

**FEEDING PATTERNS AND GROWTH OF
INFANTS IN JEDDAH**

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INTRODUCTION (1990)

As long as a satisfactory growth rate is maintained, there is little disagreement that exclusive breast feeding is the preferred mode of feeding for healthy babies (Sosa et al., 1976). Because many factors affect the age when breast milk alone becomes inadequate to meet the nutritional requirements for satisfactory growth, this age varies between populations and between individuals within a population (Underwood & Hofvander, 1982).

A significant decline in the incidence and duration of breast feeding was reported in both developed and developing countries. However, the declining trend was halted or reversed in many developed countries as stated by Hirschman and Butler (1981) while there is no evidence of any reversal or upward trend in the developing countries (WHO, 1981).