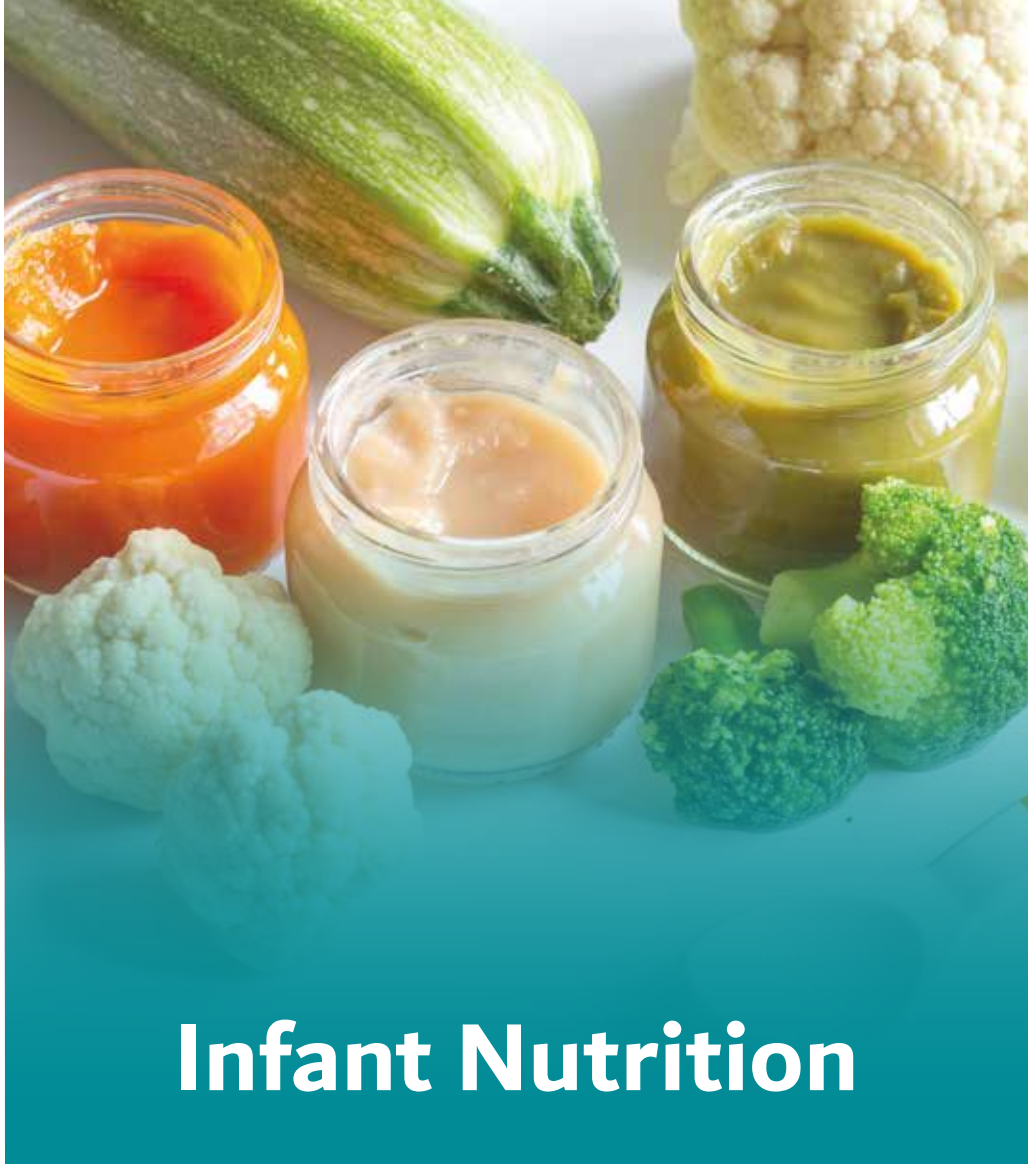


# Infant Nutrition





## Infant Nutrition

Babies are born with high energy and nutritional needs. Their energy needs continue to increase through the first year of life. How you feed your baby will affect his/her growth and development.



# **Breast Milk: Give your baby something that will last a lifetime**

Mother's milk contains over 100 nutrients. It has a perfect amount of vitamins & minerals, fats, proteins, and carbohydrates to help your baby grow healthy and strong.

## **Breastfeeding benefits:**

- 1.** Strengthens the baby's ability to resist diseases and microbial infections.
- 2.** Reduces the possibility of the baby developing food allergy.
- 3.** Promotes the development of the baby's teeth and jaw.
- 4.** Supports healthy weight gain of the baby.
- 5.** Creates an intimate relationship between the baby and mother.
- 6.** No preparation is required; there are no bottles to be sterilized and no milk to be mixed.
- 7.** Helps the uterus return to its normal position.
- 8.** Reduces the possibility of pregnancy soon after birth of the child.



# Know more about infant breastfeeding:

## The first six months:



A newborn baby needs to be breastfed every two or three hours.



The infant is breastfed between ten minutes to forty-five minutes in a row, then sleeps for a period ranging from fifteen minutes to thirty minutes, and then wakes up hungry again.



