

# Nutrition Guideline

## Healthy Infants and Young Children

### Introduction

*For Professional Reference Only*

Applicable to: Nurses, Physicians and Other Health Professionals

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#### Introduction

The Alberta Health Services (AHS) Nutrition Guidelines for Healthy Infants and Young Children were developed by Registered Dietitians in AHS. Work completed on these guidelines has been done in collaboration with other health professionals across the province.

The purpose of these nutrition guidelines is to provide public health nurses, physicians, dietitians, and other health professionals in Alberta with evidence informed, practical feeding and nutrition recommendations for healthy infants and young children.

The nutrition guidelines are designed to:

- allow for the provision of consistent messages to parents and caregivers across the province about nutrition for infants and young children;
- be the basis for informing provincial resources;
- be updated and further developed as required when new information and research is available.

The AHS Nutrition Guidelines for Healthy Infants and Young Children are meant to support and expand on the national document *Nutrition for Healthy Term Infants: [Birth to Six Months](#) and [Six to 24 Months](#)* (Health Canada, Canadian Pediatric Society, Dietitians of Canada, and Breastfeeding Committee for Canada, 2012) and to address common pediatric nutrition questions.

#### Scope

The Nutrition Guidelines for Healthy Infants and Young Children will:

- target healthy term infants and children from 0 - 2 years of age;
- include information for children greater than 2 years of age as appropriate; and
- expand to cover recommendations for healthy preterm infants as appropriate.

Health professionals should evaluate each situation and use professional judgment when applying the nutrition guidelines. These nutrition guidelines are for the care of healthy infants and young children and therefore, may not apply to infants and children with complex medical or nutritional needs.