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Journal of Pediatric Gastroenterology & Nutrition: Volume 29(4) October 1999p 513

GASTRO-INTESTINAL FUNCTION IN INFANTS CONSUMING A WEANING FOOD SUPPLEMENTED WITH OLIGOFRACTOSE, A PREBIOTIC

[Abstracts: Annual Meeting of the North American Society for Pediatric Gastroenterology and Nutrition; Denver, October 21-24, 1999]

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Abstract 95

There is currently no available controlled data on the GI health effects of oligofractose-supplementation in the pediatric population. We conducted a double-blinded randomized controlled study to examine the effects of a pediatric weaning food supplemented with oligofractose (OF). Non breast-feeding infants aged 4 months to 24 months and attending daycare in the Baltimore Metropolitan Area were recruited and randomized to one of two groups, both receiving a standard infant cereal (Gerber, U.S.A.) for 6 months with only one group supplemented with OF (0.55 gram per 15 grams of cereal). Outcomes of this part of the study were incidence of diarrheal disease, incidence of associated symptoms such as vomiting and fever as well as symptoms not associated with diarrhea such as perceived bowel movement (BM) discomfort, vomiting, regurgitation, flatulence, stool consistency and diaper rash. The data was collected on a weekly basis by phone interview with the caregiver as well as by daycare observations. Subjects who consumed for less than 2 weeks were excluded from final statistical analysis. **Results:** 123 infants were enrolled and completed the study: 63 supplemented (S), 60 unsupplemented (US). Mean age at enrollment was 11.2±5.1 mo. and 12.3±5.6 mo. respectively. The children were followed for a total of 12'244 subject days, 33.5 subject-years. No significant differences between the groups were noted with regards to age, gender, cereal consumption or length of study. There was no significant difference in frequency of reported diarrhea. However incidence of associated symptoms was reduced. **Conclusions:** Consumption of oligofractose-supplemented cereal was associated with a decrease in severity of diarrheal disease. Furthermore general GI status was improved with decreased perceived BM discomfort, vomiting and regurgitation. The supplemented cereal was well tolerated without changes in stool consistency or increased discomfort or flatus.

	Supplemented*	Un-Supplemented*	p
Diarrhea (D) + fever (D) + medical attention	8.25	21.4	0.01
	16.13	24.3	0.011
Vomiting w/o diarrhea	2.93	4.5	0.021
Discomfort w/o diarrhea	3.95	6.7	0.001
Regurgitation w/o diarrhea	2.06	4.8	0.001

*Frequency reported per subject-year; ** without

TABLE. No caption available.

Section Description

POSTER SESSION II

Nutrition/Nutrition Support

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