

Breastfeeding Recommendations and Duration in Denmark

Nordic Breastfeeding Conference
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Full and Exclusive Breastfeeding

- Full breastfeeding is in Denmark defined as:
 - The infant is only receiving breastmilk after discharge from the maternity ward.
 - Supplements with water and one meal with infant formula per week is allowed.
- WHO definition of exclusive breastfeeding:
 - The infant receives only breast milk
 - No other liquids or solids are given – not even water
 - Exception: oral rehydration solution, or drops/syrups of vitamins, minerals or medicines.

Duration of exclusive/full breastfeeding

4-6 mo

6 mo

Population based
recommendation

≈6 (4)

Recommendation for duration of any breastfeeding in Denmark

- For 12 months or longer if the infant and mother want

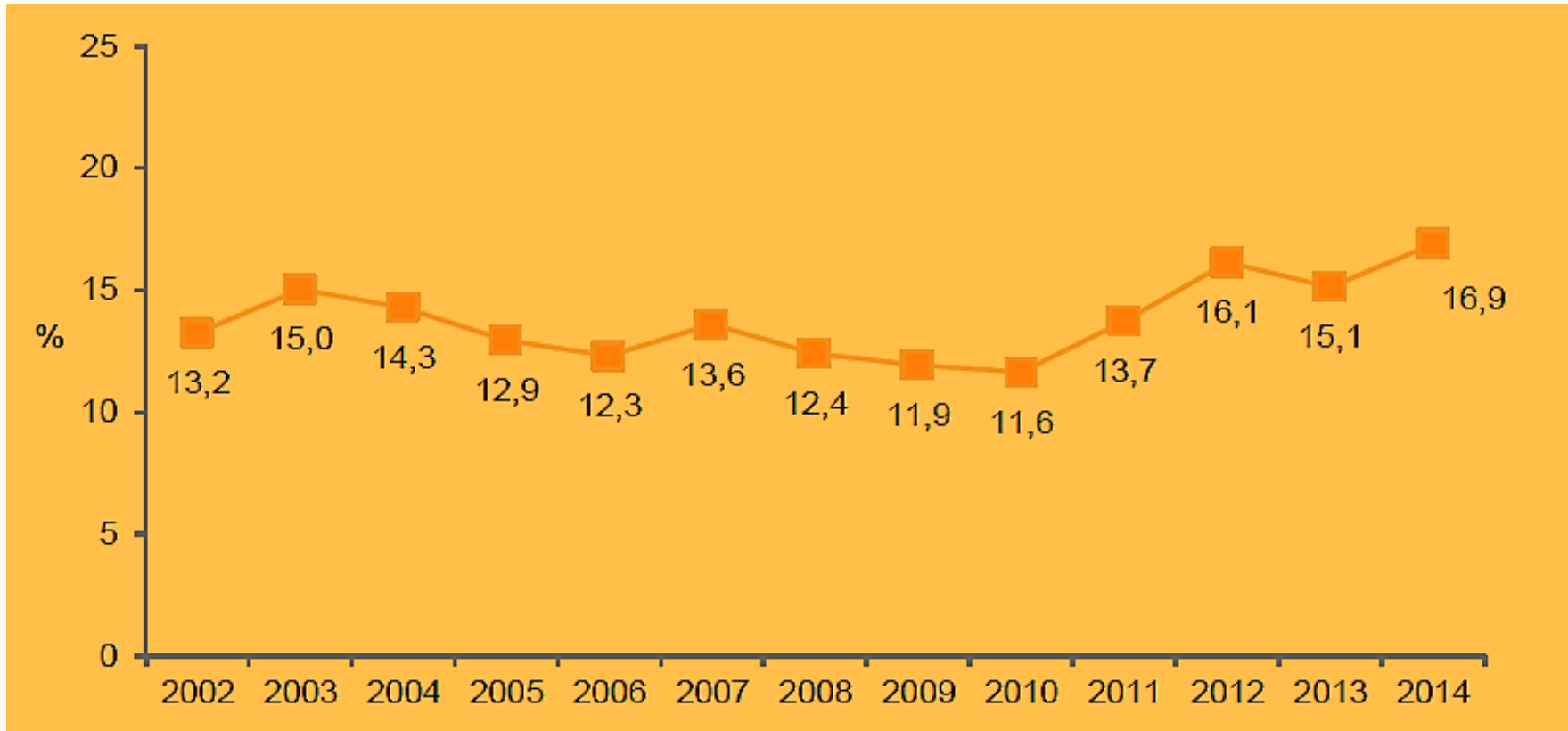
Complementary Feeding: A Position Paper by the European Society for Paediatric Gastroenterology, Hepatology, and Nutrition (ESPGHAN) Committee on Nutrition

JPGN
2017

**Mary Fewtrell, †Jiri Bronsky, ‡Cristina Campoy, §Magnus Domellöf, ||Nicholas Embleton, ¶Nataša Fidler Mis, #Iva Hojsak, **Jessie M. Hulst, ††Flavia Indrio, ‡‡§§Alexandre Lapillonne, and ||||¶¶Christian Molgaard*

