű leptin, adiponektin and grelin gibi iřtahı kontrol eden hormonların varlıđı
- ▶ • Beslenmenin kontrolűnűn bebekte olması

- ▶ J Hum Lact (2011) 27(4):406-408

**ANNE SűTű MUCİZEVİ BİR
BESİN...**

Tamamlayıcı beslenmeye başlama zamanı

4.aydan önce başlanan tamamlayıcı besinler, obesite riskini artırıyor (erken hızlı büyümeden bağımsız olarak).

Ann Nutr Metab 2012;60(suppl 2):40–50
Nutr. Res.2016: 36; 759-770.

Pediatrics 2011;127: e544–e551



3 – RESPONSIVE BESLENME

- ▶ Anne bebeđi açlık ve tokluk işaretlerine göre besler.
- ▶ Yemek yeme aynı zamanda karşılıklı bir iletişimdir.
- ▶ LA Daniels et al. Pediatrics 2015,136,e40-49.
- ▶ Hohman EE et al. INSIGHT Responsive parenting intervention is associated with healthier patterns of dietary exposures in infants. Obesity 2017;25; 185-191.
- ▶



Naylor AJ, Morrow A, editors. Developmental Readiness of Normal Full Term Infants to Progress from Exclusive Breastfeeding to the Introduction of Complementary Foods: Reviews of the Relevant Literature Concerning Infant Immunologic, Gastrointestinal, Oral Motor and Maternal Reproductive and Lactational Development. Washington, DC: Wellstart International and the LINKAGES Project/Academy for Educational Development; 2001. Accessed March 11, 2016.

TAMAMLAYICI BESLENME BESLENME HANGİ ŞEKİLLERDE YAPILYOR?

1. EBEVEYN KONTROLLÜ
2. RESPONSIVE BESLENME
3. BABY- LED WEANING
(BEBEK KONTROLLÜ
BESLENME)

BABY LED WEANING (Bebek Kontrollü Tamamlayıcı Beslenme)



Cameron SL, Taylor RW, Heath AL. Development and pilot testing of Baby-Led Introduction to Solids--a version of Baby-Led Weaning modified to address concerns about iron deficiency, growth faltering and choking. *BMC Pediatr.* 2015 Aug 26;15:99.

Morison BJ, Taylor RW, Haszard JJ, et al. How different are baby-led weaning and conventional complementary feeding? A cross-sectional study of infants aged 6-8 months. *BMJ Open.* 2016 May 6;6(5): e010665

BABY-LED FEEDING

- Studies ongoing.
- Some concern of undernutrition.

Table 4 BMI by WHO z-scores and NHS/CDC percentiles by weaning group*

	Baby-led group (n=63)	Spoon-fed group (n=63)
CDC percentiles		
Underweight (0–4)	6 (9.5%)	1 (1.6%)
Healthy weight (5–85)	49 (77.8%)	47 (74.6%)
Overweight (86–95)	7 (12.7%)	8 (12.7%)
Obese (96+)	1 (1.6%)	7 (11.1%)

from: E. Townsend, N. J. Pitchford. *BMJ open* 2, e000298 (2012).

**No RCT!
HIGH RISK of BIAS
due to study design!**

4 – TAMAMLAYICI BESİNLERİN HAZIRLANMALARI VE SAKLANMALARI

- ▶ El yıkama eğitimi
- ▶ Temiz kase, bardak, KAŞIK kullanımı
- ▶ Biberon kullanılmamalı
- ▶ J. Pediatrics 2011, 159, 431-436.

▶ 5 – Tamamlayıcı besin miktarları

▶ AZ MİKTARDA BAŞLANIP ARTIRILMALARI

- ▶ Krebs NF. Meat as first complementary food for breastfed infants: feasibility and impact on zinc intake and status. J Pediatr Gastro- enterol Nutr 2006;42:207 – 14.

TÜRK ÇOCUKLARI İÇİN HANGİ BESİNLER HANGİ AYDA?

