Bölüm
3

TAMAMLAYICI BESLENME

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Yaşamın ilk yılında beslenmenin temel amacı optimal büyüme için gerekli olan besin maddelerinin alınmasıdır[1]. Enerji ihtiyacı ve alımı arasındaki denge birincil derecede önemlidir[2]. İkincil hedefler, oromotor becerilerin ve uygun yeme davranışlarının kazanılmasını içerir.

Yaşamın ilk iki yılında beslenme uygulamaları, yaşam boyu yeme alışkanlıklarının oluşturulmasına yardımcı olur. Bu nedenle bu dönemde sağlıklı beslenme alışkanlıklarının geliştirilmesi önemlidir[2,3,4]. Tamamlayıcı gıdalar anne sütü veya formül bebek maması dışındaki katı ve sıvı besinleri içerir.

Sağlıklı bir tamamlayıcı beslenme, zamanında, çocuğun isteklerine duyarlı bir şekilde, keyif verici, kaliteli, yeterli miktarda ve güvenli olmalıdır.

TAMAMLAYICI BESLENMEYE NE ZAMAN BAŞLANMALI

Tamamlayıcı gıdaların tanıtılma dönemi ve verilme şekli, kültürler arasında değişiklik gösterir. Amerikan Pediatri Akademisi (AAP) ve Dünya Sağlık Örgütü (DSÖ), tamamlayıcı besinlerin altıncı ayın başından itibaren verilmesini önermektedir[1,2]. Bazı Avrupa ülkeleri ise kendi rehberlerini oluşturup 4-6 ay arasında denemelere başlamaktadırlar. Bilgiler doğrultusunda tamamlayıcı beslenmeye dördüncü aydan önce veya 6. aydan sonra başlanmaması gerektiği söylenebilir[5].

Katı yiyeceklere başlamak için en iyi zaman sadece çocuğun yaşına değil, aynı zamanda çocuğun gelişimine de bağlıdır. Bir bebek tamamlayıcı beslenmeye başlayabilmek için destekli oturabilmeli, baş boyun kontrolü iyi olmalı, ellerini veya oyuncaklarını ağzına götürüyor olmalı ve böylelikle hem el ağız koordinasyonu gelişmiş olmalı hem de dili katı gıda dokularına hazır olmalıdır. Ekstrüzyon refleksi kaybolmuş olmalıdır. Ekstrüzyon refleksi, dili yükselterek bebeğin dudakları arasına yerleştirilen herhangi bir nesneyi dışarıya doğru itmesidir ve genellikle dört ila beşinci ayda kaybolur. Yine ek gıdaya geçmeden önce bebekler yiyecek arzusunu veya tokluğu gösterebiliyor olmalıdır. Bebekler yiyecek arzusunu genellikle ağızlarını açıp öne doğru eğilerek gösterirken tokluğu geri yaslanarak veya geri dönerek gösterir. Bu yetenekler ise genellikle beş ila altıncı ayda başlamaktadır.

Bebek parmak gıdalar yemeye başlamadan önce ise ek beceriler gereklidir; desteksiz olarak oturabilmeli, yiyecekleri kavrayabilmeli ve serbest bırakabilmeli, yiyecekleri dişsiz bile çiğneyebilmeli ve yutabilmelidir. Bu becerilerin tamamlanması 8-10. ayda olmaktadır. Bakan kişi tarafından tüm bu gelişim basamakları doğru bir şekilde gözlemlenmeli ve bebek için uygun zaman ve kıvam seçilmelidir.

Tamamlayıcı beslenmeye dört aylıktan önce başlamanın Potansiyel zararları

- Katı gıdalar, oral motor beceriler yeterince gelişmediyse, aspirasyona neden olabilir[6].

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- İnek sütü 12. Aydan önce verilmemelidir.
- Bal infantil botulizm riski nedeniyle 12. aydan önce verilmemelidir.
- Aspirasyon riski yüksek besinler bebeklik döneminde ezilerek verilmelidir.
- Sosis, sucuk, salam gibi nitrit içeren gıdalar verilmemelidir.
- Biberon kullanımından uzak durulmalıdır.
- Duyarlı beslenmeye özen gösterilmelidir.

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