What nutritionists say is the gold standard eating plan for children

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Introduction of pasta in infants’s nutrition

Very early: in between 6 months 1/2 – 7

- early and safe exposure to gluten
- lower risk to develop anti-pancreatic insula antibodies
- help the baby pass from liquid to solid food
Weaning

The infant passes from infant to adult nutrition

- Development of the chew-swallow reflex
- Elevation of the hyoid bone inside the neck
- Transformation of the oral cavity from "virtual" to "real"
Pastina (small pasta): optimal texture at weaning

- highly refined, partially diastased soft wheat flour
  - improved digestibility of starch
  - to compensate limited production of ptyalin in infants at weaning
  - to reduce fiber and ash content
Classification of pastina

- Previous: “000”, “00”, and “0”
- Current: “primi mesi”, “baby” and “junior”
- “000”:
  - soft wheat flour
  - highly reduced granulometry
  - small diameter of the particles obtained by wheat grinding
- from “000” to “0” the hard wheat flour proportion increases progressively
Daily consumption

• varies greatly according to the age
• an amount of 30 g is considered as optimal during the weaning period, up to about 2 years of age
• in combination with potatoes, carrots and spinach - easily digestable vegetables
• gradually accustom the infant to different ranges of foods and tastes
After weaning

• from six months onwards, the infant passes from a diet based on:
  - a high fat content (up to 50%)
  - low proteins and simple sugars (lactose)
• to an eating regime mainly composed by complex carbohydrates (starch - at least 50%)
Nutritional benefits of pasta

- main source of energy in children’s diet
- moderate glycemic index
- good satiating effect
- good source of vegetable protein (about 10%)
- starch provides energy for muscle contraction
- combination with cheese and legumes sustains child growth
- can avoid an excessive intake of fat and animal protein.
Low biological value of pasta

- can be easily balanced by combining it with small quantities of:
  - meat
  - fish
  - eggs (in egg-made pasta)
  - cheese (parmigiano-reggiano)
  - or legumes
Pasta with tomatoes and parmesan cheese (1 serving) = 80 g pasta + 100 g tomatoes + 5 g olive oil + 5 g parmesan cheese

<table>
<thead>
<tr>
<th>Protein</th>
<th>Fats</th>
<th>Carbohydrates</th>
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<tbody>
<tr>
<td>12 g</td>
<td>8 g</td>
<td>60 g</td>
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Energy
345 Kcal
Chemical index of pasta + 10 g of parmigiano cheese
Chemical index of egg made pasta + 10 g of parmesan cheese

![Chemical index of egg made pasta + 10 g of parmesan cheese](image-url)
Combination of legumes with pastina

- mashed cooked pulses can be introduced at around 7 to 8 months of age
- help the child progress from mashed or pureed foods to pieces of soft food
- vegetable proteins completing each other
- introduction of a food of not common use anymore
- high nutritional value
- competition with meat
- reduction of the overall protein intake
- improvement of the ratio between animal and vegetable proteins.