Nurture Guide to Feeding your Baby

From Birth to 3 years old

Table of Contents

Important things to consider when feeding your baby

The information provided here is only meant as a general guide. Every baby is different and your baby may or may not be ready to advance at the given ages. Pay attention to your baby's actions and they will let you know when they are ready.

From Birth to 3 Months

What is happening with your baby?

Your baby's senses are beginning to develop. Your baby has blurry vision, but their hearing is clear. As they grow, their muscles strengthen and they begin to develop head control. They will begin to smile and laugh and puts their hands together.

Birth: At birth they will not be able to raise their head on their own.

1 Month: At one month they will raise their chin up.

2 Months: At two months they will raise their chest up.

3 Months: By three months, they will begin reaching for things.

How does their development affect how they eat?

Your baby has suckling and sucking that are reflexes and not voluntary. This reflex makes sure that they will get the proper nutrition by allowing them to get milk and for it to be swallowed easily.

How do I give my baby the best nutrition possible?

Your baby should only be fed breast milk or formula. They have very sensitive tummies which cannot digest anything else.

Breast milk provides every nutrient and fluid than an infant needs for the first few months of life except vitamin D, fluoride, iron, and vitamin K. Your baby received a vitamin K shot at birth and within a few months, they will produce their own vitamin K. As long as you are getting enough vitamin D, your baby will be fine. In the last months of pregnancy, your baby was building up its own iron stores. They will be fine until 6-8months.

From Birth to 3 months

The Benefits of Breast Feeding Your Baby

Mothers have a unique ability to provide perfect nutrition and health for their babies through breast feeding. Breast milk contains a balanced, gentle combination of nutrients that give the infant everything it needs for the first six months of life. The American Academy of Pediatrics and US Surgeon general recommend exclusive breast feeding for the first six months of life and then a slow introduction of iron-enriched foods along with breast milk to meet all of the nutritional needs of a baby in its first year. There are countless benefits to breast feeding. Listed below are only some of the wonderful things breast feeding can do for both mother and child.

Quality:

- There is no risk of contamination with breast feeding. Extra steps need to be taken to clean and sanitize nipples and bottles when using formula.
- Formula needs to be prepared properly for use to avoid over- or under-dilution. Breast milk is perfect just the way it is, worry free!

Economics:

- Using formula can cost $1500-$2000 per year with specialty formulas being even more expensive. Breast milk is free and it has the perfect blend of nutrients for your baby's needs.
- Medical expenses will be reduced in most cases because breast milk provides your baby with protection from diseases and infection whereas formula does not have these benefits.
- Breast feeding produces less waste and is better for keeping the environment healthy for your baby's future.

Health Benefits for your Baby:

- Breast milk strengthens the baby's immune system making it less likely that they will get infections since the mother passes on her strong immune system to the baby.
- Breast milk is gentle on babies' digestive systems. Nutrients in formula can take longer to digest.
- Infants fed formula have a higher risk for respiratory illness than breast fed babies.
    - Diarrhea is more common in babies fed with formula than those that are breast fed.
    - Ear infections are less common in breast fed babies than those that are formula fed.
    - Breast feeding may prevent babies from developing more severe allergies.

From Birth to 3 Months

Benefits of Breast Feeding as Your Baby Grows:

- Since breast fed infants have stronger immune systems, it is less likely that they will develop diseases such as type 1 diabetes and cancer later in life.
- Breast fed infants have stronger teeth and have less cavities.
- Breast feeding during infancy may reduce the risk of obesity later in life.
- Breast fed infants have a lower risk of heart disease as adults.
- Fewer psychosocial problems may develop in infants who are breast fed.

Benefits of Breast Feeding for You

- Mothers who breast feed are have an easier time losing weight after pregnancy because lactation burns calories.
- Breast feeding reduces the mother's risk for developing osteoporosis later in life.
- Breast feeding mothers have a lower risk of breast, uterine, and ovarian cancer.
- Breast feeding creates an important emotional connection between mother and baby.

Information about Breast Milk

How is Breast Milk Produced?

3 stages of milk production

- **Production**
  - Happens with the infant's first contact with nipple
  - Begins in last trimester
- **Secretion**
  - from cells where it's produced to ducts where it's stored
- **Ejection**
  - Happens as the infant suckles
  - Brain signals milk ducts to release = milk "let down"
  - Feeding causes a "milk drunk" feeling in mother and baby to increase bond

What Will the Milk Be Like?

