

# Study:

# Grain Foods in Infant Diets

## Linked to superior diet quality



### Energy and Nutrients

**6-to 12-months-old infants**  
had significantly higher dietary fiber

calcium	magnesium	thiamin
folate	zinc	riboflavin
potassium	phosphorus	vitamin B6
	choline	

**13-to 23-month-olds had greater daily**

dietary fiber	phosphorus	thiamin
iron	folate	vitamin A
zinc	riboflavin	vitamin B6
magnesium	niacin	vitamin B12



### Diet Quality Scores

**Scores were significantly higher**  
in all infant grain consumers

**Younger infants had greater scores for**

greens	whole grains	seafood	plant
beans	refined grains	dairy	protein
total fruit	foods	total protein	foods
	foods		saturated fat

**Older infants had greater scores for total fruit,  
whole fruit, whole grains, and refined grains**



### Food Group Intake

Grain intake was linked with greater daily intake of several recommended food groups in both younger and older infants

Infants 6–12-months–old had significantly higher intakes of milk, cheese, and total dairy foods

Grain consumption was linked to higher refined and whole grain intake, as well as total fruits, vegetables and meat, poultry, seafood, nuts and seeds



**GRAIN FOODS  
FOUNDATION**

[GrainFoodsFoundation.org](http://GrainFoodsFoundation.org)