

Complementary Feeding in Pediatrics

Pediatrics · Answer Key · 19 Questions

1. What is complementary feeding defined as by the World Health Organization (WHO) in 2001?

- A) Any solid food introduced after six months of age.
- B) Any liquid or solid food, including infant formulas, different from breast milk that is introduced into a child's diet.**
- C) Only pureed fruits and vegetables.
- D) A process to completely wean a baby off breast milk.

2. According to the text, why is complementary feeding controversial?

- A) It is too expensive for most families.
- B) There are differences in ethnic groups and cultures worldwide regarding feeding practices.**
- C) It always leads to digestive problems in infants.
- D) Medical professionals cannot agree on the best timing.

3. What was the previous approach to introducing new foods to infants?

- A) Based on scientific research and clinical trials.
- B) Determined by strict government guidelines.
- C) Based on personal experience and individual pediatrician's advice ('each master has its booklet').**
- D) Following a standardized international protocol.

4. The department of gastroenterology and nutrition at the Instituto Nacional de Pediatría in Mexico developed a consensus document based on:

- A) Only anecdotal evidence from parents.
- B) The personal experiences of the authors.
- C) Existing guidelines, current recommendations, and the authors' experience.**
- D) A review of ancient feeding practices.

5. What is one of the primary physiological bases for introducing new foods?

- A) To solely increase the child's calorie intake.
- B) To fill energy and nutrient gaps that breast milk or formula cannot provide.**
- C) To introduce the child to foods that are difficult to digest.
- D) To encourage the child to eat spicy foods early on.

6. Which of the following is NOT listed as an objective of complementary feeding?

- A) Promote adequate growth and neurological development.
- B) Teach the child to distinguish flavors, colors, textures, and temperatures.
- C) Ensure the child consumes exclusively processed foods.**
- D) Promote healthy eating habits.

7. Around what age does a baby's energy and nutritional requirements increase, making exclusive milk feeding insufficient?

- A) Three months
- B) Six months**
- C) Nine months
- D) Twelve months

8. What is a key factor influencing the timing of complementary feeding related to a baby's development?

- A) The number of teeth the baby has.
- B) The baby's neurological development, including the loss of primary reflexes like the tongue extrusion reflex.**
- C) The baby's ability to walk.
- D) The baby's sleep patterns.

9. By what age is it generally recommended not to delay the introduction of semi-solid foods beyond, as the child is capable of chewing and crushing with their gums?

- A) 4 months
- B) 7 months
- C) 10 months**
- D) 12 months

10. What happens to the gastrointestinal tract's capacity and digestive functions around four months of age that allows for the metabolism of foods other than milk?

- A) It shrinks and becomes less efficient.
- B) It develops functional mechanisms to metabolize different foods.**
- C) It stops producing digestive enzymes.
- D) It only becomes capable of digesting liquids.

11. What is the approximate capacity of a newborn's stomach?

- A) 30 mL**
- B) 100 mL
- C) 200 mL
- D) 500 mL

12. What is a key function of the renal system's maturation in relation to complementary feeding?

- A) To increase the baby's thirst.
- B) To help the infant excrete excess solutes from new liquids and foods.**
- C) To decrease the baby's appetite.
- D) To regulate body temperature.

13. By six months of age, what percentage of adult glomerular filtration function does the kidney typically reach?

- A) 25%
- B) 50%
- C) 75-80%**
- D) 100%

14. What is the recommended age range for starting complementary feeding according to the European Society of Pediatric Gastroenterology, Hepatology and Nutrition (ESPGHAN) in 2008?

- A) Before 17 weeks or after 26 weeks of life.
- B) Between 17 and 26 weeks of life.**
- C) Only after 6 months of life.
- D) As soon as the baby shows signs of hunger.

15. According to the text, what is the ideal age to initiate complementary feeding, ensuring it is not before four months and not delayed beyond six months?

- A) Any time after 3 months.
- B) Between 4 and 6 months.**
- C) Exactly at 6 months.
- D) After 12 months.

16. How long should breastfeeding accompany complementary feeding, according to the text?

- A) Until 1 year of age.
- B) Until 2 years of age.**
- C) Only during the first six months of complementary feeding.
- D) It is not necessary to continue breastfeeding.

17. What is 'perceptive feeding'?

- A) Forcing a child to eat a certain amount.
- B) A feeding behavior where the caregiver responds to the infant's hunger and satiety cues, feeding slowly and patiently.**
- C) Allowing the child to eat only desserts.
- D) Feeding the child while they are distracted by screens.

18. How many attempts should be made to offer a new food before considering suspending it?

- A) 1-2 attempts
- B) 3-5 attempts**
- C) 7-10 attempts
- D) Only one attempt

19. Why is it recommended to avoid the use of bottles for feeding infants during complementary feeding?

- A) Bottles are too difficult for babies to hold.
- B) They are not cost-effective.
- C) They carry a high risk of transmitting infections.**
- D) They do not provide enough milk.