

Does baby-led approach to complementary feeding reduce overweight risk?

July 10 2017



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A randomized clinical trial published by *JAMA Pediatrics* examined whether allowing infants to control their food intake by feeding themselves solid foods, instead of traditional spoon-feeding, would



reduce the risk of overweight or impact other secondary outcomes up to age 2.

The study by Rachael W. Taylor, Ph.D., and Anne-Louise M. Heath, Ph.D., of the University of Otago, Dunedin, New Zealand, and coauthors included 206 women, with 105 of them assigned to an intervention that included support from a lactation consultant to extend exclusive breastfeeding and delay the introduction of complementary foods until 6 months of age, when the infants were considered developmentally ready to self-feed.

"A baby-led approach to complementary feeding does not appear to improve energy self-regulation or body weight when compared with more traditional feeding practices, although some benefits may accrue in attitudes to <u>food</u>, including reduced food fussiness," the article concludes.

The authors noted some study limitations, including a small sample that was relatively socioeconomically advantaged so the results may not apply to those infants with lower socioeconomic status.

More information: *JAMA Pediatrics* (2017). DOI: <u>10.1001/jamapediatrics.2017.1284</u>

Provided by The JAMA Network Journals

Citation: Does baby-led approach to complementary feeding reduce overweight risk? (2017, July 10) retrieved 6 May 2024 from <u>https://medicalxpress.com/news/2017-07-baby-led-approach-complementary-overweight.html</u>

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