

Rice intake among infants 6-11.9 months: data from the 2016 Feeding Infants and Toddlers Study

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BACKGROUND

- The FDA Closer to Zero Action Plan aims to reduce exposure to toxic elements from foods eaten by infants and young children.
- Dietary exposures to support action levels requires detailed dietary intake information.
- Rice can be a source of inorganic arsenic.

METHODS

- FITS is the largest nationwide cross-sectional survey focused on dietary intakes and feeding practices of children under four years.
- Rice grain consumption among consumers and distribution of grams of rice grain consumed was determined for select rice containing food groups using one day intakes for infants 6-11.9 months (n=902) collected by trained interviewers using multi-pass 24-hour recalls.

CONCLUSIONS

- Older infants consume rice from a variety of foods.
- Rice-containing snacks do not provide a high level of rice to the diet.
- To reduce exposure to inorganic arsenic, infants should be offered foods made from a variety of grains.

RESULTS

Percentage of children 6-11.9 months of age consuming rice-containing foods and distribution of grams rice grain from these foods consumed per day

Grams from Rice Type	Percent Consuming % ± SE	Distribution of rice grain intake (g/day) ¹								
		Mean	SE	5th	10th	25th	Median	75th	90th	95th
Ages 6-11.9 months (n=902)										
Overall	58.2±2.1	11.9	0.8	0.4	0.7	1.9	7.0	15.96	28.2	37.1
Cereal	28.5±1.9	16.8	1.2	1.4	3.0	7.1	12.7	20.1	34.3	51.2
Infant cereal containing rice	27.9±1.9	17.0	1.2	1.5	3.1	7.1	12.7	20.2	34.4	51.2
Non-infant rice containing cereals	<1									
Snacks	32.1±2	2.0	0.2	0.2	0.3	0.6	1.1	2.2	6.1	6.7
Baby puffed rice snacks	6.3±1.1	3.1	0.5	0.4	0.4	0.9	1.7	5.0	6.6	7.7
Baby puffed snacks containing some rice	24.1±1.8	1.3	0.1	0.2	0.3	0.4	0.7	1.57	2.7	4.4
Baby rice rusks and teethers	2.5±0.6	3.8	0.6	0.7	0.8	1.5	2.9	5.9	6.1	6.1
Rice cakes	0.6±0.3									
Mixed dishes	11.9±1.4	7.3	0.4	1.9	3.0	5.1	6.0	8.5	12.3	13.6
Baby food purees with rice	11.1±1.3	6.9	0.4	1.9	3.0	5.1	6.0	8.5	12.0	13.5
Non-infant mixed dishes with rice	0.9±0.3									
Cooked rice	7.7±1.2	8.2	1.4	0.2	0.5	1.2	4.4	11.8	20.0	25.5

¹Distribution of rice grain per day are only shown for foods with n >25 respondents consuming.



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