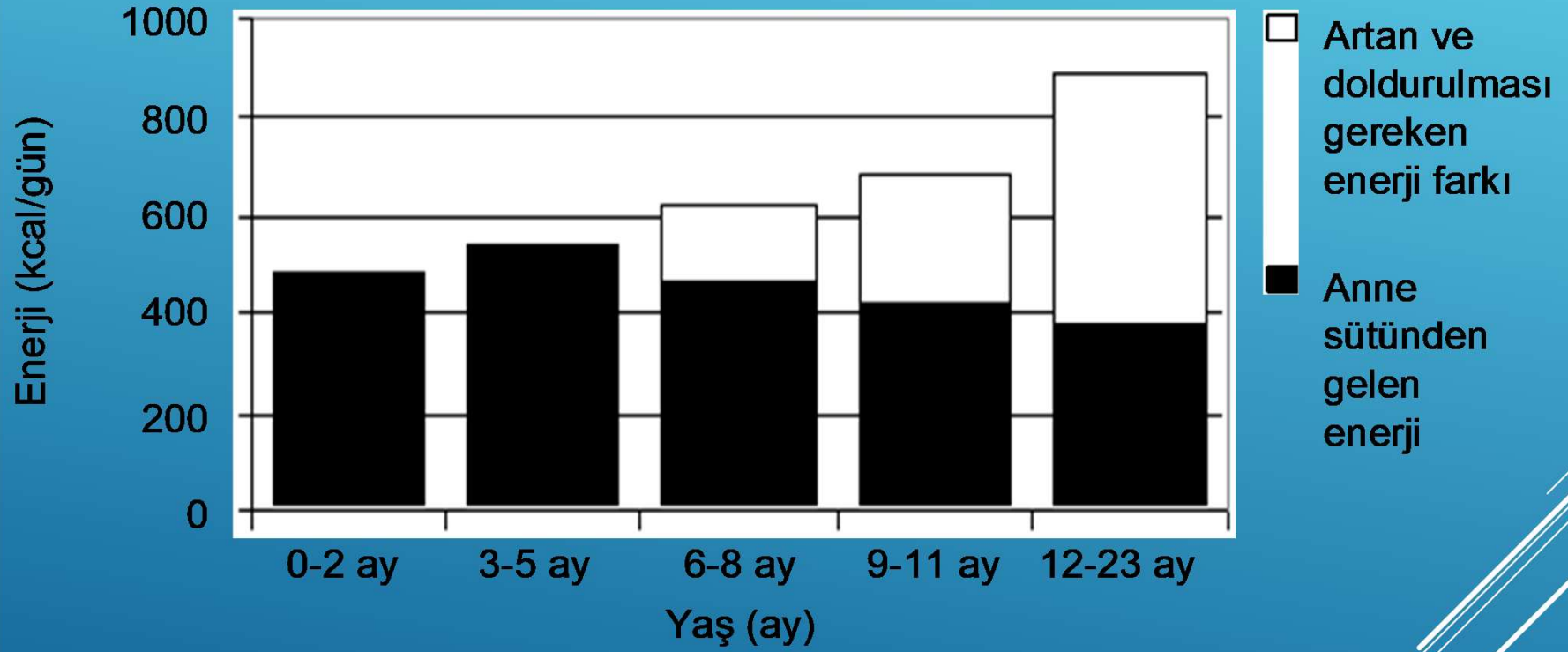
6-7 AY

- ▶ **SEBZE:** HAVUÇ, KABAK, BAL KABAĞI, PATETES, YER ELMASI, KEREVİZ, BEZELYE, YEŞİL YAPRAKLI SEBZELER
- ▶ **ET:** KIYMA (YAĞSIZ), TAVUK, BALIK (KILÇIĞI ÇOK İYİ TEMİZLENMİŞ, ORTA BOY BALIK), YUMURTA SARISI
- ▶ **MEYVE:** ELMA, KAYISI, ARMUT, ŞEFTALİ, MUZ, (KABUĞU SOYULABİLEN MEYVELER)
- ▶ **SÜT ÜRÜNLERİ:** YOĞURT (ŞEKERSİZ), MUHALLEBİ
- ▶ **PEKMEZ** (TATLANDIRICI OLARAK, KAYNATILARAK VE SAĞLIK KOŞULLARINA UYGUN OLARAK HAZIRLANMIŞ)
- ▶ TUZ EKLENMEYECEK

