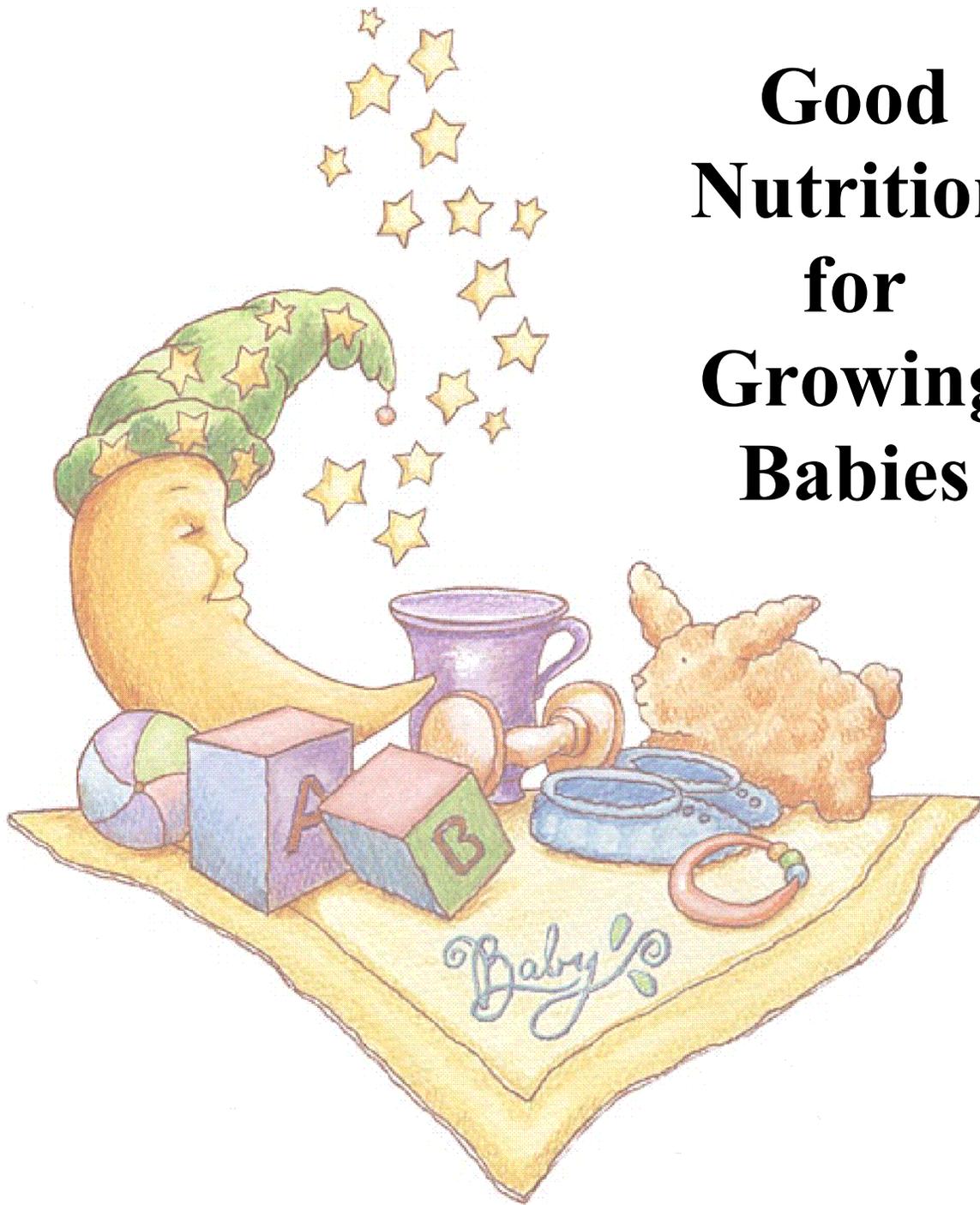


# **Good Nutrition for Growing Babies**



**An Infant Feeding Guide for the  
Parents of Infants and Young Children**

Congratulations on the birth of your new baby! This guide for feeding your infant or young child will give you the latest practical feeding tips and guidelines to help keep your child healthy. The information provided is intended to be a general guide. If you have questions or concerns, always consult your health care professional.

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## BREASTFEEDING YOUR BABY



The American Academy of Pediatrics and the American Dietetic Association promote breastfeeding as the best way to feed your baby. It is economical, convenient, and healthy for both mom and baby. It is recommended that you breastfeed for 12 months or as long as mother and baby want to continue. Any amount of breast milk your baby receives will provide many benefits, but the longer you nurse the better.