Volume

In the first few days, you will produce about a half ounce per feeding. Over the next several days, the milk you produce increases to 3-8 ounces. By 6 months, you will produce 25-30 ounces of milk.

The first milk you produce after birth is called the **colostrum**. It is yellow in color and begins just after birth and lasts for several days. The colostrum is high in antioxidants, has immune boosting properties, and provides nutrients to give your baby good digestion.

After to the colostrum, you will produce **transition milk**. This occurs about 3-15 days after birth.

Finally, you will produce **mature milk.** This milk is watery and is easy to digest. It also has properties that will strengthen your baby's immune system and help build baby's iron stores in a few months

What is in Mature Milk?

Fat is the largest component of mature milk. It provides energy and is good for your baby's vision and digestion. Cholesterol is also in mature milk. It is important for your baby's for growth and development.

Mature milk also has **protein**. The amount of protein that you eat does not change the amount in your milk, but low protein consumption does make you produce less milk in general. The main proteins in milk are casein and whey. Breast milk has a unique combination of casein and whey which is easy for your baby to digest.

Your breast milk also contains **carbohydrates**. The main kind of carbohydrate is lactose which is easy to digest and also helps with calcium absorption.

Tips for properly handling and storing your breast milk:

1. Wash your containers in hot, soapy water, and rinsed well, or sanitized in the dishwater.
2. Wash your hands thoroughly with soap and warm water immediately before pumping.
3. After filling the containers, write the date on them before storing.

Breast milk can be stored in the refrigerator for 5 to 7 days or it can be frozen in the freezer for 3 to 4 months.

Frozen breast milk can be thawed in the refrigerator or under warm tap water. Do not thaw in the microwave as it will destroy all of the nutrients. Once thawed it can be refrigerated for up to 9 hours and then should be thrown out. Do not refreeze thawed breast milk.

From Birth to 3 Months

What if I don't want to breast feed?

Although, breast milk provides a unique combination of nutrients for your baby's health, formulas also provide a good source of nutrition.

Here is a sample schedule for feeding formula.

Age	Formula intake per day
0-1 month	1-2.5oz per feeding, 8-12 feedings per day
1-2 months	2-4oz per feeding, 8-10 feedings per day
2-3 months	3-5oz per feeding, 6-8 feedings per day
3-4 months	4-8oz per feeding, 4-6 feedings per day

From 4-6 months

What is happening with your baby?

Right now, your baby is starting to develop muscle control. They have been moving around, but now they are starting to sit up and will be able to sit alone without wobbling soon. They begin to move their tongue from side to side. Your baby may also begin teething as their teeth start to come in. Their vision has become clear.

4 Months: At four months, they can sit with support.

5 Months: At five months, they can sit on your lap and grasp at objects.

6 Months: At six months, they can in a high chair and grasp at objects.

How does their development affect how they eat?

With their vision improving, you baby can begin to recognize and hold a bottle. Getting teeth means they need to chew so chewing motions also begin. You baby's taste buds are changing and they are ready for new tastes. Since they can sit up, they can swallow pureed foods without choking. Spoon feeding is important to help develop mouth muscles and coordination.

How do I give my baby the best nutrition possible?

Now is the time to begin introducing solid foods. The first food should be a fortified rice cereal mixed with breast milk or formula. Rice is the best choice for avoiding allergic reactions. Your baby should be given 4-7 breast milk or formula feedings a day with two feedings of fortified rice cereal.

Since your baby's immune system is still developing, avoid feeding them the top allergens until 12 months of age

Top Allergens

Cow's milk
Wheat
Soy
Eggs
Nuts
Fish
Honey
Citrus

From 4-6 months

Tips for making the first feeding successful!

- Only try feeding when your baby is playful and alert, not tired or hungry
- Keep your baby in a semi-upright position (as if in a car seat or carrier), don't prop them up with a pillow, it may cause choking. If they can sit on their own, place them in a high chair.
- Make sure you are facing your baby when feeding.
- Use a shallow bowl and a small spoon.
- Be patient, your baby may need time to open their mouth and stick out their tongue. Swallowing may also take extra time.
- Touch the bowl of the spoon to the tip of the tongue and apply light pressure. Placing the spoon too far back may cause gagging.
- Make sure your baby's chin is slightly down to prevent choking.
- Expect to only be able to feed 5-6 spoonfuls and it may take time.
- Don't be discouraged, first meals may be unsuccessful, but keep on trying!