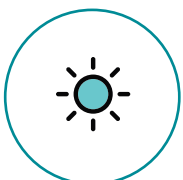
Breastfeeding your infant while hungry is called “feeding on demand,” It is the best way to produce enough breast milk.



When the infant reaches about three months, he/she will be breastfed five times during the day and once or twice at night. The usual increase in appetite in this period corresponds to the speed of growth.



Giving the infant additional amounts of water, juices, and herbal tea is often unnecessary because of their effect on the appropriate amount of milk, which hinders the growth and development of the infant.



If your infant is exposed to hot weather or has diarrhea, extra fluids may help prevent dehydration.



## Common beliefs about breastfeeding:

1

**The amount of milk is affected by the size of the breast;** in fact, there is no relationship between milk production and breast size.

2

**Some mothers believe that breast milk is available on the first day of a baby's birth;** the truth is that the mother's milk is only secreted in the third to fifth days after delivery. And during the first days, the newborn receives "colostrum," which helps strengthen the infant's immunity and facilitate the stool process.





# The list of recommendations

**The list of recommendations about the basic principles of feeding an infant at each developmental stage:**

Age	Notes
<b>From birth – 6 months</b>	Breast milk is highly recommended for the first six months of age. Then begin to introduce complementary foods while continuing to breastfeed.
<b>6 months</b>	<ul style="list-style-type: none"><li>- Food must be semiliquid purees, blended and smooth at this stage.</li><li>- Start with boiled vegetables (zucchini, pumpkin, potatoes, carrots, spinach).</li><li>- Add cooked cereals (rice, oats, or corn).</li><li>- After the infant gets use to vegetables, and cereals, start fresh fruits such as apples, oranges, pears, bananas, and papaya.</li><li>- Make sure to remove the seeds from the fruits, such as pomegranate.</li></ul>
<b>7 to 8 months</b>	<ul style="list-style-type: none"><li>- Introduce the yolk of boiled eggs to the baby's food.</li><li>- Chicken or lamb can be introduced with mashed and boiled vegetables.</li><li>- Biscuits, custard, pudding, or mashed grains can be introduced.</li></ul>



## The list of recommendations

Age	Notes
9 to 12 months	<ul style="list-style-type: none"><li>- In this period, the baby is accustomed to different flavours and foods, so the trend is towards giving more food mixtures (rice + lentils + spinach + liver).</li><li>- At the end of the eleventh month, the infant can start sharing the food with the parents if the infant's food does not contain spices.</li><li>- Beef (after degreasing) and fish can be served. However, it is preferable to delay marine shellfish (crustaceans) until the end of the first year.</li><li>- During this period, milk products can be offered, but fresh cow's milk should be delayed until the end of the first year, and it is preferable to avoid salty and processed cheeses.</li><li>- Continue to breastfeed.</li><li>- Honey is not given until after the end of the first year.</li></ul>



## Feeding a picky baby:

- Encouraging the baby to eat small frequent meals; if the baby does not accept the food, you must try later.
- Vary the quality and quantity of food provided to your baby.
- Do not rush your baby to finish the meal quickly.
- Offer your baby finger foods whenever possible, and do not be upset if the food splatters.
- Provide meals in a quiet atmosphere, away from any external influences such as television or games.
- Do not force the baby to eat. If a baby turns away from food, it may be unwilling to eat or not want to eat more.





## To reduce your baby's risk of developing food allergies:

Some family members may suffer from allergy symptoms to certain foods, so it is more likely to follow some nutritional guidelines to reduce the possibility of an infant being exposed to allergies by:

- 1.** Introducing a new food at a rate of no more than one new food every three to five days.
- 2.** Start with typical complementary foods (grains, yellow or orange vegetables and fruits).
- 3.** Introduce one type of food each time, do not mix many foods in one meal.
- 4.** Limit to 1-3 spoons at first feed and gradually increase in subsequent feedings.
- 5.** Continue with that one food for 3-7 days before introducing another new food to easily identify the cause of food allergy if one should occur.



Giving the infant water and sugar.



Giving food to the baby before six months or delaying providing food until eight months or one year of baby's age.



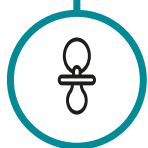
Giving the water and dates to the baby at three months of age.



Giving the infant soaked herbs without consulting a doctor.



Dilute or increase the concentration of milk without consulting a dietitian.



Giving the infant a pacifier reduces the infant's appetite and makes the baby more vulnerable to gas and infection.



## General advice:

1. Food introduced for the baby should be liquid, pureed, soft, and chopped into small pieces (depending on the age of the baby).
2. Monitor your baby's nutrition yourself, and do not depend on the caregiver. Your baby should have a food diary.
3. Complementary feeding is given with a spoon, not from a bottle, so the baby gets used to this method of eating.
4. Offer new food before breastfeeding, so the baby is hungry and easy to accept.
5. The best types of complementary feeding are fresh foods and prepared at home.
6. Do not add sugar, honey, salt, sweeteners and spices to the baby's food.
7. Introduce your infant to different flavours.
8. It is preferable to cook vegetables in a container with a tight lid and a small amount of water to reduce the loss of vitamins and minerals.
9. Avoid adding juice to a feeding bottle, especially when the infant is ready to sleep, to avoid tooth decay.