

FOOD FOR YOUR BABY'S FIRST YEAR

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0-6 MONTHS	6-7 * MONTHS	7-8 MONTHS	8-9 MONTHS	9 -11 MONTHS	1 YEAR and beyond
<p>1. *Breastmilk Via Your Breast is the Far Superior Way to Feed Your Baby.*</p> <p>2. MOTHER'S BREASTMILK VIA A BOTTLE IS SECOND BEST.</p> <p>3. BREASTMILK FROM A MILK BANK IS THIRD.</p> <p>4. BREASTFEEDING AND FORMULA FEEDING IS FOURTH.</p> <p>5. IRON-FORTIFIED FORMULA ALONE IS FIFTH.</p> <p>From 0-3 months 24-32 oz is normal. (Low iron formula is no longer acceptable as it is not only deficient in the fatty acids needed for proper brain, nerve, and eye development but also in iron which can Even Further affect your child's IQ)</p> <p>Exclusively BREASTFEED for a minimum of 6 months to optimally protect your child against COLDS, DIARRHEA, EAR INFECTIONS, BRONCHITIS, chronic diseases, SIDS, and to provide full cognitive benefits. (Breastfed children can have up to 8 more IQ points.)</p> <p>Mom's can eat whatever they like BUT if you have a family history of severe allergic reactions in your family (like to peanuts) then talk with your health care provider or refer to the breastfeeding and diet handout.</p> <p><i>*Your breastmilk is constantly changing in composition on an hourly, daily, monthly, and yearly basis in order to meet your child's individual needs.*</i></p> <p>Breastfeed on demand and at the earliest sign of hunger. Early signs include: looking, licking, sucking and limb movements. Baby's thrive on routine but there is no schedule.</p>	<p><i>*Some moms(in non-allergic families) may start the introduction of solids in the 4th month . The mother of the Fully breastfed child may not start solids in order to ensure her child will receive the full benefits of her milk: including full immunities, long term health benefits, reduced obesity, and reduction of allergies.</i></p> <p>Give foods without added sugar or salt. IF using prepared infant foods check labels to make sure these are not added.</p> <p>Adding Formula is not recommended because it is high in sugar and saturated fats. Adding milk is not safe until one year due to anemia.</p> <p>Start with:</p> <ul style="list-style-type: none"> *Potato (sweet and white) *Squash *Broccoli *Carrots *Beets *Zucchini *Spinach *Cauliflower <p>Strain and Mash well.</p> <p>At first, you may want to offer the breast before introducing new foods. The advantages to Breastfeeding before are that a satiated baby may be more willing to try new foods and the infant will receive more of the very best food that also protects him or her from illness.</p> <p>Continue Breastfeeding to extend protection against illness. At 6 months of age your baby's immune system is just starting to function; it is not fully functioning until about age 5.</p>	<p>Any foods not introduced from the 6th month plus:</p> <p>RICE (brown and white)</p> <p>* Cereal. Get iron fortified. Adding Breastmilk or water. is preferred over using formula. Avoid pre-sweetened or mixed grain cereals.</p> <p>*Puffed rice (Plain rice cakes and/or as a cereal)</p> <p>*Cooked rice</p> <p>*Rice noodles</p> <p>Limit juices, even those packaged for infants, they are high in sugar and low in nutrients. If given, they should be diluted 1/2and 1/2 with water.</p> <p>Introduce the Cup. Baby will need your help with cup feeding at first. May offer the Breast Before or after a feeding depending on your child or circumstances.</p> <p>CONTINUE BREASTFEEDING on Demand.</p>	<p>Start with MEATS:</p> <ul style="list-style-type: none"> *Ham/pork *Turkey *Beef *Chicken (introduce last or wait until one year if you have a strong family history of allergies) <p>*EGG YOLK (no white)</p> <p>THEN SOME FRUITS: (Wait till 9 months in allergic families)</p> <ul style="list-style-type: none"> *Bananas *Apples *Pears <p>OFFER:</p> <p>Finger foods.</p> <p>Peeled, soft fruit wedges. Small, tender pieces of meat (Using thinly shaved deli meat is easy and works well).</p> <p>CONTINUE BREASTFEEDING on Demand.</p>	<p>*OTHER FRUITS (except citrus and strawberries wait till one year)</p> <p>*OTHER VEGETABLES</p> <p>*OTHER CEREALS such as oat, barley, corn and wheat. Wait to introduce wheat/corn until one year in allergic families.</p> <p>In nonallergic families now introduce:</p> <ul style="list-style-type: none"> *BEANS *PEAS *LEGUMES *Family foods <p>If Mom at home feed all fluids from a cup not a bottle to keep baby more interested in Breast.</p> <p>CONTINUE BREASTFEEDING on Demand.</p>	<p>Gut is much more mature now but it does not fully mature until age 3-5.</p> <p>If continuing to breastfeed 2-4 times per day on demand then no other sources of calcium/dairy may be needed. Infants need 2-3 servings of calcium per day. Children who are drinking cow's milk should be served no more than 24 oz of milk (2% or whole) per day.</p> <p>Feed baby just about anything except in allergic families--they should wait until at least 2 years to introduce the most allergic foods such as seafood, nuts, peanut butter, fish, or any other food for which there is a family history of allergy.</p> <p>AAP recommends nursing a minimum of 1 year.</p> <p>The World Health Organization and UNICEF recommend a minimum of 2 years.</p> <p>At 1 year of age your child's immune system is only functioning at 60%. It is not fully functioning until about 5 years of age.</p> <p>Continue breastfeeding as long and you and your child are enjoying it. Some moms may continue to nurse as little as 3 times a week to once a month.</p>