More things to consider when your baby begins solid food

Only introduce one new food at a time.

Wait 4-7 days after introducing a food to feed it again. This is to determine if your baby is allergic to the new food.

Try introducing vegetables first. Your baby's taste buds are still developing and their preference for sweet foods develops first. If you introduce fruits first, it may be more difficult to get your baby to eat vegetables.

From 6-8 months

What is happening with your baby?

As your baby's muscles growth stronger, they are able to sit up by themselves and are crawling around and trying to pull themselves up. They have stronger control of their tongue and are beginning to say their first "words."

7 Months: At seven months, they can sit by themselves.

8 Months: At eight months, they can stand with help

How does their development affect how they eat?

Since your baby has more tongue control and they are able to make biting and chewing motions, they can handle thicker pureed foods. At this time, they can indicate if they are hungry or full. Make sure that during meal times, they are sitting up with extra support such as the high chair safety belt or a pillow. You can begin to introduce a cup to them; however, they may just explore it and not drink from it. It is normal for them to have most of the liquid come out the sides of their mouth while drinking.

How do I give my baby the best nutrition possible?

Since your baby's mouth muscles are more controlled, you can begin to feed thicker pureed fruits and vegetables. You can also try introducing other whole grains to them such as pureed millet and oatmeal.

Give your baby 3-5 breast or formula feeds and iron fortified cereal or other whole grain (1/2 cup day) twice a day. Feed your baby fruits and veggies two times a day.

From 8-10 months

What is happening with your baby?

At this point your baby will probably be crawling around and putting everything in their mouth. They have more developed hand muscles and therefore have developed thumb and forefinger control (pincer grasp). They can transfer objects from one hand to another. They may also try standing with support of you or some furniture. They have probably begun to babble.

9 Months: By nine months, your baby can stand with support of furniture

10 Months: At ten months, your baby is starting to crawl

How does their development affect how they eat?

Since your baby is putting everything in their mouths, why not food? At this point they have probably attempted feeding themselves. Although this stage can be quite messy, your baby can keep most of their food in their mouth by now because of well developed tongue control. This means that they can handle lumpy texture foods since they will remain in their mouths long enough to chew them. At this stage, your baby can sit up in a high chair without extra support, but keep the safety belt fastened.

How do I give my baby the best nutrition possible?

Now you can introduce proteins to your baby. You can give your baby cooked beans or lentils put in a food processor. You can also mash or cut soft cooked vegetables or soft fruits into small pieces.

Here are estimated portion sizes for feeding your baby:

Grains: ¼ to ½ cup Nurture infant cereal (brown rice and oat before 8 months, can add quinoa and millet after 8 months) or fortified infant cereal.
Fruit: ¼ to ½ cup mashed, soft fruit
Vegetable: ¼ to ½ cup mashed, soft, cooked vegetables
Protein: 1/8 to ¼ cup mashed protein foods (beans, lentils)

From 10-12 months

What is happening with your baby?

Your baby is getting stronger and they are probably walking with help as well as pulling themselves up into a stand. Their hands are becoming more developed and they are able to pick up small objects. More teeth are coming in and they are continuing to make more sounds and possibly words.

11 Months: At eleven months, your baby can walk with your help.

12 Months: By twelve months, they are pulling themselves up by furniture

How does their development affect how they eat?

Because of their strong hands, your baby can begin finger foods and may be drinking well from a cup. With more teeth and mouth control, they can swallow foods more easily and chew better. Foods now stay in their mouth when eating. They may try using a spoon to feed themselves. They can use upper and lower lips to get all of the food off of the spoon. At this point weaning from bottle should begin.

How do I give my baby the best nutrition possible?

You can now introduce meats to your baby because of their improved biting and chewing ability. Cooked fruit and vegetables can be cubed into bite-sized pieces. You can also start giving combination foods such as grains mixed with fruit or proteins mixed with vegetables. Remember, your baby should still be getting breast milk or formula!