6 – BESİN KIVAMLARI

- ▶ Pureed (PÜRE KIVAMINDA) (6-7 AY)
- ▶ Crushed (ÇATALLA EZİLMİŞ PÜTÜRLÜ) (7-8 AY)
- ▶ Chopped (PARÇALARA AYRILMIŞ BESİN) (8-9 AY)

Yaşa göre Enerji Gereksinmesi ve Anne Sütünden Sağlanan Enerji Miktarı





ENERGY

PÜTÜRLÜ GIDALARA BAŞLAMADA 9-10 AYLIK DÖNEME KALINMAMALI!

- ▶ Northstone K, Emmett P, Nethersole F. The effect of age of introduction to lumpy solids on foods eaten and reported feeding difficulties at 6 and 15 months. J Hum Nutr Diet 2001;14:43 – 54.
- ▶ Coulthard H, Harris G, Emmett P. Delayed introduction of lumpy foods to children during the complementary feeding period affects child's food acceptance and feeding at 7 years of age. Mat Child Nutr 2009;5:75 – 85.

▶ 7 – BESİN VERİLME SIKLIĞI VE ENERJİ DENSİTELERİ

- ▶ 6-8 ayda ek 2-3 öğün
- ▶ 9-11 ayda ek 2-3 öğün, 1-2 ara
- ▶ 12-23 ayda ek 2-3 öğün, 1-2 ara

► 8 – TAMAMLAYICI BESİNLERİN BESLEYİCİ İÇERİKLERİ

Protein ve mikronütrient içeriği yüksek (Fe, Zn, Ca, VitA, Vit C, folat)

Bebekçe sevilen

Remy E, Issanchou S, Chabanet C, et al. Repeated exposure of infants at complementary feeding to a vegetable puree increases acceptance as effectively as flavor-flavor learning and more effectively than flavor-nutrient learning. J Nutr 2013; 143:1194 – 200.

Tuz ayrıca eklenmesin.

