



## **Nutritional Counseling**

### Case Study

#### **Case Study: Guidelines for Nutritional Counseling in Infant Oral Health**

The American Academy of Pediatric Dentistry (AAPD) recommends that “pediatric dentists should provide dietary counseling in conjunction with other preventive services for their patients.”<sup>1</sup> The specific recommendations of the AAPD are: (1) infants be breast-fed until age 6 months, (2) parents/caregivers be taught about the cariogenic potential of infant formulas, (3) child is not put to bed with a bottle, and (4) children are weaned from the bottle or breast by age 1 year.

Additionally, parents should be advised to limit sugar intake by providing only 4 to 6 ounces of fruit juice daily and not providing powdered beverages or soda pop. It is further advised that dietary fluoride supplements of 0.25 mg fluoride per day be prescribed for infants older than 6 months who are exposed to water with less than 0.3 ppm fluoride. This comprehensive approach to nutritional counseling of parents is believed to reduce the caries risk of the child.

#### References:

1. S.M. Hashim Nainar, Shamsia Mohummed, Diet Counseling During the Infant Oral Health Visit. (Pediatr Dent. 2004;26:459-462.