### What to Expect When You're Breastfeeding

Although breastfeeding is natural, it also takes patience and practice. The more you breastfeed, the more milk you will produce.

- New babies who are breastfed usually nurse from 15-20 minutes at each breast. The length of feedings will vary according to your baby's appetite and growth.
- Babies may want to nurse about every 2-3 hours or 8-12 times in 24 hours. As your baby gets older, he or she will eat more at one time and you will be able to nurse less often.
- When babies suddenly want to eat more than usual, they are likely going through a growth spurt. Infants should be fed more often during these times and should not be forced to follow a strict feeding schedule.
- For the first 4-6 months, breast milk should be your baby's only food. When cereal is given too early, it is hard to digest and can cause food allergies.
- Starting solids too soon will naturally decrease your baby's intake of breast milk. Breast milk is better for your baby because it contains more calories and nutrition needed for growth.

### Is My Baby Getting Enough Breast Milk?

You will know your breastfed newborn is getting enough milk if:

- You are feeding your baby about every 2-3 hours.
- Your baby is gaining weight. (Babies usually lose weight during the first few days after birth and regain it after about 10 days.)
- Your baby has frequent loose stools.
- Your baby seems satisfied after nursing.
- Your baby wets at least 5-6 disposable diapers or 6-8 cloth diapers a day.

### Vitamin/Mineral Supplementation for Breastfed Infants

- Breast milk provides complete nutrition for the first 4-6 months of life, with the exception of Vitamin D. Your health care provider may recommend a Vitamin D supplement for your breastfed infant.
- Beginning at 6 months of age, the breastfed, full-term infant usually requires an additional iron source. The addition of iron-fortified cereals is usually adequate to meet iron requirements. In healthy breastfed infants, an additional source of iron given before age 6 months is unnecessary.
- Fluoride supplementation is not needed before 6 months of age. After 6 months of age, fluoride may be prescribed for the breastfed infant who is not given additional fluoridated drinking water or formula mixed with fluoridated drinking water.

- If you are exclusively breastfeeding after your baby turns 6 months old, ask your health care provider about vitamin and mineral supplementation. Only give your baby vitamins or minerals if your doctor recommends them.

### **Breastfeeding Tips**

- If you are planning to combine breastfeeding with bottle-feeding, wait until your baby is 4 to 6 weeks old. Allowing your baby to exclusively breastfeed during this time will build up your milk supply.
- You can pump extra breast milk when you are away from your baby and refrigerate it for up to 72 hours or freeze it for up to 4 months.
- Thaw frozen breast milk under warm running water (not hot) or place in the refrigerator 12 hours before you will use it.
- Never use a microwave oven to thaw or heat breast milk. Microwaving can destroy nutrients and create hot spots in the milk, which can burn your baby.

### **Bowel Movements/Breastfed Infant**

- In general, breastfed babies have loose, seedy, mustard-yellow stools. Your baby may have a bowel movement after every feeding.
- As your baby gets older, the number of stools decreases. By 6 weeks, it's normal for a breastfed baby's bowel movements to become as infrequent as once every few days.
- You will soon learn your baby's natural pattern. If your baby seems constipated (such as hard, dry, pebble-like stools) or has diarrhea (watery stools), contact your health care provider.

### **Help Is Available If You Need It**

There are many resources available to help with breastfeeding. Your health care provider can answer your questions, or refer you to a breastfeeding consultant. You can also contact:

- La Leche League® at 1-800-La-Leche (1-800-525-3243), or on the Internet at [www.la lecheleague.org](http://www.la lecheleague.org)
- Your local WIC dietitian (586) 469-5471, public health nurse (586) 469-5520, or public health nutritionist (586) 412-3396





## FORMULA FEEDING YOUR BABY

### What Kind of Formula Should I Use?

- Choose formula with iron (not low-iron) to give your baby the iron needed for healthy growth. Low-iron infant formula puts babies at risk for iron-deficiency anemia.
- Infants should receive an iron-fortified formula from birth to 12 months.
- Iron in formula does not cause gas, spitting up, diarrhea, or constipation.
- Formula is available in three forms: powder, ready-to-feed, and liquid concentrate. Powder is the least expensive to use.
- All brands of formula are federally regulated to be nutritionally complete, including store brand types such as Meijer, Kroger, Wal-Mart etc.
- Soy-based or other formulas are available for babies with milk sensitivities or other special needs. Consult with your health care provider if you think your baby may need a different formula.