Ailece temin edilebilen

**BİR YAŞINDAN ÖNCE
ALLERJEN OLABİLECEK
BESİNLERİ KISITLAYALIM MI?**

**COCHRANE 2012, BİLİMSEL
KANIT YOK!!**

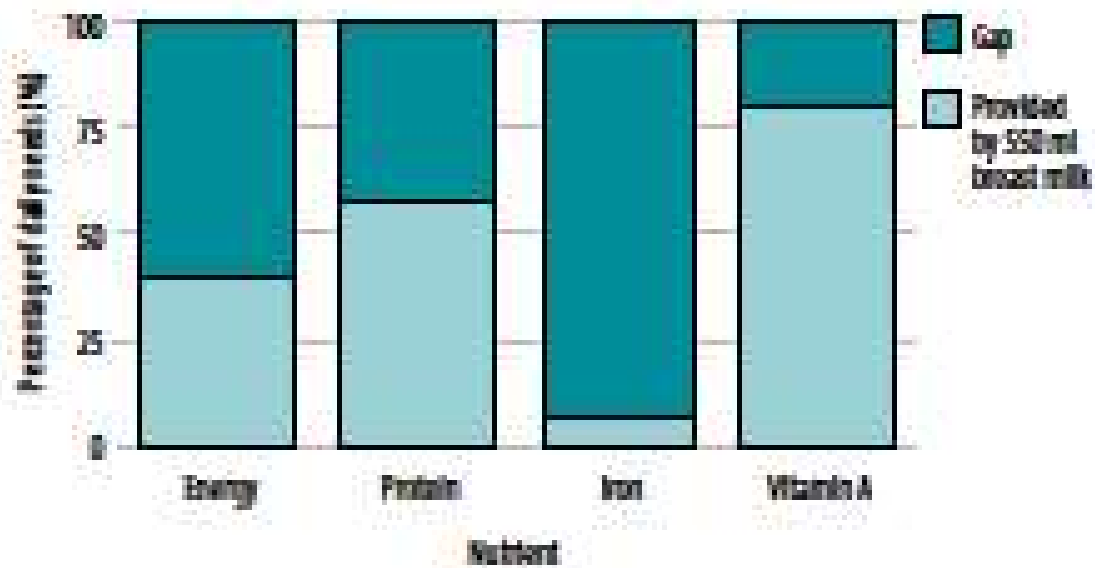
9 – VİTAMİN VE MİNERAL SUPLEMENTASYONU, ZENGİNLEŞTİRİLMİŞ BESİNLER

- ▶ Demir
- ▶ Vitamin A
- ▶ Vitamin D
- ▶ Çinko
- ▶ Flor desteęi

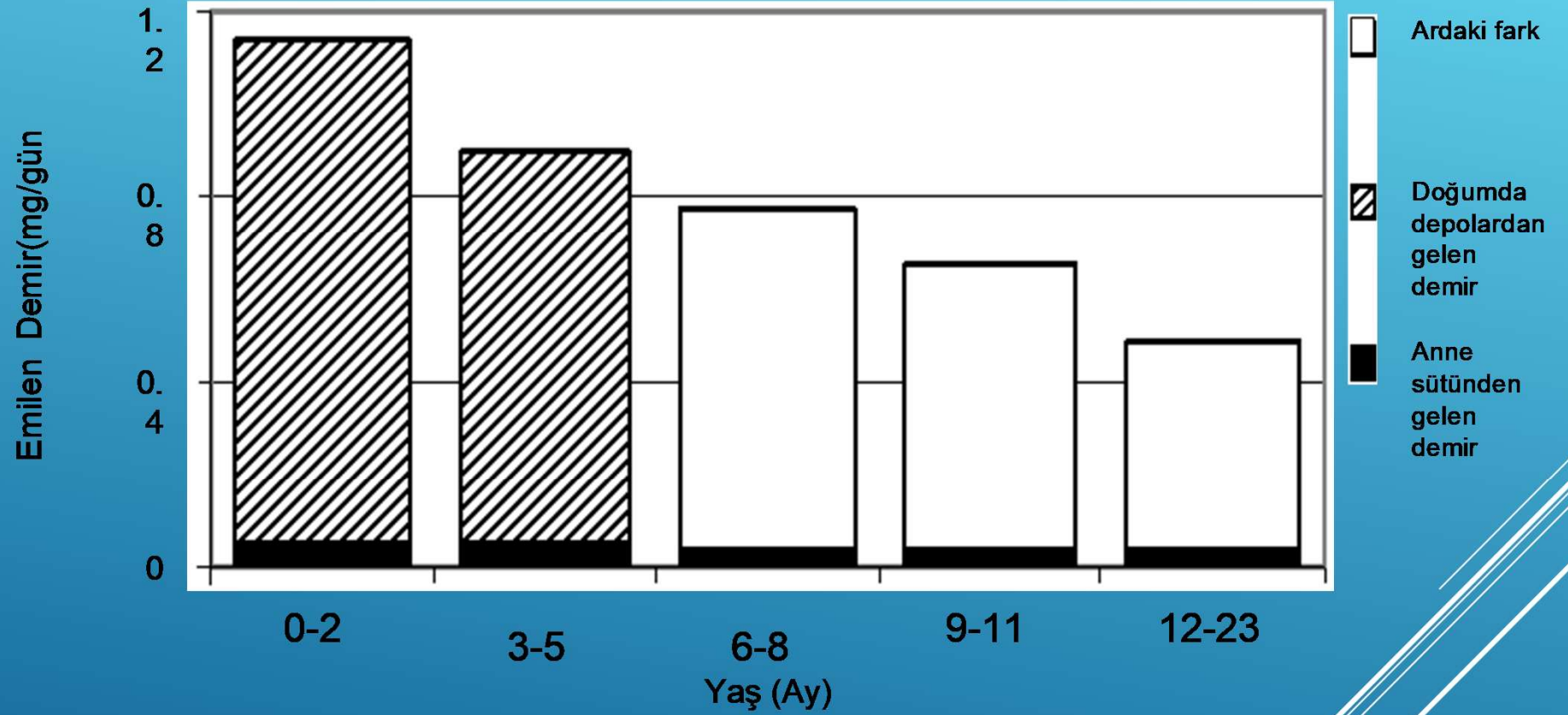
10 –HASTALIK SIRASINDA VE SONRASINDA BESLENME

- ▶ Beslenme bu dönemde devam etmeli
- ▶ Enfeksiyon sırasında anne sütü
- ▶ Enfeksiyon sonrası ekstra öğünler

