***Supplementary material***

**National recommendations for infant and young child feeding
in the WHO European Region**

Berthold KOLETZKO MD PhD Professor of Paediatrics1, Nathali Lehmann HIRSCH MSc2, Jo Martin JEWELL MSc2,#, Quenia dos Santos PhD2, João Joaquim RODRIGUES DA SILVA BREDA PhD3, Mary FEWTRELL MD4, Martin WEBER MD PhD2

1LMU\_- Ludwig-Maximilians-Universität München, Dr. von Hauner Children’s Hospital, Univ. of Munich Medical Center, Munich, Germany

2WHO Regional Office for Europe, Marmorvej 51, 2100 Copenhagen, Denmark

3WHO European Office for Prevention and Control of Noncommunicable Diseases, 9 LeontyevskyPereulok, 125009 Moscow, Russian Federation

4Childhood Nutrition Research Centre, UCL Great Ormond Street Institute of Child Health, London, UK

# Current address: Nutrition Section, UNICEF, 3 UN Plaza, Room 504, New York, NY 10017, USA

Correspondence: Berthold Koletzko, Dr. med. Dr.med.habil. (MD PhD), Professor of Paediatrics, LMU - Ludwig-Maximilians-Universität Munich, Dr. von Hauner Children’s Hospital, Univ. of Munich Medical Center, Lindwurmstr. 4, 80337 Munich, Germany, and Stiftung Kindergesundheit, Lindwurmstr. 4, 80337 Munich, Germany, office.koletzko@med.lmu.de, ph: +49 89 4400 52826

**Suppl. Figure 1: Cumulative percentage of recommended introduction of liquids by age**

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\*Data reported by 44 countries

Annex 1

Survey on the Existing Guidelines on Complementary Feeding within the WHO European Region



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| Survey on the Existing Guidelines on Complementary Feeding within the WHO European Region  |   |

SECTION 1: RESPONDENT INFORMATION

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| Q 1. Please provide the name of your country: |
| Country: |            |

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| Q 2. Please provide the name of the professional society: |
| Paediatric society: |       |

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| Q 3. Please provide your name and contact details: |
| Name: |       |
| E-mail: |       |
| Phone no.: |           |

SECTION 2: GUIDELINES ON INFANT AND YOUNG CHILD NUTRITION

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| Q 4. Does your country or society have a document providing recommendation(s) on nutrition and/or food-based dietary guidelines for infant and young child feeding for [SINGLE ANSWER OPTION] |
| [ ]  Yes  | [ ]  No |
| *If yes, please provide the following:*  | *If no, please continue to question 26.* |
| Name of the document: |       |
| Year of publication: |       |
| Issuing body: |       |
| Web link to the document: |       |

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| Q 5. Is the document providing recommendation(s) on nutrition and/or food-based dietary guidelines for infant and young child feeding endorsed by the government for [SINGLE ANSWER OPTION] |
| [ ]  Yes  | [ ]  No |

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| Q 6. Is there a planned revision for the document providing recommendation(s) on nutrition and/or food-based dietary guidelines for infant and young child feeding for former Soviet countries.  |
| [ ]  Yes  | [ ]  No | [ ]  No information available | [ ]  The person answering this questionnaire does not know |
| *If yes, please provide the following:*  |
| When: |       |

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| Q 7. Which bodies are responsible for the implementation of the recommendation(s) on nutrition and/or food-based dietary guidelines for infant and young child feeding [SINGLE ANSWER OPTION] |
| [ ]  Governmental*Please specify the type:*       |
| [ ]  Professional*Please specify the type:*       |
| [ ]  Both, governmental and professional*Please specify the type:*       |
| [ ]  No information available |
| [ ]  The person answering this questionnaire does not know |

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| Q 8. Which bodies are responsible for the review of the recommendation(s) on nutrition and/or food-based dietary guidelines for infant and young child feeding [SINGLE ANSWER OPTION] |
| [ ]  Governmental*Please specify the type:*       |
| [ ]  Professional*Please specify the type:*       |
| [ ]  Both, governmental and professional*Please specify the type:*       |
| [ ]  No information available |
| [ ]  The person answering this questionnaire does not know |

SECTION 3: PROMOTION AND SUPPORT OF BREASTFEEDING

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| Q 9. Do the recommendation(s) on nutrition and/or food-based dietary guidelines for infant and young child feeding promote and support exclusive breastfeeding for…?[SINGLE ANSWER OPTION] |
| [ ]  The first 3 months of life |
| [ ]  The first 4 months of life |
| [ ]  The first 6 months of life |
| *If other, please specify:* |           |
| [ ]  No information available |
| [ ]  The person answering this questionnaire does not know |