Listed below are approximate amount of each food group that your baby should be getting each day:

Grains: ¼ to ½ cup Nurture infant cereal (brown rice and oat before 8 months, can add quinoa and millet after 8 months) or fortified infant cereal.
Fruit: ¼ to ½ cup cubed, soft fruit
Vegetable: ¼ to ½ cup bite-sized, cooked vegetables
Protein: 1/8 to ¼ cup protein foods (ground meat)

Sample Menus for 4-12 month old babies**

Meal Time	4-6 month old	6-8 month old	8-12 month old
Early Morning	6-8oz breast milk or formula	6-8oz breast milk or formula	6-8oz breast milk or formula
Late Morning	6-8oz breast milk or formula 3-5 Tbsp. fortified infant cereal*	6-8oz breast milk or formula 3-5 Tbsp. fortified infant cereal* 2-4 Tbsp. vegetable or fruit baby food	6-8oz breast milk or formula 3-5 Tbsp. fortified infant cereal or grain (oatmeal, millet)* 2-4 Tbsp. vegetable or fruit puree
Midday	6-8oz breast milk or formula 2-4 Tbsp. vegetable or fruit baby food	6-8oz breast milk or formula 3-6 Tbsp. vegetable baby food 2-5 Tbsp. fruit baby food	6-8oz breast milk or formula 3-6 Tbsp. vegetable puree 2-4 Tbsp. fruit puree 2-5 Tbsp. protein (beans, lentils, chicken)
Afternoon	6-8oz breast milk or formula	6-8oz breast milk or formula	4-6oz breast milk or formula 2 Tbsp. grain (brown rice, oatmeal, millet) 2 Tbsp. vegetable or fruit puree
Early Evening	6-8oz breast milk or formula 3-5 Tbsp. fortified infant cereal*	6-8oz breast milk or formula 3-5 Tbsp. fortified infant cereal* 2-4 Tbsp. vegetable or fruit baby food	4-6oz breast milk or formula 3-5 Tbsp. fortified infant cereal* 2-4 Tbsp. vegetable or fruit baby food 2-5 Tbsp. protein (beans, lentils, chicken)
Late Evening	6-8oz breast milk or formula	6-8oz breast milk or formula	6-8oz breast milk or formula

*Nurture infant cereal (brown rice and oat before 8 months, can add quinoa and millet after 8 months) or fortified infant cereal.

** You should always consult your baby's pediatrician before introducing new foods to your baby. Avoid any suggested foods that may pose an allergy risk for your baby.

Toddler Time!

Now that your child is one year old, you have even more responsibilities when it comes to feeding; however, your child also needs to be given certain responsibilities so that they learn healthy eating habits.

You are responsible for:
- What foods the child eats
- Where the child eats
- How food is presented

Your child is in charge of:
- Determining how much to eat.
- Determining how fast to eat.

Tips for helping your child to be a successful feeder

- Be supportive
- Smile
- Arrange the food in an appealing way (smiley faces)
- Give them a variety of foods
- Always have milk
- Always include a vegetable and fruit
- Let the child pick from what you have put on the table
- Serve new foods along with familiar foods
- Toddlers like to imitate, so be a good example

* With your pediatrician's permission you can now introduce the top allergens: cow's milk, wheat, soy, eggs, nuts, fish, honey, citrus.

Now that your child is eating a larger variety of food, you need to beware of food jags. **What is a food jag?** A food jag is when your child prefers to eat the same foods all the time. They may even refuse to eat any other kinds of foods or they will only eat a food prepared a certain way.

Here are some ways to prevent food jags:

• Do not offer the same food two days in a row. Try offering that food every other day.
• Change the shape of the food. Use a cookie cutter to cut the food into a fun shape
• Change the color. Add a natural food puree or juice to change the color. For example, beet juice or broccoli puree.
• Change the taste. Try adding an herb or spice to the food. For example, cinnamon or dill or garlic.
• Change the texture. Cut the food up differently or add corn starch to thicken it. You could also try a different method of preparation, for example baking instead of pan frying.
• Don't drastically change the food. You want to make the difference subtle, just enough that your child notices the difference.

From 12-18 months

What is happening with your child?

You child is now moving around everywhere. They can stand alone and have started walking on their own. They may have also started climbing up stairs. They have also achieved refined hand control so they can manipulate objects more easily. Now is the time that they will also begin talking.

How does their development affect how they eat?

At this point your child should be weaned from breast milk or formula. They are capable of feeding with spoon and may have begun trying to use a fork. Their teeth are more well developed so they can handle larger pieces of food and can bite into foods easily. They can sit by themselves in a child sized chair or at the family table with a booster seat.

