

CONSUMING HONEY

(411g)

PARTICIPANT TYPE	INFANTS
HIGH RISK	NO

RISK DESCRIPTION:

Honey added to liquids or solid foods, used in cooking, as part of processed foods, on a pacifier, etc.

ASK ABOUT:

- Cultural, medical, family, religious, or other factors affecting foods offered to infant
- Foods and beverages containing honey that are typically consumed by specific cultures or in specific geographic areas
- Caregiver’s understanding of the health risk posed by consumption of honey
- Oral health practices

NUTRITION COUNSELING/EDUCATION TOPICS:

- Honey has been implicated as the primary food source of Clostridium botulinum during infancy.
 - These spores are extremely resistant to heat, including pasteurization, and are not destroyed by present methods of processing honey.
 - Botulism in infancy is caused by ingestion of the spores which germinate into the toxin in the lumen of the bowel.
 - Botulism makes babies very sick and can even be life-threatening.
- Encourage parents to share information about the dangers of consuming honey with other caregivers.
- Infants do not need to have their food sweetened. Eating and feeding habits that affect tooth decay start during infancy and may continue into early childhood.

POSSIBLE REFERRALS:

- If infant has signs and symptoms of food-borne illness, refer to primary care provider.
- If the child is not receiving well child care or keeping appointments, refer the child (if on medical assistance) to Health Tracks (<http://www.nd.gov/dhs/services/medicalserv/health-tracks/>), the local public health department, or primary care providers in the community.