

## Maternal and child nutrition overview

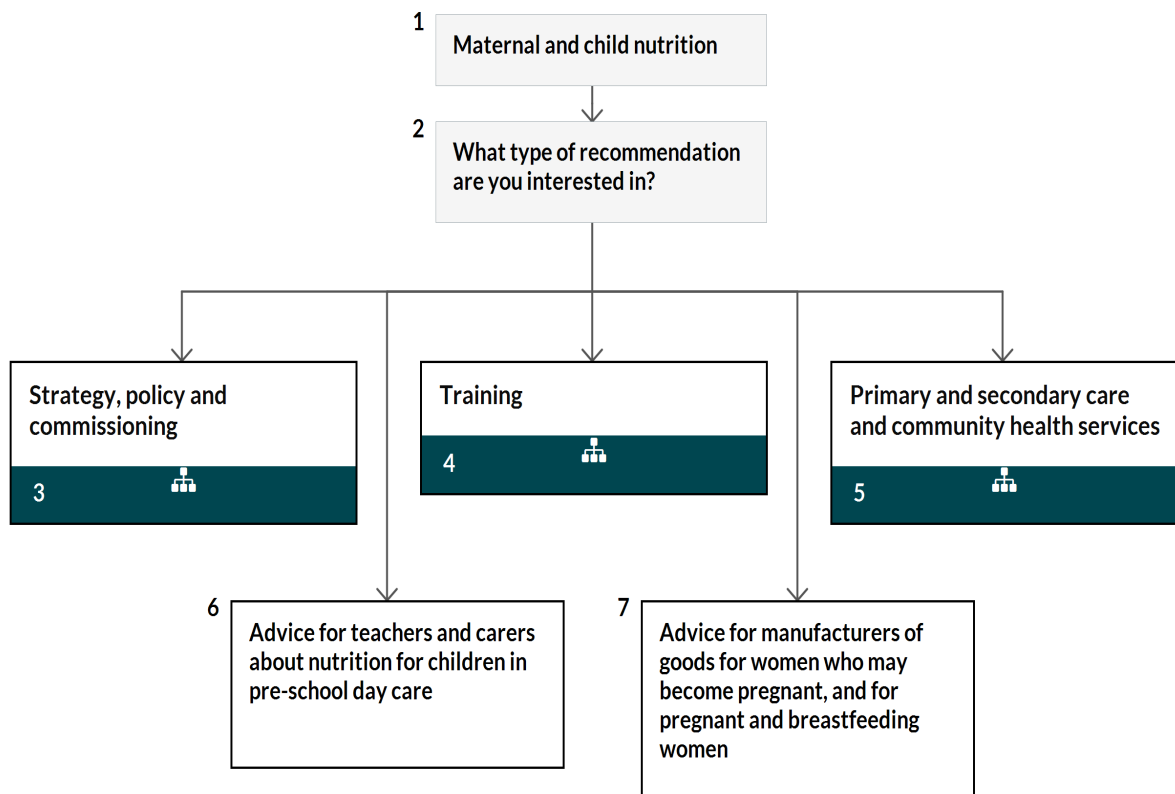
NICE Pathways bring together everything NICE says on a topic in an interactive flowchart. NICE Pathways are interactive and designed to be used online.

They are updated regularly as new NICE guidance is published. To view the latest version of this NICE Pathway see:

<http://pathways.nice.org.uk/pathways/maternal-and-child-nutrition>

NICE Pathway last updated: 04 November 2020

This document contains a single flowchart and uses numbering to link the boxes to the associated recommendations.



## 1 Maternal and child nutrition

No additional information

## 2 What type of recommendation are you interested in?

No additional information

## 3 Strategy, policy and commissioning

[See Maternal and child nutrition / Strategy, policy and commissioning for maternal and child nutrition](#)

## 4 Training

[See Maternal and child nutrition / Training in maternal and child nutrition](#)

## 5 Primary and secondary care and community health services

[See Maternal and child nutrition / Maternal and child nutrition in primary and secondary care and community health services](#)

## 6 Advice for teachers and carers about nutrition for children in pre-school day care

### Breast and bottle feeding

Support breastfeeding mothers by:

- offering them the opportunity to breastfeed when they wish
- encouraging them to bring expressed breast milk in a cool bag
- ensuring expressed breast milk is labelled with the date and name of the infant and stored in the main body of the fridge.

Implement Department of Health guidance about bottle feeding on the preparation and use of powdered infant formula to reduce the risk of infection to infants in care settings. For more

information see the Department of Health [guide to bottle feeding](#).