How do I give my baby the best nutrition possible?

Your child can now drink whole milk and eat soft cheeses. Because their teeth are well developed they can bite and chew cut up or ground meats. They can now eat citrus fruits. They can also enjoy the same foods as family as long as they are chopped up or mashed.

How much should I be feeding my child each day?

Dairy: 2-3 servings per day, 1 serving = ½ cup milk, ½ to 1 oz. cheese, 1/3 to ½ cup yogurt or cottage cheese

Grains: 4 to 6 servings cereals and other grains, 1 serving = ¼ to 1/3 cup cereal, ¼ cup pasta or rice, ¼ to ½ slice bread or bagel

Fruit: ¼ to ½ cup fruit

Vegetable: ¼ to ½ cup vegetables

Protein: 2 servings per day, 1 serving = 2 tablespoons ground or two 1-inch cubes meat, poultry, or fish; 1 egg; ¼ cup tofu or cooked beans; 1 tablespoon smooth peanut butter

From 18-24 months

What is happening with your baby?

You child is now starting to run around and walking up stairs with minimal assistance. They have probably started speaking in 2-4 word sentences. They can now tell you when they are hungry or full. Their hands are much stronger and so are their teeth.

How does their development affect how they eat?

By now your child is a fairly independent eater. They can use fork and they can also use their tongue to clean their lips. They can drink from a cup without difficulty. Although you may be tempted to leave them alone at this point, don't do it. They must still be supervised when eating to prevent choking.

How do I give my baby the best nutrition possible?

Your child should be drinking more whole milk and they can now handle eating harder cheeses. You can also give them small pieces of cracker, bagel, pretzel. They can have fresh firmer fruit, such as cut up apple and oranges or try small dried fruit like raisins and cranberries.

How much food should my child be eating each day?

Dairy: 2 to 3 servings per day, 1 serving = ½ cup milk; ½ to 1 oz. cheese; 1/3 to ½ cup yogurt or cottage cheese; ¼ cup pudding

Grains: 6 servings per day 1 serving = ¼ to ½ slice bread or bagel; 1 or 2 crackers; ¼ cup pasta or rice; 1/3 to ½ cup cooked or ready-to-eat cereal

Fruit: 2 to 3 servings per day 1 serving = ¼ cup cooked or canned, ½ piece fresh; 1/8 cup dried; ¼ to ½ cup juice

Vegetables: 2 to 3 servings per day, 1 serving = 1 to 2 tablespoons

Protein: 2 servings per day, 1 serving = 2 tablespoons ground or two 1-inch cubes meat, poultry, or fish; 1 egg; ¼ cup tofu or cooked beans; 1 tablespoon smooth peanut butter

From 24-36 months

What is happening with your child?

Now you child is running around and can walk up the stairs without assistance. They may also begin trying to ride a tricycle. They have probably started speaking in longer sentences and repeating everything you say.

How does their development affect how they eat?

You may feel that your child is eating less than they used to, but this is normal. Their bodies are telling them how much to eat and when. You should still supervise when they are eating as they can still choke on their food.

How do I give my baby the best nutrition possible?

You should now switch your child to 2% milk and low fat dairy as their bodies require less fat and you want to avoid obesity problems. Your child can eat slices of fresh fruit and cooked and cut up vegetables. You can try giving them soft fresh vegetables and see if they can handle them. You should still cut up the meats that you give your child. You can now introduce smooth peanut butter and combination foods such as casseroles and cut up spaghetti with sauce.

How much food should my child be eating each day?

Since your child is eating most of the same foods as you, remember that one serving for a child this age is about ¼ the size of an adult serving.

Dairy: 2 to 3 servings per day, 1 serving = ½ cup milk; ½ to ¾ oz. cheese; ½ cup yogurt; ¼ to ¼ cup cottage cheese; ¼ cup pudding
Grains: 6 servings per day, 1 serving = ½ slice bread or bagel; 1 or 2 crackers; ¼ to ½ cup pasta or rice; 1/3 to ½ cup cooked or ready-to-eat cereal
Fruit: 2 to 3 servings per day, 1 serving = ¼ cup cooked or canned, ½ piece fresh, or ¼ to ½ cup juice
Vegetables: 2 to 3 servings per day, 1 serving = 2 to 3 tablespoons

Protein: 2 servings per day, 1 serving = 2 tablespoons ground or two 1-inch cubes meat, poultry, or fish; 1 egg; ¼ cup tofu or cooked beans; 1 tablespoon peanut butter

Making Your Own Baby Food

Making your own baby food is a wonderful way to make sure your baby gets only the best, most nutritious foods! The following are only some of the many benefits!