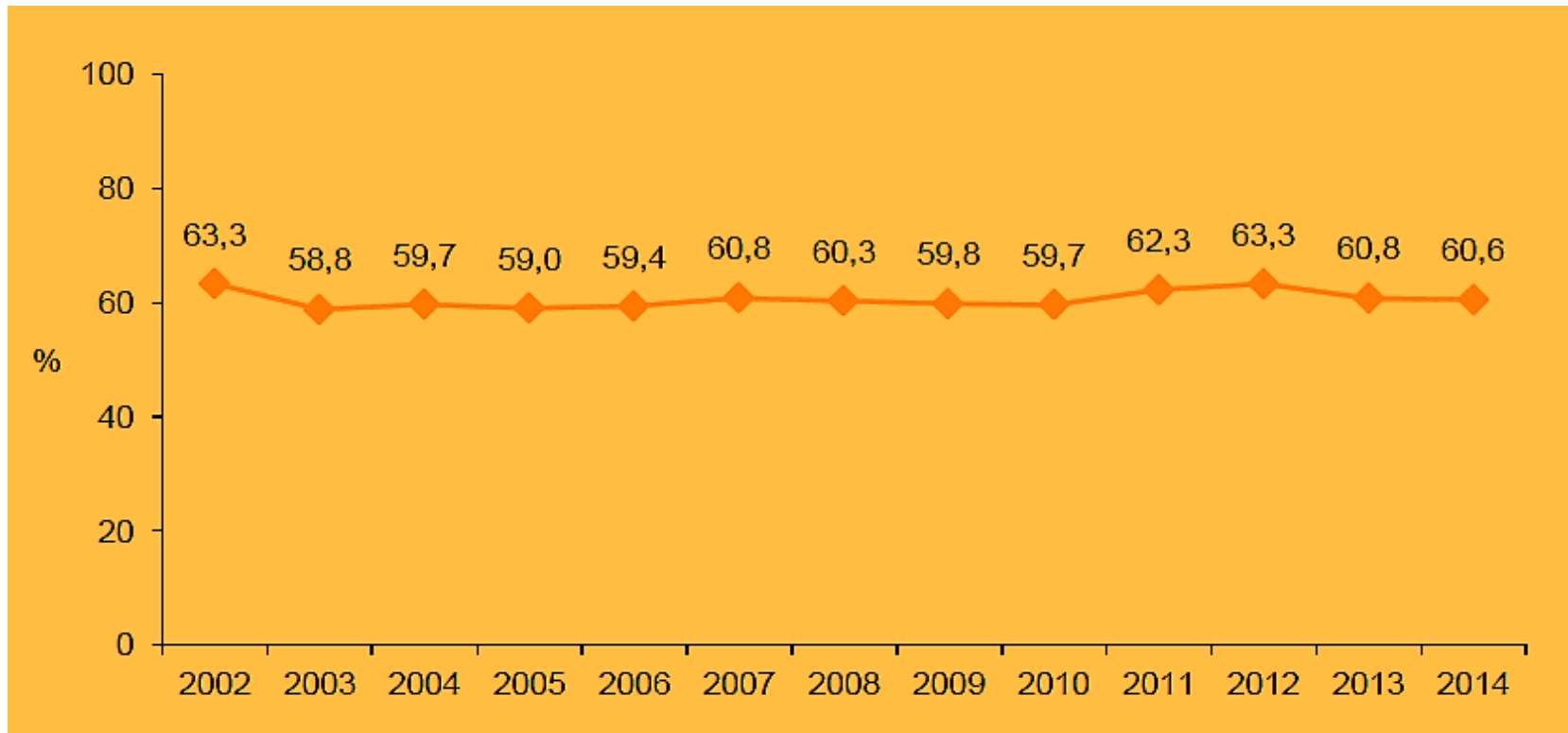
- Exclusive or full breast-feeding should be promoted for **at least** 4 months (17 weeks, beginning of the 5th month of life)
- Exclusive or predominant breast-feeding for approximately 6 months (26 weeks, beginning of the 7th month) **is a desirable goal**
- Complementary foods (solids and liquids other than breast milk or infant formula) should not be introduced before 4 months but should not be delayed beyond 6 months