### Preparing Your Baby's Formula

Incorrect formula preparation can be harmful to your baby's health. It is important to read and follow the directions on the container. Your baby's health depends on carefully following these directions.

Be sure to do the following:

- Wash your hands with hot soapy water and rinse them well before preparing formula.
- Wash bottles and nipples in hot soapy water and rinse them well. They may also be cleaned in your dishwasher. Boiling bottles and nipples is not necessary for normal healthy infants.
- Let cold water run for 2 minutes to flush out impurities that may collect inside older water pipes. Avoid using hot tap water to prepare your baby's formula.
- If you have well water and are unsure about its quality, contact the Health Department to have your well water tested. Some well water may contain small amounts of substances that can make your baby sick.
- Boil tap or well water for the first three months when making your baby's formula. Do not boil for longer than 5 minutes because this will concentrate the minerals and impurities naturally found in water.
- Boil all bottled water for the first three months, unless it is labeled sterile.
- Warm your baby's formula by running it under warm tap water or heating it in a pan of water on the stove; never use a microwave. The formula heats unevenly and babies can be seriously burned.
- When preparing formula to be stored, keep it in the refrigerator and use within 48 hours.
- Do not feed an infant a bottle left out of the refrigerator for more than 2 hours. Discard formula remaining in a bottle after a feeding.

## Tips for Formula-Fed Babies

- The amount of formula needed by an infant over a 24-hour period varies with your infant's growth. In general, the newborn infant will drink 2-4 ounces per feeding, 8-12 times a day. As your infant gets older, the number of ounces will increase as the number of feedings decrease.
- Infants should be fed when they express signs of hunger and should not be forced to follow a strict feeding schedule.
- Infants experience growth spurts and will want to eat larger amounts and eat more often during those times.
- Always hold your baby during feeding times to promote bonding between caregiver and baby.
- Never prop a bottle. This can cause choking, ear infections, and severe tooth decay.
- Do not put your baby to bed with a bottle. This practice can cause choking, ear infections, severe tooth decay, and make it difficult to wean your baby at age one.
- Formula or breast milk should be your baby's only food for the first 4-6 months. When cereal is given too early, it is hard to digest and can cause food allergies.
- Starting solids too soon will naturally decrease your baby's intake of formula. Formula is better for your baby because it contains more calories and nutrition needed for growth.

## Does My Formula-Fed Baby Need Vitamin/Mineral Drops?

Formula with iron contains all the vitamins and minerals your baby needs. Formula-fed babies do not need additional vitamin or mineral supplements.

## Bowel Movements/Formula-Fed Infants

- The stools of formula-fed infants can be dark brown or slightly green in color, and while still soft, are solid in consistency.
- A formula-fed infant tends to have frequent bowel movements during the first few weeks of life. As your baby gets older, bowel movements will become less frequent. You will soon learn your baby's own natural pattern, ranging from three bowel movements a day to one every few days.
- If your baby seems constipated (such as hard, dry, pebble-like stools) or has diarrhea (watery stools), contact your health care provider.



## GENERAL FORMULA GUIDELINES

Different babies need different amounts of formula. The amount of formula your baby needs and how often he or she needs to eat depends on the following:

- How old he or she is
- How fast he or she is growing
- The size of your baby
- How active he or she is

Remember, these are only guidelines. If your baby is growing well, don't be concerned if the amount your baby eats falls outside these ranges. How much your baby will eat varies from one day to the next. Some days your baby may drink more than the highest amount or less than the lowest amount.

<b>Age</b>	<b>Amount of Formula</b>	<b>Number of Feedings</b>	<b>Approximate Amounts Per Day</b>
Birth to 3 weeks	2-4 ounces	8-10 feedings	16-40 ounces
3 weeks to 2 months	4-6 ounces	6-8 feedings	24-48 ounces
2 to 6 months	6-8 ounces	4-6 feedings	24-48 ounces
6 to 12 months	6-8 ounces	4 feedings	24-32 ounces



## **SPECIAL CONCERNS FOR ALL BABIES**

### **Fluoride**

Babies need fluoride for strong, healthy bones and teeth. Fluoride is usually present in your water supply. However, many homes get their water from wells that do not contain fluoride. Communities, which receive water supplied by the City of Detroit, have water that contains adequate fluoride. If you are unsure if you have Detroit City water, call the Health Department.

Because it is important to give your infant just the right amount of fluoride, it is available only by prescription. Too much fluoride can be harmful to your baby's teeth.

