

National Guidelines
on
INFANT AND YOUNG
CHILD FEEDING



सत्यमेव जयते

Ministry of Human Resource Development
Department of Women and Child Development
Food and Nutrition Board
Government of India

2004



Towards a new dawn



Correct Norms for Infant and Young Child Feeding

- **Initiation of breastfeeding immediately after birth, preferably within 30 minutes.**
- **Exclusive breastfeeding for the first six months i.e., the infant receives only breast milk and nothing else, no other milk, food, drink or water.**
- **Appropriate and adequate complementary feeding from six months of age while continuing breastfeeding.**
- **Continued breastfeeding upto the age of two years or beyond.**



**NATIONAL GUIDELINES
ON
INFANT AND YOUNG
CHILD FEEDING**



Towards a new dawn

**Ministry of Human Resource Development
Department of Women and Child Development
Food and Nutrition Board
Government of India
2004**

CONTENTS

	Page
Message from HRM	(i)
Message from MOS (HRD)	(ii)
Foreword	(iii)
Introduction	1
Tenth Five Year Plan Goals	4
Objectives of National Guidelines on Infant and Young Child Feeding,	5
[A] Appropriate Infant and Young Child Feeding Practices	
Breastfeeding	
Nutritional superiority of breast milk	6
Early Initiation of Breastfeeding	8
Value of Colostrum	8
Exclusive breastfeeding	9
Counselling for breastfeeding during pregnancy	10
Complementary Feeding	
Importance of Complementary Feeding	11
First food for the baby	12
Traditional foods for infants	12
Modified family food	13
Instant Infant Foods	13
Protective foods	14
Energy Density of Infant Foods	14
Frequency of feeding	15

Continued Breastfeeding	
Active feeding	16
Growth Monitoring and Promotion (GMP)	16
Ensuring safety of complementary foods	16
Utilising the available nutrition and health services	17
Feeding during and after illness	17
Feeding In Exceptionally Difficult Circumstances	
Malnourished infants	18
Preterm or Low Birth Weight Infants	19
Feeding During Emergencies	19
Feeding in Maternal HIV	20
B Operational Guidelines for Promotion of Appropriate Infant and Young Child Feeding Obligations and Responsibilities	21
Institutional Promotion	22
Nutrition and Health professional bodies	22
Nongovernmental organisations	22
Commercial enterprises	23
Other Groups	23
International organisations	24
Annexures	
Nutrition of Pregnant Women	26
Nutrition of Lactating Mothers	28



Minister of
Human Resource
Development

MESSAGE

The nutritional well being of a population is both an outcome and an indicator of national development. Nutrition is, therefore, an issue of survival, health and development for current and succeeding generations.

It is a matter of pride that the 55th World Health Assembly has adopted a Global Strategy for Infant and Young Child Feeding which conforms to the traditional Indian practice of exclusive breastfeeding for the first six months, introduction of complementary foods after six months through an *annaprashan* ceremony and continued breastfeeding upto the age of two years or beyond. I am happy that efforts have been made to translate the mandate of this global strategy into the National Guidelines on Infant and Young Child Feeding.

It is important that these policy guidelines are disseminated widely. I am confident that the various arms of the Government like health and family welfare, education and women and child development infrastructures, training institutions for nutrition, health and family welfare, home science and medical faculties, professional associations and social organizations will utilize this practical instrument of National Guidelines on Infant and Young Child Feeding and dedicate themselves, individually and collectively, to protect, promote and support appropriate feeding of infants and young children.

(ARJUN SINGH)

27th July, 2004



Minister of State For
Human Resource Development
(Dept. of Women & Child Development)
Government of India

MESSAGE

Malnutrition in children is more an interplay of female illiteracy, ignorance about nutritional needs of infants and young children and poor access to health care. Appropriate feeding is crucial for the healthy growth and development of an infant.

The Tenth Five Year Plan has set specific nutrition goals for infant and child feeding indicators with a view to bringing down the prevalence of under-weight in children. Goals have been set for enhancing early initiation of breastfeeding with a view to provide 'colostrum' to the new born baby, exclusive breastfeeding for the first six months and complementary feeding at six months.

Malnutrition is a national problem and its eradication deserves action by various partners. It is hoped that the National Guidelines on Infant and Young Child Feeding will be useful to the State Governments, district authorities, national institutions and social organizations for creating a movement for achieving optimal infant and young child feeding practices in the country.

(KANTI SINGH)

27th July, 2004