Full breastfeeding at 6 months



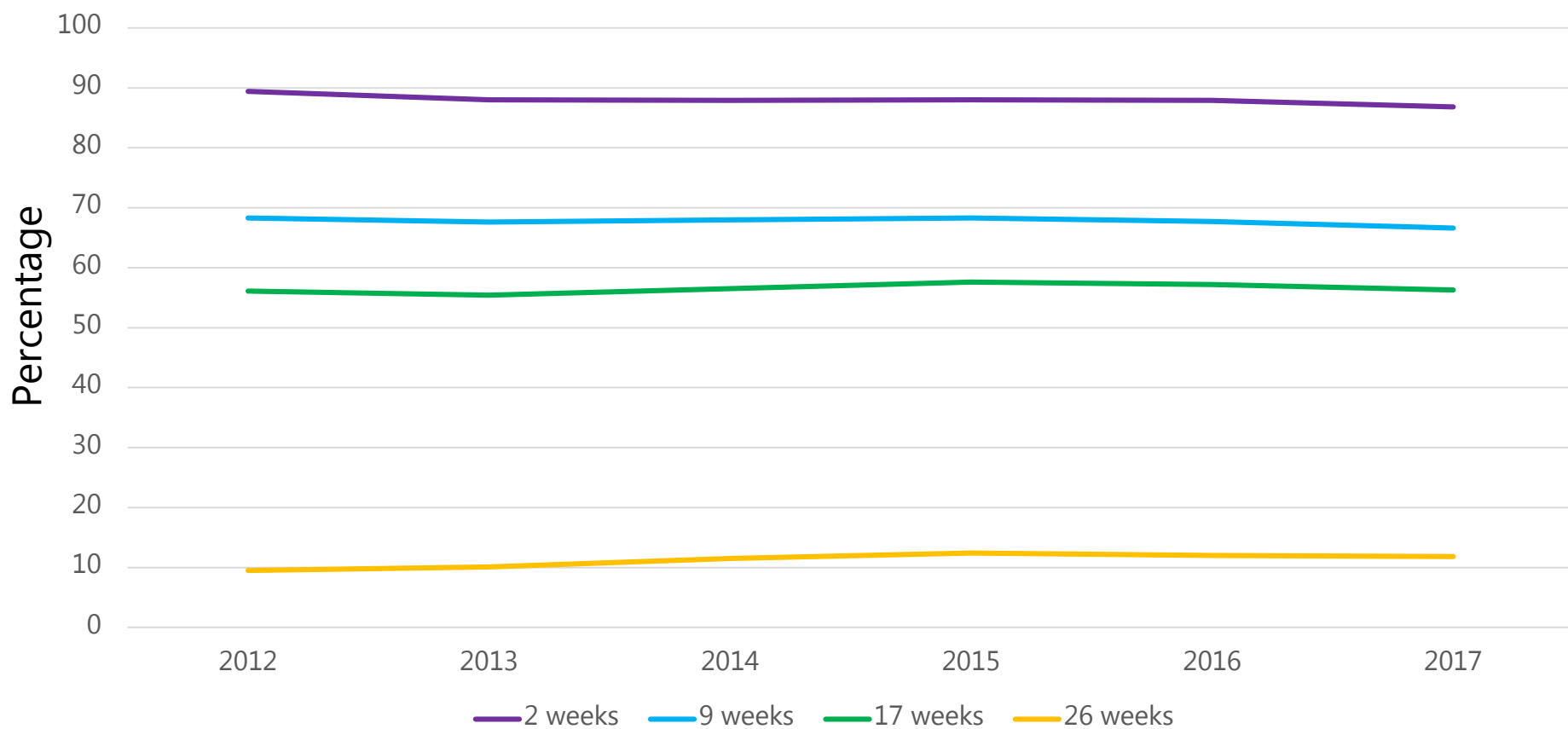
Source: Johansen A et al. Amning. Temarapport og årsrapport. Børn født i 2014. Databasen Børns Sundhed, SIF og SDU 2016

Full breastfeeding at 4 months



Source: Johansen A et al. Amning. Temarapport og årsrapport. Børn født i 2014. Databasen Børns Sundhed, SIF og SDU 2016

Full breastfeeding 2, 9, 17 and 26 weeks



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strationer

l.a.
iale ydelser.
ANPIX

Forskere: 'Et halvt år på moder- mælk kan skade spædbørn'

**Nye forskningsresultater
skaber tvivl og forvirring
om WHO's officielle
anbefaling - som mange
lande har gjort officiel**

Ifølge artiklen kan det medføre visse helbredsrisici for barnet at undlade tilvæning til fast føde før seks må-

ne, men mindre vigtigt i lande som Storbritannien, hvor hygiejne og sanitære forhold er bedre.

Researchers: Half a year on breastmilk can harm a baby

Pureed Fruit Pouches for Babies: Child Health Under Squeeze

**Berthold Koletzko, †Nathali Lehmann Hirsch, †Jo M. Jewell, §Margherita Caroli, ‡Joao Rodrigues Da Silva Breda, and †Martin Weber*



Pureed Fruit Pouches for Babies: Child Health Under Squeeze

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- Extremely high sugar content (fructose and sucrose) ranging from 84 to 98% of energy content (10 products bought in Copenhagen)
- Expected to increase blood glucose and insulin levels to an even greater extent than occurring with eating an equal amount of intact fruit
- We conclude that infants and young children should not regularly suck pureed foods from a plastic pouch, but rather be given the opportunity to explore a variety of foods given by spoon feeding or as finger foods, supported by a reciprocal, responsive relationship between parent and infant
- Texture and sensory aspects very different from homemade food

Ella's
kitchen
organic



strawberry
+ banana
maize
puffs



6
m+