Your baby may need fluoride drops after age 6 months if:

- You use ready-to-feed formula.
- You mix your baby's formula with bottled water that does not contain fluoride.
- You use a reverse osmosis water purification system.
- Your well water does not contain fluoride.
- Your breastfed infant is not given additional tap water or formula mixed with tap water.

If you have questions, ask your health care provider if a supplement is needed.

### **Sleeping All Night**

- Most babies do not sleep all night until they are about 4 months old or older. A newborn baby's stomach is small, about the size of his or her fist. A baby usually cannot hold enough formula or breast milk to stay full throughout an entire night.
- Cereal or other solids should not be added to your baby's bottle. There is no evidence that adding cereal to a bedtime bottle helps a baby sleep through the night. It also puts your baby at risk for choking, food allergies, and overfeeding.

### **Spitting Up**

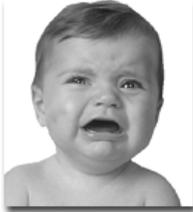
- Spitting up is common among both breastfed and formula-fed babies and is soon outgrown. It is usually caused when babies take in air during a feeding.
- To reduce spitting up, burp your baby gently 2-3 times during each feeding and hold your baby quietly upright for a few minutes after each feeding.
- If your baby is spitting up large amounts of formula or breast milk with force, consult your health care provider.

### **Gassy Baby**

- Gas is a normal part of development.
- If your baby is sleeping well between feedings, spitting up very little, and calmer after passing gas, there is no need for concern.
- Excessive gas, bloating, cramps, and diarrhea can be signs of formula intolerance. Consult your health care provider if you have concerns.

## Colic

- Colic usually involves abdominal cramping, discomfort, and excessive gas for long periods of time.
- If colic develops, it usually occurs between 2 and 6 weeks of age and usually disappears in 3 or 4 months.



- The cause of colic is unknown, but changes in diet may affect it. Nursing mothers can try changing their own diets, or it may help to switch your baby's formula.
- Common ways of soothing colicky infants include cuddling, rocking, walking, or driving in a car.
- If you think your baby has colic, talk to your health care provider.

## Cow's Milk

- Cow's milk is not recommended for babies under 1 year of age.
- Cow's milk contains too much sodium, which is stressful on an infant's kidneys.
- Cow's milk given too early can cause intestinal bleeding and put your baby at risk for developing milk allergies and iron deficiency anemia.
- Cow's milk does not contain enough iron or vitamin C to meet your baby's nutritional needs.

## Water Use

- Healthy infants usually do not need extra water. The exceptions are during periods of hot weather, or if they lose fluid through vomiting, diarrhea, or fever.
- With the introduction of solid foods, especially protein, 4-8 ounces of water per day can be added to your baby's diet.
- If your baby is sick, ask your health care provider about additional water.

## Honey



- Honey, even if used in cooking, baking, or as part of prepared foods, should never be given to babies younger than 12 months of age. Examples of foods containing honey include: honey butter, yogurt with honey, peanut butter with honey, etc.
- Honey may contain spores that can grow into toxins and make your baby very sick with infant botulism. Children and adults can handle the small amount of spores found in honey without getting sick.

## Use of Juice



- Juice should not be given to infants under 6 months of age. Breast milk or formula contains all of the nutrition your baby needs and should not be replaced by juice.
  - Infants older than 6 months of age may be offered 4 to 6 ounces of juice per day. Don't make the common mistake of offering unlimited access to fruit juice. Juice can be diluted with water.
  - Juice should be offered in a cup, not a bottle. Six months is a good time to begin practicing with a cup.
- 
- Infants who consume more than 6 ounces of juice per day may be at risk for inadequate or excessive weight gain, diarrhea, or abdominal pain.
  - Kool-Aid®, sport drinks, fruit drinks, soda pop, and other beverages containing sugar, should not be given to infants.
  - Water is always a good beverage choice for infants over six months of age.
  - Do not give your infant unpasteurized juice or cider because it may contain bacteria that can be harmful to your baby. Use 100% pasteurized fruit juice.
  - To prevent baby bottle tooth decay, do not put juice or sweetened beverages in a bottle.
  - Regular juice is comparable to infant juice and is more economical to use. There is no clear advantage to using one over the other.

