

Seeding through Feeding: nourishing the infant microbiome to support immune health

ACTRN1262000026921

Status	RECRUITING
Sponsor	The University of Auckland, Faculty of Medical and Health Science
Enrollment	300 participants

Plain Language Summary

The first foods a baby eats may have a bigger impact on long-term health than we realise. This New Zealand study explores whether introducing a specific first food — kumara (sweet potato) powder — that is rich in resistant starch (a type of prebiotic fibre) can help shape a healthier gut microbiome in infants. A healthier gut microbiome has been linked to better immune function, reduced illness, and improved overall health.

Three hundred infants are randomly assigned to one of three groups: standard kumara powder, kumara with extra resistant starch from banana, or a control group (no kumara powder). Parents give the kumara starting at around six months of age and continue for four months. Stool, blood, and other samples are collected at clinic visits to analyse changes in the gut bacteria and immune markers.

This study is open to healthy infants aged 2 to 6 months and their mothers in the Auckland, New Zealand area. Infants born before 32 weeks gestation, or with developmental disabilities, metabolic conditions, or those currently on antibiotics or probiotic supplements are not eligible.

Key Eligibility Criteria

Inclusion (1)

- Healthy infants under 4 months of age and their mothers are able to enroll with the expectation that the infants will be introduced to their first complimentary foods before 6 months of age, as per the New Zealand Ministry of Health Food and Nutrition Guidelines.

Exclusion (8)

- Infants will be ineligible for enrollment if they:
- Were born <32 weeks' gestation;
- Have a developmental disability (i.e., autism, intellectual disability);
- An illness likely to influence their nutritional status (e.g., a chronic illness known to cause malabsorption, digestive or metabolic disorders);
- Have health conditions that affect feeding;
- ... and 3 more (see full listing online)

Locations (1 total)

Auckland, New Zealand

<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN1262000026921>

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