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| Q 10. Do the recommendation(s) on nutrition and/or food-based dietary guidelines for infant and young child feeding promote and support partial breastfeeding until the age of…?[SINGLE ANSWER OPTION] |
| [ ]  12 months |
| [ ]  18 months |
| [ ]  24 months |
| *If other, please specify:* |           |
| [ ]  No information available |
| [ ]  The person answering this questionnaire does not know |

SECTION 4: INTRODUCTION TO COMPLEMENTARY FEEDING

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| Q 11. According to the recommendation(s) on nutrition and/or food-based dietary guidelines for infant and young child feeding at what age is it recommended to introduce complementary foods? [SINGLE ANSWER OPTION] |
| Earliest age for introduction to complementary foods: |       No. of months OR       No. of weeks[ ]  Not specified |
| Ideal age for introduction to complementary foods: |       No. of months OR       No. of weeks[ ]  Not specified  |
| Latest age for introduction to complementary foods: |       No. of months OR       No. of weeks[ ]  Not specified  |
| *If other, please specify:* |           |

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| Q 12. Are there different recommendations on the age of introducing complementary feeding for breastfed versus formula fed infants? [SINGLE ANSWER OPTION] |
| [ ]  Yes  | [ ]  No | [ ]  No information available | [ ]  The person answering this questionnaire does not know |
| *If yes, please state the details:*       |

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| Q 13. According to the recommendation(s) on nutrition and/or food-based dietary guidelines for infant and young child feeding what is the first food group(s) introduced to infants [MULTIPLE ANSWERS OPTION] |
| First food group(s): | [ ]  Cereals*Please specify the type:*      [ ]  Vegetables*Please specify the type:*      [ ]  Fruits*Please specify the type:*      [ ]  Meat*Please specify the type:*      [ ]  Fish*Please specify the type:*      [ ]  Egg*Please specify the type:*      [ ]  Dairy products*Please specify the type:*      [ ]  Bread*Please specify the type:*      [ ]  Pasta*Please specify the type:*      [ ]  Rice*Please specify the type:*       |
| *If other, please specify:* |       |
| [ ]  No information available |
| [ ]  The person answering this questionnaire does not know |

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| Q 14. According to the recommendation(s) on nutrition and/or food-based dietary guidelines for infant and young child feeding, what is the second food group(s) introduced to infants [MULTIPLE ANSWERS OPTION] |
| Second food group(s): | [ ]  Cereals*Please specify the type:*      [ ]  Vegetables*Please specify the type:*      [ ]  Fruits*Please specify the type:*      [ ]  Meat*Please specify the type:*      [ ]  Fish*Please specify the type:*      [ ]  Egg*Please specify the type:*      [ ]  Diary products*Please specify the type:*      [ ]  Bread*Please specify the type:*      [ ]  Pasta*Please specify the type:*      [ ]  Rice*Please specify the type:*       |
| *If other, please specify:* |       |
| [ ]  No information available |
| [ ]  The person answering this questionnaire does not know |

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| Q 15. According to the recommendation(s) on nutrition and/or food-based dietary guidelines for infant and young child feeding, what is the third food group(s) introduced to infants [MULTIPLE ANSWERS OPTION] |
| Third food group(s): | [ ]  Cereals*Please specify the type:*      [ ]  Vegetables*Please specify the type:*      [ ]  Fruits*Please specify the type:*      [ ]  Meat*Please specify the type:*      [ ]  Fish*Please specify the type:*      [ ]  Egg*Please specify the type:*      [ ]  Diary products*Please specify the type:*      [ ]  Bread*Please specify the type:*      [ ]  Pasta*Please specify the type:*      [ ]  Rice*Please specify the type:*       |
| *If other, please specify:* |       |
| [ ]  No information available |
| [ ]  The person answering this questionnaire does not know |

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| Q 16. According to the recommendation(s) on nutrition and/or food-based dietary guidelines for infant and young child feeding, at what age should meat or other iron-rich sources be introduced to infants [SINGLE ANSWER OPTION] |
| [ ]  3 months[ ]  4 months[ ]  5 months[ ]  6 months[ ]  7 months[ ]  8 months[ ]  9 months[ ]  10 months |
| *If other, please specify:* |       |
| [ ]  No information available |
| [ ]  The person answering this questionnaire does not know |

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| Q 17. According to the recommendation(s) on nutrition and/or food-based dietary guidelines for infant and young child feeding are there any foods, which should not be given to infants [SINGLE ANSWER OPTION] |
| [ ]  Yes  | [ ]  No |
| *If yes, please provide the following:*  |  |
| Please specify the food, which should not be given infants under 9 months: |       |
| Please specify the food, which should not be given young children between 9 and 12 months: |       |
| If other, please specify: |       |