## FEEDING YOUR BABY 4-6 MONTHS



### Is Your Baby Ready for Solid Foods?

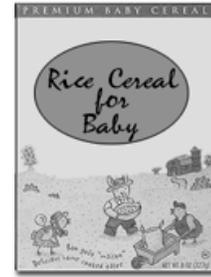
Family and friends often suggest starting solids too early. It will be easier for you and better for your baby if you wait to start solid foods until your baby is ready for them. This usually occurs at about 4-6 months of age. However, babies born prematurely may need to wait longer before starting solid foods.

Infants may be ready for solid foods when they show several of these signs:

- Have doubled their birth weight
- Can hold their heads steady and sit with little support
- Can move food from front to back of tongue to swallow
- Appears interested in foods you are eating
- Opens mouth when sees a spoon approaching

## For the First Cereal Feeding

- The first solid food should be single-grain (usually rice), iron-fortified infant cereal.
- Rice cereal is easily digested and is not likely to cause a food allergy.
- Young infants can be allergic to new foods. Introduce one new cereal at a time. Wait 3-7 days before introducing a new type of cereal.
- If your infant appears to have a reaction to a new cereal, remove it from their diet for 1 to 3 months before offering it again. Signs of an allergic reaction can include a rash, hives, diarrhea, vomiting, coughing, or wheezing.
- Cereal can be mixed with breast milk, warm formula, or water until it is thin and smooth. In general, begin with 1 teaspoon of cereal mixed with 4-5 teaspoons of formula, breast milk, or water. After 6 months of age, cereal may occasionally be mixed with fruit juice.
- Always use a spoon to feed an infant. Spoon-feeding your baby is an important part of learning.
- Gradually increase the thickness and amount of cereal until your baby is eating 4 to 8 tablespoons of cereal each day.
- Do not add sugar, honey, syrups, or other sweeteners to your baby's cereal.
- Mixed grain or wheat cereal should be used only after the sixth month.



## Adding Infant Cereal to Bottles

- Never mix cereal in your baby's bottle unless it is recommended by your health care provider.
- When cereal is fed in a bottle, the nipple hole often has to be cut larger. This allows the cereal to flow through faster, which can cause choking.
- There is no evidence that adding cereal to a bedtime bottle helps an infant sleep through the night.
- Cereal in a bottle can cause an infant to take in too many calories. If your baby is hungry, breast milk or formula is a better choice.

## Follow-Up Formulas

- Follow-up formulas are designed for infants' 4-12 months old that are already eating solid foods. Regular formulas and follow-up formulas are federally regulated to meet the nutrition needs of your baby.
- The American Academy of Pediatrics states that "follow-up formulas are nutritionally adequate but offer no clear advantage over regular formula for infants receiving enough iron and vitamin-containing solid foods."

## EXPANDING YOUR BABY'S DIET 6-8 MONTHS



It is normal for your baby to make faces and refuse new foods. It may be a reaction to a new and unexpected taste or texture. Sometimes it can take several or more tries before your baby will accept a new food.

### Vegetables and Fruits

- Pureed or strained single vegetables or fruits are usually introduced after cereal.
- It is recommended that vegetables be given before fruits so infants will not expect all foods to taste sweet.
- Introduce one new food at a time, every 3 to 7 days, to help identify any food allergies.
- In general, start with a teaspoon or two of vegetables or fruits. Gradually increase the amount to 6-8 tablespoons of each food divided between two feedings for the day.
- Mild tasting vegetables, such as squash, peas, sweet potatoes, green or yellow beans, and carrots, are often introduced first.
- Babies tend to prefer orange colored vegetables because they are sweeter. Try to alternate orange and green vegetables to include a wide variety of foods in your baby's diet.

### Protein Sources

- After your baby is tolerating cereal, vegetables, and fruits, you can introduce protein sources. Protein sources include pureed or strained meat, chicken, turkey, lamb, ham, dried beans (cooked and mashed), cottage cheese, yogurt, fish, cooked egg yolk, and tofu.
- Wait until your baby is at least 1 year of age before introducing egg whites to reduce the risk of developing an allergic reaction.
- Begin with 2 teaspoons of plain meat or other sources of protein and gradually increase the amount until your baby is getting about 2 to 6 tablespoons each day.
- When selecting store-bought baby food, choose plain single ingredient meats like beef, chicken, turkey, veal, or lamb. Avoid combination meat and vegetable dinners that contain fillers like cornstarch or tapioca. They have less protein and iron than plain meats. Be sure to read the label.



## A DAILY FOOD GUIDE FOR YOUR BABY

This daily food guide will help you determine the amounts and types of foods your baby needs at different ages. Check with your health care provider for the appropriate time to introduce solid foods to your baby.