Gaps to be filled by complementary foods for a breastfed child 12–23 months



DEMİR DESTEĐİ



DEMİR EKSİKLİĞİNİ ÖNLEMeye YÖNELİK STRATEJİLER

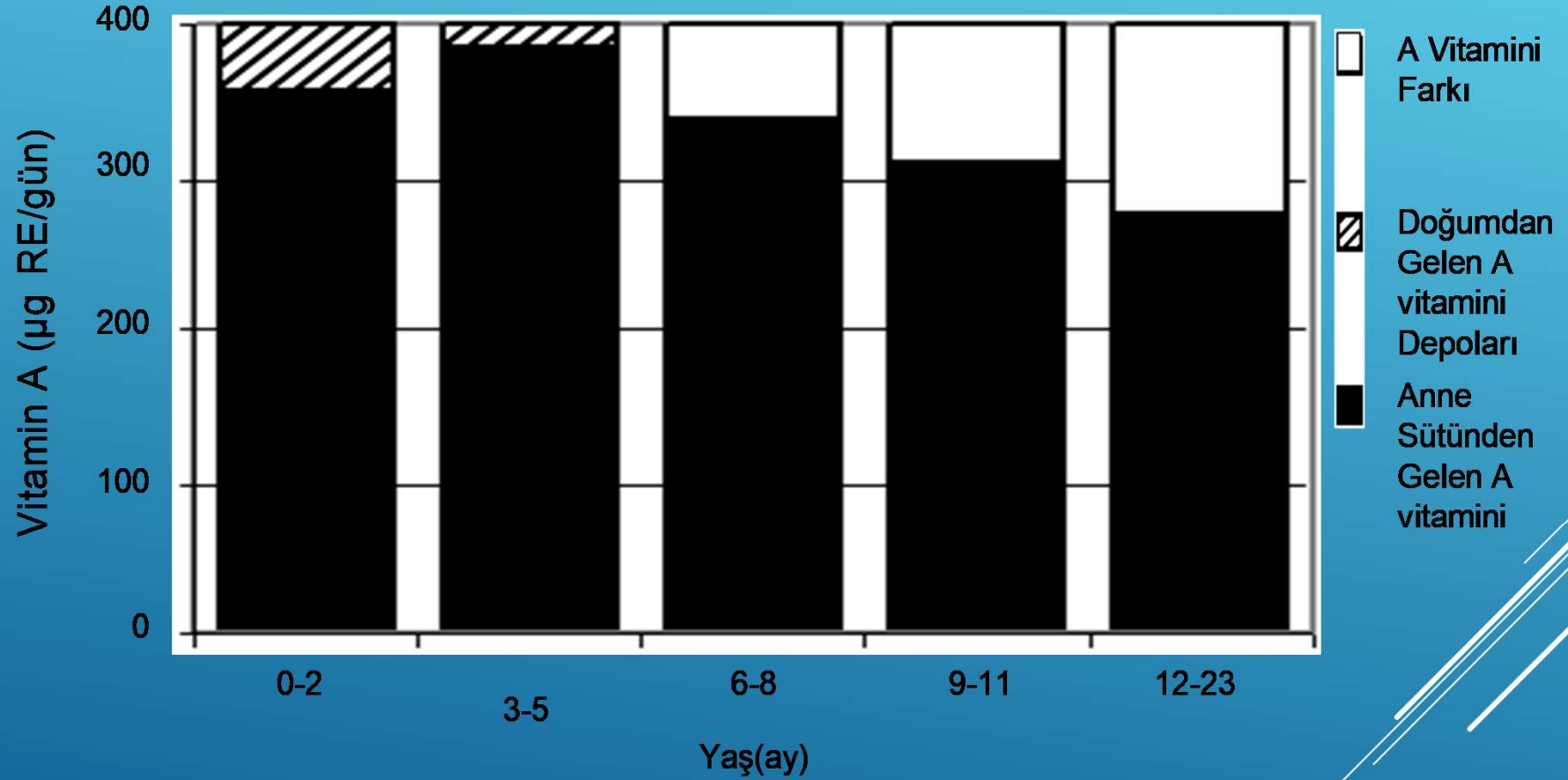
▶ DEMİRDEN ZENGİN BESLENME

- ▶ Morgan J, Taylor A, Fewtrell MS. Meat consumption is positively associated with psychomotor outcome in children up to 24 months of age. J Pediatr Gastroenterol Nutr 2004;39:493 – 8.