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| Q 18. According to the recommendation(s) on nutrition and/or food-based dietary guidelines for infant and young child feeding, what is recommended for the infant and young child to drink…?[MULTIPLE ANSWERS OPTION] |
| Below 3 months | [ ]  breast-milk only[ ]  breast-milk and together with other options[ ]  infant formula (breast-milk substitute formula) [ ]  follow-on formula[ ]  young child formula[ ]  cow’s milk[ ]  water[ ]  flavoured water[ ]  tea[ ]  sweetened tea[ ]  juice*If other, please specify:*       |
| 3.0 – 5.9 months | [ ]  breast-milk only[ ]  breast-milk and together with other options[ ]  infant formula (breast-milk substitute formula) [ ]  follow-on formula[ ]  young child formula[ ]  water[ ]  flavoured water[ ]  tea[ ]  sweetened tea[ ]  juice*If other, please specify:*       |
| 6.0 – 8.9 months | [ ]  breast-milk only[ ]  breast-milk and together with other options[ ]  infant formula (breast-milk substitute formula) [ ]  follow-on formula[ ]  young child formula[ ]  cow’s milk[ ]  water[ ]  flavoured water[ ]  tea[ ]  sweetened tea[ ]  juice*If other, please specify:*       |
| 9.0 – 11.9 months | [ ]  breast-milk only[ ]  breast-milk and together with other options[ ]  infant formula (breast-milk substitute formula) [ ]  follow-on formula[ ]  young child formula[ ]  cow’s milk[ ]  water[ ]  flavoured water[ ]  tea[ ]  sweetened tea[ ]  juice*If other, please specify:*       |
| 12.0 – 23.9 months | [ ]  breast-milk only[ ]  breast-milk and together with other options[ ]  infant formula (breast-milk substitute formula) [ ]  follow-on formula[ ]  young child formula[ ]  cow’s milk[ ]  water[ ]  flavoured water[ ]  tea[ ]  sweetened tea[ ]  juice*If other, please specify:*       |
| [ ]  No information available |
| [ ]  The person answering this questionnaire does not know |

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| Q 19. According to the recommendation(s) on nutrition and/or food-based dietary guidelines for infant and young child feeding, what is the frequency of meals consisting of solid foods (other than milk or other liquids) recommended per day…? [SINGLE ANSWER OPTION] |
| 3.0 – 5.9 months | [ ]  0 meals consisting of solid foods per day[ ]  1 - 2 meals consisting of solid foods per day[ ]  2 - 3 meals consisting of solid foods per day[ ]  3 - 4 meals consisting of solid foods per day[ ]  4 - 5 meals consisting of solid foods per day[ ]  5 - 6 meals consisting of solid foods per day*If other, please specify:*       |
| 6.0 – 8.9 months | [ ]  0 meals consisting of solid foods per day[ ]  1 - 2 meals consisting of solid foods per day[ ]  2 - 3 meals consisting of solid foods per day[ ]  3 - 4 meals consisting of solid foods per day[ ]  4 - 5 meals consisting of solid foods per day[ ]  5 - 6 meals consisting of solid foods per day*If other, please specify:*       |
| 9.0 – 11.9 months | [ ]  0 meals consisting of solid foods per day[ ]  1 - 2 meals consisting of solid foods per day[ ]  2 - 3 meals consisting of solid foods per day[ ]  3 - 4 meals consisting of solid foods per day[ ]  4 - 5 meals consisting of solid foods per day[ ]  5 - 6 meals consisting of solid foods per day*If other, please specify:*       |
| 12.0 – 23.9 months | [ ]  0 meals consisting of solid foods per day[ ]  1 - 2 meals consisting of solid foods per day[ ]  2 - 3 meals consisting of solid foods per day[ ]  3 - 4 meals consisting of solid foods per day[ ]  4 - 5 meals consisting of solid foods per day[ ]  5 - 6 meals consisting of solid foods per day*If other, please specify:*       |
| [ ]  No information available |
| [ ]  The person answering this questionnaire does not know |

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| Q 20. Do the recommendation(s) on nutrition and/or food-based dietary guidelines for infant and young child feeding include information on the dietary reference intakes…?[SINGLE ANSWERS OPTION] |
| [ ]  Yes  | [ ]  No |
|  | *If no, please continue to question 25.* |