Age	Food Items	Approximate Amounts Per Day
Birth to 4 months	Breast milk and/or iron fortified formula	Varies with your baby's growth and development
4 to 6 months	Iron fortified infant cereal  Breast milk and/or iron fortified formula	4 to 8 tablespoons of prepared cereal  24-48 ounces
6 to 8 months	Strained fruit, plain Strained vegetable Strained meat Iron fortified infant cereal Breast milk and/or iron fortified formula Single fruit juices	6 to 8 tablespoons 6 to 8 tablespoons 2 to 6 tablespoons 4 to 8 tablespoons 24-32 ounces 4-6 ounces maximum
8 to 10 months	Well cooked soft, finely diced pieces or mashed fruits, vegetables, and meats Iron fortified infant cereal Fruits Vegetables Meat, poultry, yogurt, cottage cheese Breast milk and/or iron fortified formula Fruit juices Water	Small servings  4 to 8 tablespoons 6 to 8 tablespoons 6 to 8 tablespoons 4 to 6 tablespoons 24 to 32 ounces 4-6 ounces maximum As desired
10 to 12 months	Well cooked soft, diced pieces of fruits, vegetables, and meats Iron fortified infant cereal Breads, crackers, toast, cooked noodles Fruits: soft or canned Vegetables: soft, cooked, cut small Meats: soft lean meat, poultry, cheese  Breast milk and/or iron fortified formula Fruit juice Water	Small servings  4 to 8 tablespoons 1 to 2 small servings ¼ to ½ cup ¼ to ½ cup 2 ounces or ¼ to ½ cup chopped  24 to 32 ounces 4-6 ounces maximum As desired
<p><b><u>How Much is in a Jar of Baby Food?</u></b></p> <p>2 ½ ounce jar = 5 tablespoons (1/4 cup)            3 ½ ounce jar (meat) = 4 tablespoons (1/4 cup)            4 ½ ounce jar = 7-8 tablespoons (1/2 cup)            6 ½ ounce jar = 15-16 tablespoons (1 cup)</p>		

## Feeding Tips

- Don't let solid food take the place of breast milk or formula. At this age, breast milk or formula is still more important for your baby than cereal or other simple first foods.
- Offer formula or breast milk 1 to 2 hours before offering solids to be sure your baby gets an adequate amount of formula or breast milk.
- The main purpose of solids at this age is to give your baby some experience with tastes, textures, and swallowing of solids.
- It is normal for your baby's stool to change color and consistency as he or she eats new foods. It doesn't mean that your baby is allergic to that food.
- Never force food on your baby. Your baby will eat when he or she is hungry and fuss or turn away when he or she is full.
- As your baby is learning to chew and swallow, he or she will gag occasionally. Don't worry; gagging is a natural defense against choking.

## Choosing Baby Food

- Using either home-prepared or store-bought baby food is acceptable for introducing new food to your baby. Home-prepared baby food is usually more economical. Store-bought baby food is more convenient.
- Most store-bought baby food is divided into age appropriate stages.
- Stage One foods are finely pureed foods for beginners. Your baby will learn swallowing skills and how to eat from a spoon.
- Second Stage foods are used when your baby is eating easily from a spoon. They are thicker and have more texture. Choose single ingredient foods over combination dinners. Dinners are less nutritious because they contain added fillers.
- Avoid feeding your baby custards, desserts, and puddings. These types of baby foods contain added sugar. It is more nutritious to feed your baby plain fruit as a dessert.
- Stage Three foods and Graduates are chunky foods for older babies. They are usually used for convenience. Soft table foods are a better choice because they are more economical and usually better accepted.

## Home-Prepared Baby Food



- To prepare your own strained foods, use peeled fresh or frozen fruits and vegetables. Soft, ripe, fruits can be easily pureed in a blender or baby food grinder. Vegetables and hard fruits need to be cooked in a small amount of water until soft and then pureed or ground.
- To get blended foods to the right consistency add formula, breast milk, or water. Soft cooked meats, such as lamb, lean beef, chicken, and turkey, can also be pureed in a blender with small amounts of liquid or ground in a baby food grinder.

- You can freeze your home-prepared baby food in an ice cube tray covered with plastic wrap. Once frozen, remove cubes and place in a freezer bag. Date and label the bags and use within 2 months. To use, thaw in the refrigerator or run under warm water.
- Beets, turnips, beet greens, carrots, collard greens, and spinach contain nitrates, which can be harmful to your baby. You should not prepare these foods at home if your baby is under 6 months of age. Commercial baby foods contain safe levels of nitrates.