### Food policy

Implement a food policy which takes a 'whole settings' approach to healthy eating, so that foods and drinks made available during the day reinforce teaching about healthy eating.

Take every opportunity to encourage children to handle and taste a wide range of foods that make up a healthy diet by:

- providing practical classroom-based activities
- ensuring a variety of healthier choices are offered at mealtimes, and snacks offered between meals are low in added sugar and salt (for example, vegetables, fruit, milk, bread and sandwiches with savoury fillings)
- ensuring carers eat with children whenever possible.

For more information on diet in early years education and childcare, see what NICE says for [diet](#).

### Children's oral health

For information see NICE's recommendations on nutrition and [children's oral health](#).

## 7 Advice for manufacturers of goods for women who may become pregnant, and for pregnant and breastfeeding women

Manufacturers should include information with their products on the importance of folic acid supplements before and during pregnancy. Relevant products may include pregnancy tests, sanitary products, contraceptives and ovulation predictor kits.

For advice for manufacturers on vitamin D supplements, see [increasing access to supplements](#) in what NICE says on using vitamin D supplements in specific population groups.

## Glossary

### Healthy eating

there is no standard definition. However it is widely accepted that 'healthy eating' means following a diet which is low in fat (particularly saturated fat), sugar and salt, and high in fruit, vegetables and fibre-rich starchy foods. More details are available from [NHS Choices](#)

### Infant formula

under UK law, infant formula is the term used to describe a food intended to satisfy, by itself, the nutritional needs of infants during the first months of life. The Department of Health advises that infant formula may be used on its own for the first 6 months

## Sources

[Maternal and child nutrition](#) (2008 updated 2014) NICE guideline PH11

## Your responsibility

### Guidelines

The recommendations in this guideline represent the view of NICE, arrived at after careful consideration of the evidence available. When exercising their judgement, professionals and practitioners are expected to take this guideline fully into account, alongside the individual needs, preferences and values of their patients or the people using their service. It is not mandatory to apply the recommendations, and the guideline does not override the responsibility to make decisions appropriate to the circumstances of the individual, in consultation with them and their families and carers or guardian.

Local commissioners and providers of healthcare have a responsibility to enable the guideline to be applied when individual professionals and people using services wish to use it. They should do so in the context of local and national priorities for funding and developing services, and in light of their duties to have due regard to the need to eliminate unlawful discrimination, to advance equality of opportunity and to reduce health inequalities. Nothing in this guideline should be interpreted in a way that would be inconsistent with complying with those duties.

Commissioners and providers have a responsibility to promote an environmentally sustainable health and care system and should assess and reduce the environmental impact of implementing NICE recommendations wherever possible.

### **Technology appraisals**

The recommendations in this interactive flowchart represent the view of NICE, arrived at after careful consideration of the evidence available. When exercising their judgement, health professionals are expected to take these recommendations fully into account, alongside the individual needs, preferences and values of their patients. The application of the recommendations in this interactive flowchart is at the discretion of health professionals and their individual patients and do not override the responsibility of healthcare professionals to make decisions appropriate to the circumstances of the individual patient, in consultation with the patient and/or their carer or guardian.

Commissioners and/or providers have a responsibility to provide the funding required to enable the recommendations to be applied when individual health professionals and their patients wish to use it, in accordance with the NHS Constitution. They should do so in light of their duties to have due regard to the need to eliminate unlawful discrimination, to advance equality of opportunity and to reduce health inequalities.

Commissioners and providers have a responsibility to promote an environmentally sustainable health and care system and should assess and reduce the environmental impact of implementing NICE recommendations wherever possible.

### **Medical technologies guidance, diagnostics guidance and interventional procedures guidance**

The recommendations in this interactive flowchart represent the view of NICE, arrived at after careful consideration of the evidence available. When exercising their judgement, healthcare professionals are expected to take these recommendations fully into account. However, the interactive flowchart does not override the individual responsibility of healthcare professionals to make decisions appropriate to the circumstances of the individual patient, in consultation with the patient and/or guardian or carer.

Commissioners and/or providers have a responsibility to implement the recommendations, in

their local context, in light of their duties to have due regard to the need to eliminate unlawful discrimination, advance equality of opportunity, and foster good relations. Nothing in this interactive flowchart should be interpreted in a way that would be inconsistent with compliance with those duties.

Commissioners and providers have a responsibility to promote an environmentally sustainable health and care system and should assess and reduce the environmental impact of implementing NICE recommendations wherever possible.