- When you make the food, you know exactly what your feeding your baby.
- Making the food fresh makes sure that your baby gets the most vitamins and minerals possible to help them grow.
- You can control the texture that your baby needs without having to buy different foods.
- Making your own food is good for the environment because you are creating less waste.
- When you freeze your baby food, you don't have to worry about running to the store, it's right there!
- There are so many different food combinations that you can make.
- And most importantly... **YOU SAVE MONEY!**

	Make it	Buy it	Savings
Bananas	$.08	$.48	**$.40**
Carrots	$.06	$.48	**$.42**
Lentils and Brown Rice	$.08	$.54	**$.46**
Green Beans and Brown Rice	$.05	$.54	**$.49**
Chicken and Brown Rice	$.14	$.32	**$.18**
Spinach	$.06	$.48	**$.42**

* Prices based on Jewel & Peapod as of 10/09

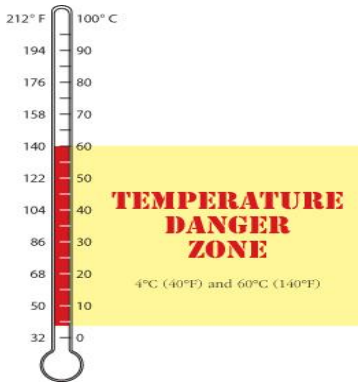
Food Safety

When making your own baby food, here are some important tips for keeping it safe for your baby.

When preparing the food:

❖Have a separate cutting board to use only for raw meats and poultry to prevent cross contamination of your produce items.
❖Wash all of your food preparation materials (knives, cutting boards, food processor, storage containers, etc) in hot, soapy water or sanitize in the dishwasher.
❖Clean your preparation surface with soap and water or antibacterial cleaner. Dry completely.
❖Wash your hands before handling any of the materials and after handling raw meats and poultry.
❖Rinse fruits and vegetables thoroughly with warm water before cutting into them.
❖Wash and sanitize knives/utensils used for raw meats before using them on vegetables.

Avoid keeping foods in the "**Danger Zone**," this is the temperature where bacteria love to grow.



Cook all meats to the appropriate temperatures to kill most bacteria.

Type of Meat	Should be cooked to at least:
Beef, veal, & lamb	140°F
Pork	160°F
Ground beef, veal, & lamb	160°F
Chicken & Turkey	165°F

Food Safety

FOOD STORAGE

❖After making the baby food, place immediately into containers and stored.

❖Use tightly sealed, glass or plastic jars for refrigerator storage and ice cube trays that are covered in heavy duty plastic wrap or plastic lids for freezer storage.

FREEZING FOOD

❖If your containers are freezer safe, they will have a snowflake picture on them.

❖If storing in the refrigerator, food may be stored safely for up to 3 days.

❖If storing in the freezer, food may be stored safely for up to 3 months.

❖Freeze foods as soon as possible to maintain quality.

THAWING FOOD

❖There are three ways to thaw your food safely
- ○Refrigerator
- ○Under cold running water
- ○Microwave

❖Never thaw your food at room temperature. Bacteria love to grow at room temperature and it will increase the risk of contaminating your food.

❖Foods thawed in the refrigerator may be refrozen; however, they will decrease in quality.

Baby Food Recipes

Here are more recipes you can make at home for your baby. For any of these, use breast milk, formula, or water to get the foods to the desired consistency.

4-8 months (depending on development): foods should have a **SOUPY** consistency

6-10 months (depending on muscle control): foods can be **THICKENED** (cream of wheat) consistency

8-12 months (depending on tooth development): foods can be a **LUMPY** consistency

Take frozen cubes of any of these foods to create your own combination foods that your baby will love!

WASH, PEEL, & MASH

For these foods, just wash them, peel them, and mash them with a fork. (use food processor to get SOUPY consistency)

Banana
Avocado

WASH, PEEL, CUT, STEAM, & PROCESS

For these foods, wash them, peel them, cut them into chunks, steam them, and put them in the food processor

Sweet Potatoes
Apples
Carrots
Pears
Plums/Peaches
Summer Squash (zucchini, yellow squash, lita squash) – peel if your baby is less than 8 months old

Baby Food Recipes

WASH, SNAP, STEAM, & PROCESS

For these foods, wash them, snap off the ends using your fingers, stem them, and put them in the food processor.