## **Feeding Baby Food**

- Check the expiration date and listen for the click of the safety button popping as you open the jar. This indicates that the jar has never been opened and is safe to eat.
- Never feed your baby directly from the jar. Always remove as much food from the jar as your baby will eat. This prevents contaminating the whole jar with your baby's saliva.
- It is not necessary to heat baby food. Room temperature food is often well accepted by most babies.
- If you choose to heat your baby's food, warm gently in a pan on the stove or microwave according to the directions on the label. Be sure to stir after heating and test the temperature.
- Never heat baby food in the jar. The jar may crack or explode.
- Using a microwave oven to warm baby food should be done carefully.
- Do not heat baby food meats in a microwave oven because they can splatter causing burns.
- Food left in the jar can be capped tightly and kept in the refrigerator for up to 2 days.
- Throw away leftover food from your baby's dish after meals.

## **Drinking From a Cup**

- At about six months of age, most infants can learn to drink from a cup.
- Babies usually prefer a cup with a drinking spout and handles because it is easy to hold.
- The more practice your baby gets, the less difficult it will be to get your child off the bottle by age one.
- Expect spills and some mess as your baby learns to use a cup.
- Start by offering your baby a few sips of water at meal times. Gradually increase the amount of liquid in the cup as your baby learns to drink from it.



## Food Allergies

- If your baby has a food allergy, you may notice a rash, hives, diarrhea, coughing, wheezing, or vomiting after he or she eats a new food. Stop giving your baby that food and talk to your health care provider.
- Foods that are best avoided until your baby is 1 year of age are cow's milk, egg white, peanuts, peanut butter, citrus fruits and juices, strawberries, and chocolate. These foods are the most likely to cause food allergies.

## TRANSITION TO TABLE FOOD 8-12 MONTHS

The change to more textured finger foods and table foods usually occurs between 8 to 12 months of age. About this time, babies can begin to feed themselves with their hands and can try finger foods. Introduce your child to a wide variety of food tastes, smells, and textures. Sometimes it can take as many as ten tries before a child will accept a new food.

Babies should progress from pureed or mashed foods to soft, minced, or diced foods. These foods should be small enough for them to pick up and soft enough for them to chew on. Babies should be able to sit up in a high chair, be able to grasp food with their fingertips, and move the food from their hands to their mouths.

Babies need time and practice learning to eat. They will be messy eaters while they learn to use their fingers and a spoon. Good examples of foods to start with include:

- Cooked macaroni or noodles
- Small pieces of bread
- Small pieces of soft, peeled fruit or soft cooked vegetables
- Small slices of mild cheese
- Crackers
- Dried beans, cooked and mashed
- Meat loaf
- Hamburger, well cooked and chopped
- Grilled cheese or tuna salad sandwich pieces
- Fish stick pieces
- Sweet potato, baked and mashed
- Cottage cheese
- Yogurt
- Cut up canned fruit
- Homemade soup
- Chicken, finely cut without skin or bones



## Choking Prevention

Never leave your child alone at mealtime. Your baby could easily choke from eating too fast or putting too much food in his or her mouth at one time. Avoid round or other hard foods that can cause choking. Common foods that cause choking are:

- Hot dog pieces not sliced small enough (Cut lengthwise and across)
- Fresh apple or pear slices
- Raisins
- Hard candy and gum
- Whole grapes, berries, and cherries
- Peanut butter served on a spoon
- Nuts and seeds
- Potato chips or snack chips
- Raw or undercooked vegetables
- Popcorn
- Marshmallows
- Large chunks of food

## FOOD FOR TODDLERS



Providing a variety of nutritious foods at an early age develops healthy life-long eating habits. Remember to set a good example. Children learn to eat what is offered and what they see others eating.

By age 1, your child needs at least 3 meals per day plus healthy snacks. Because young children have small stomachs and high-energy needs, they need to eat often.

A parent is responsible for what their child is offered to eat. A child is responsible for how much he or she eats. Do not force your child to eat or finish food; they will eat when they are hungry. A skipped meal usually means your child will have a healthy appetite for the next meal.

