

**Determinants of early introduction of solid foods in a sample of healthy term infants  
Tarrant R et al., 2007<sup>1</sup>**

This Irish study recruited 561 pregnant women in the Coombe Women's hospital (401 Irish-born women) and showed the following results

"23% of Irish Infants were consuming solid foods by 12 weeks of age"

The following factors were significantly associated with early introduction of solid foods: -

<b>Factors associated with early weaning onto solids (p=0.000)</b>	
Maternal	Age, social class, educational attainment, marital status of mothers, health insurance status during antenatal care, planned/unplanned pregnancy
Health Behaviours	Smoking status during pregnancy Folic acid supplementation during pregnancy
Ante-natal	Attendance to ante-natal classes Mothers antenatal intention regarding approx. timing of first solids post partum
Feeding Mode	Breastfeeding initiation Mode of feeding at 12-weeks (any breastfeeding versus formula feeding) Whey versus casein-based formula feed consumed at 6-weeks

Age group (15-24 year old mothers); Education attainment (primary or secondary level); Attendance at antenatal classes (reported that they intended to introduce solids <13 weeks post partum)

Authors conclude that recommendations to improve compliance with current infant feeding recommendations should include:

1. Educating younger mothers with lower educational standards on weaning
2. Educating mothers in the antenatal period is crucial in helping to reduce early introduction of solid foods.

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<sup>1</sup> Tarrant, Roslyn, Sheridan-Pereira, M, Younger, KM and Kearney, JM (2007). Determinants of early introduction to solid foods in a sample of healthy term infants. Proc Nut Soc Vol 66 (abstract)