▶ DEMİR DESTEĞİ

▶ BESİNLERİN DEMİRLE GÜÇLENDİRİLMESİ

A VİTAMİNİ GEREKSİNİMİ



VİTAMİN D DESTEĞİ

...e all infants, including those who are exclusively breastfed and older children and adolescents. It is now recommended that all infants and children, including adolescents, have a minimum daily intake of 400 IU of vitamin D beginning soon after birth. The current recommendation replaces the previous recommendation of a minimum daily intake of 200 IU/day of vitamin D supplementation beginning in the first 2 months after birth and continuing through adolescence. These revised guidelines for vitamin D intake for healthy infants, children, and adolescents are based on evidence from new clinical trials and the historical precedence of safely giving 400 IU of vitamin D per day in the pediatric and adolescent population. New evidence supports a potential role for vitamin D in maintaining innate immunity and preventing diseases such as diabetes and cancer. The new data may eventually refine what constitutes vitamin D sufficiency or deficiency. *Pediatrics* 2008;122:1142–1152

INTRODUCTION

This statement is intended to replace a 2003 clinical report from the American Academy of Pediatrics (AAP),¹ which recommended a daily intake of 200 IU/day of vitamin D for all infants (beginning in the first 2 months after birth), children, and adolescents. The recommended daily intake of vitamin D is 400 IU/day for all infants, children, and adolescents beginning in the first days of life.

The guidance in this report does not indicate an exclusive course of treatment or serve as a standard of medical care. Variations, taking into account individual circumstances, may be appropriate.

Key Words

vitamin D, vitamin D deficiency, vitamin D requirements, infants, children, adolescents, 25-hydroxyvitamin D, D supplements

Abbreviations

AAP—American Academy of Pediatrics
25-OH-D—25-hydroxyvitamin D
1,25-OH₂-D—1,25-dihydroxyvitamin D
PTH—parathyroid hormone

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FLOR SUPLEMENTASYONU

	<u>6ay-2 yaş</u>	<u>2-4 yaş</u>	<u>4-16 yaş</u>
▶ < 0.3	0.25	0.50	1.00
▶ 0.3-0.7	0.0	0.25	0.50
▶ > 0.7	0.0	0.0	0.0

İÇME SULARINDA FLOR SEVİYESİ (PPM)

World Health Organization 2010

▶ OLGU 4.

- ▶ Sađlam ocuk muayenesine getirilen 13 aylık bebek, ok dűşük bir sosyoekonomik düzeyden geliyor. Annesinin güldüğü zaman bol miktarda ürük var. Anne ocuđunun diřlerinin ürük olup olmayacađını ve ne yapması gerektiđini soruyor.....

VURGULAR

- ▶ ÇORBA KIVAMI DEĞİL PÜRE KIVAMI
- ▶ ET SUYU DEĞİL, ETİN ERKEN DÖNEMDE DİYETE SOKULMASI
- ▶ İNEK SÜTÜ
- ▶ MEYVE SUYU,
- ▶ BAL,
- ▶ BALIK, HAVUÇ, FINDIK FISTIK
- ▶ BLENDER KULANMA.
- ▶ Bebek her öğünde aynı miktarda alacak diye bir kural yoktur.

▶ **BEBEK BESLENMESİ
KONUSUNDA ORTAK
MESAJLARIN VERİLMESİ**

- ▶ **Diyetisyenler**
- ▶ **Aile hekimleri**
- ▶ **Pediatristler**



DİNLEDİĞİNİZ İÇİN TEŞEKKÜR
EDERİM !!

31

19.03.2018