Dietary Diversity among U.S. Infants and Toddlers: Associations with Caregiver Sociodemographic Characteristics

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Background

The introduction to a variety of foods during the first two years is recommended to ensure adequate intake of nutrients required for growth and development.

Identifying factors related to children's dietary diversity in early life is important for improving guidance related to the introduction to solid foods in this age group.

Objectives

1. Assess dietary diversity among 4- to 26-month-old children
2. Identify associations between caregiver sociodemographic characteristics and child's dietary diversity

Methods

- Caregivers (n=344) recruited for online survey via Qualtrics panels
- Reported on how often children were offered foods (n=57 items)
- Foods grouped into categories to create dietary diversity score (DDS)
- Tertiles of DDS were used to classify children by age into low, medium, high diversity
- OLR used to test associations between caregiver factors and children's DDS classification

Many children under 2 aren't offered foods from a variety of food groups.

Larger household size predicts high dietary diversity among children 4- to 26- months.