Asparagus – just snap off the thicker end
Green Beans - snap off both ends

To steam these the following foods: use a steamer basket in a pot of boiling water

Peas

Fresh – wash, hull (remove peas from pods), steam, & process
Frozen – cook according to package instructions & process

Spinach (10-12 months)

Fresh – wash, steam, & process (12 cups raw makes about 1 cup cooked)
Frozen – cook according to package instructions & process

Nurture Recipe:

NURTURE GRAIN CEREAL

Cook your desired grain in the rice cooker (brown rice , oats, barley with quinoa and millet added after 8 months old).
Puree to desired consistency. If too thick, add water to thin to the right consistency based on your infant's age.
Serve warm or place in ice cube trays and freeze.

BABY YOGURT

Buy any PLAIN, WHOLE MILK YOGURT & mix with your homemade fruit baby food! *Please consult your pediatrician before introducing yogurt into your baby's diet.*

Vitamins & Minerals

What are Vitamins and Minerals?

Both vitamins and minerals are necessary for good growth and development for both you and your baby.

Vitamins are **organic**, which means they are made by plants or animals. There are two categories of vitamins, fat soluble and water soluble.

Fat soluble vitamins need fats to be absorbed and used by the body. These are **Vitamins A, D, E, & K**.

Water soluble vitamins need water to be absorbed and used by the body. These are the **B vitamins (Thiamin, Riboflavin, Niacin, B6, B12, and Folic Acid) and Vitamin C**.

Minerals are **inorganic**, meaning that they are not made by plants or animals, but are in the soil or water. One of the most important minerals for nutrition is calcium. Others we need in smaller amounts and are called trace minerals such as **iron, zinc, sodium, phosphorus, potassium, and magnesium.**

Fat Soluble Vitamins

Nutrient	Why do we need it?	What foods have it?
Vitamin A	Important for vision, growth, and immunity	Carrots, sweet potatoes, squash, dark green leafy vegetables
Vitamin D	Important for absorption of calcium, bone development, immunity, & growth	Seafood, whole eggs, fortified dairy, fortified cereal
Vitamin E	Important for skin development and protection & immunity	Nuts, dark green leafy vegetables, olives, brussel sprouts
Vitamin K	Important for blood clotting & bone development	Asparagus, dark green leafy vegetables, brussel sprouts, broccoli

Water Soluble Vitamins

Nutrient	Why do we need it?	What foods have it?
Thiamin	Important for brain, muscle, & heart health	Sunflower seeds, beans, peas, lentils
Riboflavin	Important for overall health & growth	Mushrooms, dairy, beans, lean meats
Niacin	Important for heart health and lowering cholesterol	Lean meats, seafood, mushrooms, asparagus
Vitamin B6	Important for heart health and glucose control	Dark green leafy vegetables, bell pepper, banana, fish
Vitamin B12	Important for nerve development, growth, and glucose control	Lean meats, seafood, dairy, eggs
Vitamin C	Important for immunity, allergies, and heart health	Broccoli, bell pepper, citrus fruit, dark green leafy vegetables

Minerals

Nutrient	Why do we need it?	What foods have it?
Calcium	Important for bone development and growth	Dark green leafy vegetables, broccoli, canned fish, fortified dairy
Iron	Important for blood health and growth	Lean meats, seafood, beans, lentils, dark green leafy vegetables
Folate (Folic Acid)	Important for brain & nerve development, blood, skin, and bone health	Asparagus, beans & lentils, broccoli, dark green leafy vegetables
Zinc	Important for digestion, skin health, sexual development, and immunity	Lean meats, mushrooms, summer squash, asparagus
Sodium	Important for nerve and brain development, blood pressure, and hydration	Practically everything. The main concern is not giving too much sodium. Most processed foods are very high in sodium.
Potassium	Important for nerve and brain development, muscle health, and hydration	Apples, bananas, green beans, beans, peaches, prunes, potatoes, broccoli, spinach, squash, whole grains
Phosphorus	Important for bone and tooth development	Lean meats, dairy, grains, beans, peas
Magnesium	Important for nerve, bone, and muscle development and heart health	Greens (swiss chard, mustard, collard, turnip), kale, spinach, beans, salmon

How much of each nutrient should I be getting?

