

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

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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 [food](#), 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: 10.1001/jamapediatrics.2017.1284](https://doi.org/10.1001/jamapediatrics.2017.1284)

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