In general, a toddler should eat  $\frac{1}{4}$  -  $\frac{1}{2}$  of an adult serving, or one tablespoon per year of age. If your child is growing and gaining weight, he is eating the amount that is right for him. A meal should provide a variety of nutritious foods from these groups:

- Bread, cereal, rice, and pasta
- Vegetables and fruit
- Meat, poultry, fish, dry beans, eggs, and nuts
- Milk, yogurt, and cheese
- Fat and oils

## Switching to Whole Cow's Milk

- At age 1, most healthy babies can be given whole cow's milk. Formula is no longer necessary because table foods become a baby's main source of nutrition.
- A 1 to 3 year old child should drink 16 ounces of milk per day to meet calcium and vitamin D needs.

- Your baby should be given whole cow's milk until age 2. A baby needs the extra fat in whole milk for adequate brain growth and development.
- Do not give your baby 2% reduced fat, low fat (½ or 1%), or fat free milk before the age of 2 unless advised by your health care provider.

## Weaning From a Bottle



- Wean your baby from the bottle at 12 months of age. Your child should be drinking whole cow's milk from a cup instead of formula in a bottle.
- Table foods should now become your baby's main source of nutrition.
- Children drinking milk from a bottle after one year of age usually drink too much milk. This puts them at risk for tooth decay, iron deficiency anemia, and inadequate or excessive weight gain.
- By using a cup instead of the bottle, your baby should decrease the amount of fluids he or she drinks and eat more table foods.

## Tips on Weaning

- Begin weaning by cutting back on the number of daytime bottles. Naptime and bedtime bottles are usually the hardest to give up. If your child must have a bottle at these times, put only water in it.
- A cup can be introduced in place of a bottle at the feeding of least interest or at mealtimes when other family members are drinking from cups.
- Try putting only water in the bottle and offer milk in a cup. Your child should lose interest in the bottle.
- Never let your child walk around with a bottle.
- Offer your child's drink in a fun cup with pictures or with a straw.

## HELPING YOUR CHILD EAT WELL

- Serve meals and snacks in a quiet, pleasant, and safe environment.
- Avoid food battles. If you pressure your child to eat, he or she is likely to resist. You shouldn't try to control how much your child eats.
- You are responsible for what your child is given to eat; he or she is responsible for how much and even whether he or she eats.
- Offer a variety of nutritious foods from each food group.
- Serve a new food along with a familiar food without pressure to eat the new food.
- Provide small portions and allow your child to ask for second helpings as desired.
- Toddlers eating habits are unpredictable. They may eat a lot one day and very little the next. During periods of growth, it is normal for your child to eat more often than usual.
- Do not use sweets or desserts as a reward for finishing a meal.

- Respect your child's individual food preferences.
- Eat with your child and set a good example.
- Involve your child in menu planning, food shopping, and food preparation.
- Discourage eating while walking or playing.
- Turn the TV off to limit distractions during mealtimes.
- Serve meals and snacks at about the same time everyday.
- Provide child-sized plates, cups, and eating utensils.
- Allow your child enough time to finish meals and snacks.
- Supervise your child at all times during meals and snacks.
- Set a limit on fluids such as juices, fruit drinks, and milk in between meals. These can interfere with meals and snack times.
- Offer candy, cookies, cake, potato chips, fruit drinks, soda pop, and other sweetened beverages as occasional foods.



## BIBLIOGRAPHY / RESOURCES

American Academy of Pediatrics Committee on Nutrition, Pediatric Nutrition Handbook, (4th edition), American Academy of Pediatric Press, 1998.

American Dietetic Association, Manual of Clinical Dietetics, (6<sup>th</sup> edition), 2000.

Ellyn Satter, MS, RD, BCD, MSSW, Child of Mine: Feeding With Love and Good Sense, Bull Publishing Company, 2000.

La Leche League International, The Breastfeeding Answer Book, 1997.

### WEB SITES FOR PARENTS

<http://www.kidshealth.org> – Kids Health

<http://www.aap.org> – American Academy of Pediatrics

<http://www.lalecheleague.org> – La Leche League International

<http://www.navigator.tufts.edu> – Tufts Nutrition Center on Nutrition Communication

<http://www.ellynsatter.com> – Ellyn Satter Associates

### BOOKS FOR PARENTS

The American Dietetic Association's Complete Food & Nutrition Guide by Roberta Larson Duyff, MS, RD, CFCS. Chronimed Publishing, 1996.

Child of Mine: Feeding With Love and Good Sense by Ellyn Satter. Bull Publishing, 2000.

The Breastfeeding Answer Book, La Leche League International, 1997.

Guide to Your Child's Nutrition: Making Peace at the Table and Building Healthy Eating Habits for Life. American Academy of Pediatrics, 1999.



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