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| Q 21. According to the recommendation(s) on nutrition and/or food-based dietary guidelines for infant and young child feeding, what is the total amount of kcal per day for the breastfed child? |
| 3.0 – 5.9 months |       kcal per day |
| 6.0 – 8.9 months |       kcal per day |
| 9.0 – 11.9 months |       kcal per day |
| 12.0 – 23.9 months |       kcal per day |
| [ ]  No information available |
| [ ]  The person answering this questionnaire does not know |

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| Q 22. According to the recommendation(s) on nutrition and/or food-based dietary guidelines for infant and young child feeding, what is the total amount of kcal per day for the non-breastfed child? |
| 3.0 – 5.9 months |       kcal per day |
| 6.0 – 8.9 months |       kcal per day |
| 9.0 – 11.9 months |       kcal per day |
| 12.0 – 23.9 months |       kcal per day |
| [ ]  No information available |
| [ ]  The person answering this questionnaire does not know |

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| Q 23. According to the recommendation(s) on nutrition and/or food-based dietary guidelines for infant and young child feeding, what is the dietary reference intakes for energy for infants at 6.0 months of age? |
| Carbohydrates |       g/day OR       g/kg/day OR       E% |
| Protein |       g/day OR       g/kg/day OR       E% |
| Fat |       g/day OR       g/kg/day OR       E% |
| *Trans* Fat |       g/day OR       g/kg/day OR       E% |
| *Saturated* Fat |       g/day OR       g/kg/day OR       E% |
| Sugar |       g/day OR       g/kg/day OR       E% |
| Salt |       g/day OR       g/kg/day OR       E% |
| Please list if other nutrients are included: |       |
| [ ]  No information available |
| [ ]  The person answering this questionnaire does not know |

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| Q 24. According to the recommendation(s) on nutrition and/or food-based dietary guidelines for infant and young child feeding, what is the dietary reference intakes for energy for young children at 12.0 months of age? |
| Carbohydrates |       g/day OR       g/kg/day OR       E% |
| Protein |       g/day OR       g/kg/day OR       E% |
| Fat |       g/day OR       g/kg/day OR       E% |
| *Trans* Fat |       g/day OR       g/kg/day OR       E% |
| *Saturated* Fat |       g/day OR       g/kg/day OR       E% |
| Sugar |       g/day OR       g/kg/day OR       E% |
| Salt |       g/day OR       g/kg/day OR       E% |
| *Please list if other nutrients are included:* |       |
| [ ]  No information available |
| [ ]  The person answering this questionnaire does not know |

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| Q 25. Do the recommendation(s) on nutrition and/or food-based dietary guidelines for infant and young child feeding provide specific information on homemade food? [SINGLE ANSWER OPTION] |
| [ ]  Yes  | [ ]  No |
| *If yes, please provide information on what is emphasized:*  |  |

SECTION 5: COMMERCIALLY PRODUCED COMPLEMENTARY FOOD PRODUCTS

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| Q 26. In your country, where in the market place is it possible to buy complementary food products for infants and young children? [MULTIPLE ANSWERS OPTION] |
| [ ]  supermarket[ ]  corner shop or convenience store or local grocery store[ ]  pharmacy |
| *If other, please specify:* |       |

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| Q 27. Please list 10 popular (perhaps most popular/sold) complementary food products (other than infant or follow-on formula) available your country for infants below 12 months of age. |
| *1.*  |
| Brand name:       | Product name:       |
| *2.*  |
| Brand name:       | Product name:       |
| *3.*  |
| Brand name:       | Product name:       |
| *4.*  |
| Brand name:        | Product name:       |
| *5.*  |
| Brand name:       | Product name:       |
| *6.*  |
| Brand name:       | Product name:       |
| *7.*  |
| Brand name:       | Product name:       |
| *8.*  |
| Brand name:        | Product name:       |
| *9.*  |
| Brand name:       | Product name:       |
| *10.*  |
| Brand name:       | Product name:       |

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| Q 28. Please list 10 popular (perhaps most popular/sold) complementary food products (other than infant or follow-on formula) available your country for young children between 12 and 23 months of age. |
| *1.*  |
| Brand name:       | Product name:       |
| *2.*  |
| Brand name:       | Product name:       |
| *3.*  |
| Brand name:       | Product name:       |
| *4.*  |
| Brand name:       | Product name:       |
| *5.*  |
| Brand name:       | Product name:       |
| *6.*  |
| Brand name:       | Product name:       |
| *7.*  |
| Brand name:        | Product name:       |
| *8.*  |
| Brand name:       | Product name:       |
| *9.*  |
| Brand name:       | Product name:       |
| *10.*  |
| Brand name:       | Product name:       |

