

## **COMMITTEE ON TOXICITY OF CHEMICALS IN FOOD, CONSUMER PRODUCTS AND THE ENVIRONMENT**

### **Paper for Information:**

### **Diet and Nutrition Survey of Infants and Young Children (DNSIYC), 2011**

#### **Introduction**

1. The COT has previously been informed that this survey, which provides the only source of nationally representative data on the types and quantities of foods consumed by the 4 to 18 month age group, would be published in March 2013. The survey includes 2683 children from all 4 countries of the UK and was commissioned by Department of Health (DH) in England and the UK Food Standards Agency. Fieldwork was carried out between January and August 2011. The data are based on a 4 day diet diary and include estimated fluid intake, blood samples and body composition measurements.

2. The published results cover:

- Sample characteristics including neurological development, medical history and maternal characteristics
- Physical measurements
- Feeding practices
- An estimation of breast milk consumption
- Use of dietary supplements
- Energy, macronutrients and micronutrient intake
- Iron and vitamin D status

#### **Key Findings**

3. Some of the overall findings reported from DNSIYC are highlighted below:

##### **(i) Breastfeeding**

- 22 per cent of children had never been breastfed. Of those who were breastfed, 57% were not breastfed beyond three months of age.
- 29 per cent of children aged 4 to 6 months consumed breast milk during the four-day food diary period, decreasing to 8 per cent in children aged 12 to 18 months.

##### **(ii) Infant formula**

- Infant formula was the largest contributor to energy intake for children aged under 12 months (31 per cent to 51 per cent).
- 32 per cent of infants aged 4 to 6 months consumed follow-on formula, which is not recommended before six months.

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(iii) Cow's milk ('milk and milk products')

- The food category 'milk and milk products' was the largest contributor to energy intake for 12 to 18 month-olds.
- 5 per cent of infants aged 4 to 6 months consumed semi-skimmed milk, with mean intakes of 40g per day among consumers increasing to 13 per cent of children aged 12 to 18 months with mean intakes of 169g per day among consumers.

(iv) Complementary foods<sup>1</sup>

- Complementary foods were introduced before the age of 3 months for 10 per cent of children, and before 5 months for 75 per cent of children. For 22 per cent of children, foods were introduced at 6 months and for 3 per cent at 7 months or more.
- 58 per cent of children who had food other than milk had eaten a commercial baby or toddler meal and 20 percent had eaten a commercially prepared adult ready meal. By six months of age, most children (97 percent) had been given solid food in DNSIYC.
- Baby rice was the most common first food for children (65 percent), followed by pureed fruit or vegetables (21 per cent).
- The mean total fruit and vegetable consumption, including contribution from mixed dishes, was relatively high ranging from 100g per day for children aged 4 to 6 months to 170g per day for those aged 12 to 18 months, equivalent to one to two 80g adult portions per day.
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### **Next Steps**

4. The secretariat would want to use the data for exposure/ risk assessments as soon as practicable. The FSA is in the process of obtaining new software for calculating exposure estimates as well as commissioning a project to provide ingredients for foods consumed in the National Diet and Nutrition survey and DYNSIC. The software is likely to be available by use by autumn 2013, after which it will be possible to carry out dietary exposure estimates for foods consumed at a food group level (e.g. "meat and meat products"). It is anticipated that an ingredients database would become available by autumn 2014 so that the contribution of ingredients (of composite foods) to total intake of specific foods reported in the DYNSIC can be taken into account.

### **Further information**

5. The full report is available on the DH website - [http://media.dh.gov.uk/network/261/files/2013/03/DNSIYC-UK-report-ALL-chapters\\_DH\\_V10.0.pdf](http://media.dh.gov.uk/network/261/files/2013/03/DNSIYC-UK-report-ALL-chapters_DH_V10.0.pdf).

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<sup>1</sup> Complementary foods/feeding: the period where infants make the gradual transition from liquid foods to eating solid and family foods.

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6. The raw data will be deposited at the UK Data Service (<http://ukdataservice.ac.uk>) in due course.

**Secretariat**  
**[May 2013]**