The recommended amounts of each nutrient are listed in the following tables. They are known as the **Dietary Reference Intakes or DRIs**.

	Carbohydrate ***g/d***	**Total Fiber** ***g/d***	**Fat** ***g/d***	**Protein** ***g/d***
Infants				
0-6 months	60*	ND	31*	9.1*
7-12 months	95*	ND	30*	**11**
Children				
1-3 years	**130**	19*	ND	7*
4-8 years	**130**	25*	ND	10*
Males				
9-13 years	**130**	31*	ND	**34**
14-18 years	**130**	38*	ND	**52**
Females				
9-13 years	**130**	26*	ND	**34**
14-18 years	**130**	26*	ND	**46**

NOTE: These tables represent Recommended Dietary Allowances (RDAs) in bold type and Adequate Intakes (AIs) in ordinary type followed by and asterisk (*). RDAs and AIs may both be used as goals for individual intake. RDAs are set to meet the needs of almost all (97 to 98 percent) individuals in a group. For healthy infants fed human milk, the AI is the mean intake. The AI for other life stage and gener groups is believed to cover the needs of all individuals in the group, but lack of data or uncertainty in the data prevent being able to specify with confidence the percentage of individuals covered by this intake. ND, not determined; g/d, grams per day; mg/d, milligrams per day; mcg/d, micrograms per day

DRIs for Fat Soluble Vitamins

	Vitamin A *mcg/d*	**Vitamin D** *mcg/d*	**Vitamin E** *mg/d*	**Vitamin K** *mcg/d*
Infants				
0-6 months	400*	5*	4*	2*
7-12 months	500*	5*	5*	2.5*
Children				
1-3 years	**300**	5*	**6**	30*
4-8 years	**400**	5*	**7**	55*
Males				
9-13 years	**600**	5*	**11**	60*
14-18 years	**900**	5*	**15**	75*
Females				
9-13 years	**600**	5*	**11**	60*
14-18 years	**700**	5*	**15**	75*

DRIs for Water Soluble Vitamins

	Thiamin *mg/d*	**Riboflavin** *mg/d*	**Niacin** *mg/d*	**Vitamin B6** *mg/d*	**Folic Acid** *mcg/d*	**Vitamin B12** *mcg/d*	**Vitamin C** *mg/d*
Infants							
0-6 months	0.2*	0.3*	2*	0.1*	65*	0.4*	40*
7-12 months	0.3*	0.4*	4*	0.3*	80*	0.5*	50*
Children							
1-3 years	**0.5**	**0.5**	**6**	**0.5**	**150**	**0.9**	**15**
4-8 years	**0.6**	**0.6**	**8**	**0.6**	**200**	**1.2**	**25**
Males							
9-13 years	**0.9**	**0.9**	**12**	**1.0**	**300**	**1.8**	**45**
14-18 years	**1.2**	**1.3**	**16**	**1.3**	**400**	**2.4**	**75**
Females							
9-13 years	**0.9**	**0.9**	**12**	**1.0**	**300**	**1.8**	**45**
14-18 years	**1.0**	**1.0**	**14**	**1.2**	**400**	**2.4**	**65**

DRIs for Minerals

	Calcium *mg/d*	**Iron** *mg/d*	**Magnesium** *mg/d*	**Phosphorus** *mg/d*	**Zinc** *mg/d*	**Potassium** *g/d*	**Sodium** *g/d*
Infants							
0-6 months	210*	0.27*	30*	100*	2*	0.4*	0.12*
7-12 months	270*	**11**	0.6*	275*	**3**	0.7*	0.37*
Children							
1-3 years	500*	**7**	**80**	**460**	**3**	3.0*	1.0*
4-8 years	800*	**10**	**130**	**500**	**5**	3.8*	1.2*
Males							
9-13 years	1300*	**8**	**240**	**1250**	**8**	4.5*	1.5*
14-18 years	1300*	**11**	**410**	**1250**	**11**	4.7*	1.5*
Females							
9-13 years	1300*	**8**	**240**	**1250**	**8**	4.5*	1.5*
14-18 years	1300*	**15**	**360**	**1250**	**9**	4.7*	1.5*