SECTION 6: NATIONAL PUBLICATIONS RELATED TO INFANT AND YOUNG CHILD NUTRITION

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| Q 29. Please list important publications related to infant and young child feeding published in the country |
| *Topic:*       |
| Name of document:  |       |
| Year of publication:  |       |
| Name of authors: |       |
| Web link to the document:  |       |
| *Topic:*       |
| Name of document:  |       |
| Year of publication:  |       |
| Name of authors: |       |
| Web link to the document:  |       |
| *Topic:*       |
| Name of document:  |       |
| Year of publication:  |       |
| Name of authors: |       |
| Web link to the document:  |       |
| *Topic:*       |
| Name of document:  |       |
| Year of publication:  |       |
| Name of authors: |       |
| Web link to the document:  |       |
| *Topic:*       |
| Name of document:  |       |
| Year of publication:  |       |
| Name of authors: |       |
| Web link to the document:  |       |
| *Topic:*       |
| Name of document:  |       |
| Year of publication:  |       |
| Name of authors: |       |
| Web link to the document:  |       |
| *Topic:*       |
| Name of document:  |       |
| Year of publication:  |       |
| Name of authors: |       |
| Web link to the document:  |       |
| *Topic:*       |
| Name of document:  |       |
| Year of publication:  |       |
| Name of authors: |       |
| Web link to the document:  |       |
| *Topic:*       |
| Name of document:  |       |
| Year of publication:  |       |
| Name of authors: |       |
| Web link to the document:  |       |
| *Topic:*       |
| Name of document:  |       |
| Year of publication:  |       |
| Name of authors: |       |
| Web link to the document:  |       |
| Web link to the document:  |       |

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| Q 30. Please list national publications related to the use or sales of commercially produced complementary food products published within the last five years: |
| *Topic:*       |
| Name of document:  |       |
| Year of publication:  |       |
| Name of authors: |       |
| Web link to the document:  |       |
| *Topic:*       |
| Name of document:  |       |
| Year of publication:  |       |
| Name of authors: |       |
| Web link to the document:  |       |
| *Topic:*       |
| Name of document:  |       |
| Year of publication:  |       |
| Name of authors: |       |
| Web link to the document:  |       |
| *Topic:*       |
| Name of document:  |       |
| Year of publication:  |       |
| Name of authors: |       |
| Web link to the document:  |       |
| *Topic:*       |
| Name of document:  |       |
| Year of publication:  |       |
| Name of authors: |       |
| Web link to the document:  |       |

SECTION 7: AVAILABILIY OF COMMERCIALLY PRODUCED COMPLEMENTARY FOOD PRODUCTS

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| Q 31. Would you be interested in helping to collect data on commercially produced complementary food products in your capital city? [SINGLE ANSWER OPTION] |
| [ ]  Yes  | [ ]  No |

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| Q 32. Do you know someone who would be interested to help with supermarket scans of commercially produced complementary food products in your capital city? [SINGLE ANSWER OPTION] |
| [ ]  Yes  | [ ]  No |
| *If yes, please provide the following:*  |  |
| Name: |       |
| Email: |       |
| *If other information is needed, please specify:* |       |

*Thank you very much for your collaboration. Your response is important to us.*

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Annex 2

WHO European Member States and survey respondents

*\*Signifies Member States where no information was available.*

*\*\* Signifies a survey response from ESPGHAN and not by the WHO Country Office.*

*Albania\*\**

*Andorra*

*Armenia*

*Austria\*\**

*Azerbaijan\**

*Belarus*

*Belgium*

*Bosnia and Herzegovina*

*Bulgaria*

*Croatia\*\**

*Cyprus\*\**

*Czech Republic*

*Denmark*

*Estonia*

*Finland*

*France\*\**

*Georgia*

*Germany\*\**

*Greece*

*Hungary\*\**

*Iceland*

*Ireland*

*Israel*

*Italy*

*Kazakhstan\**

*Kyrgyzstan*

*Latvia*

*Lithuania\*\**

*Luxembourg*

*Malta*

*Monaco\**

*Montenegro\**

*Netherlands\*\**

*Norway*

*Poland\*\**

*Portugal\*\**

*Republic of Moldova*

*Romania*

*Russian Federation\*\**

*San Marino\**

*Serbia*

*Slovakia\*\**

*Slovenia\*\**

*Spain\*\**

*Sweden*

*Switzerland*

*Tajikistan*

*The former Yugoslav Republic of Macedonia*

*Turkey\*\**

*Turkmenistan*

*Ukraine\*\**

*United Kingdom of Great Britain and Northern Ireland\*\**

*Uzbekistan*