

Feeding Your Infant

Healthy Eating Tip of the Month – April 2015

Your infant's nutrition is critical for proper growth and development during their first year of life!



Is Breastfeeding Right for You?

Breastmilk is Best!

- Breastmilk is the gold standard of nutrition for infants.
- Both breastmilk and formula provide energy, protein, fat, vitamins, and minerals to support an infant's growth and development. Breastmilk provides these nutrients in further digestible forms that the infant can absorb easier.
- Breastmilk contains antibodies to help baby develop a strong immune system and a better ability to fight off infections, such as ear infections, and allergies.
- Breastmilk has also been shown to decrease the risk of obesity in children later on.



Source:
<http://www.gravescountyhealthdepartment.com/education/breastfeeding.html>

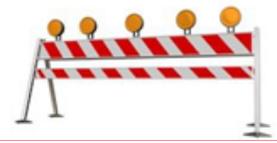
- Breastfeeding has great benefits for mom as well. They get to bond with their infant with the skin to skin contact.
- It is also easier for moms to get back to their pre-pregnancy shape while breastfeeding.
- Breastfeeding can lower mom's risk for postpartum depression and certain cancers.
- It is also free and requires no preparation so it is very convenient.
- The component of nutrients (protein, fat, carbohydrates) changes in breastmilk as baby gets older so it is always the perfect amount for their growing bodies.

When Formula is Necessary

There are certain reasons why it is unsafe for the baby if mom breastfeeds:

- Infant is unable to digest milk sugar.
- Mom has a specific serious medical condition.
- Mom is currently taking certain medications, illicit drugs, or receiving chemotherapy treatment.

Barriers to Breastfeeding



There are barriers to breastfeeding that many women experience, but they can be overcome!

Lack of support

- Find a family member or friend that has experience or supports breastfeeding who you can go to if you have difficulties.

Lactation problems

- Breastfeeding does not always come easy but getting help from lactation specialists or nurses can help you work at it. Do not give up right away!
- If you are having latching problems ask a lactation expert or dietitian for help.
- If you have low milk supply try feeding your baby often and pumping in-between feeds. This will help stimulate milk production.
- Sore nipples can be improved with use of creams, ensuring baby is getting a good latch, and making sure the pump is the right size.

Employment

- Going back to work can cause difficulty maintaining milk supply if you are not able to pump regularly. Talk with your boss to organize a private place and set times to pump while you are at work.
- Pump extra milk while you are home to refrigerate or freeze for caretakers.

Privacy

- There are special privacy blankets available and many public places have rooms dedicated to breastfeeding mothers so you can be comfortable going out in public.



Nutrition During Breastfeeding

Making breastmilk is priority!

In order to make nutritionally complete breastmilk, and to keep yourself healthy it is important to eat a *balanced* varied diet of all the food groups everyday.

Talk to your physician about medications you take or conditions you have to ensure breastfeeding is safe for you and your baby.

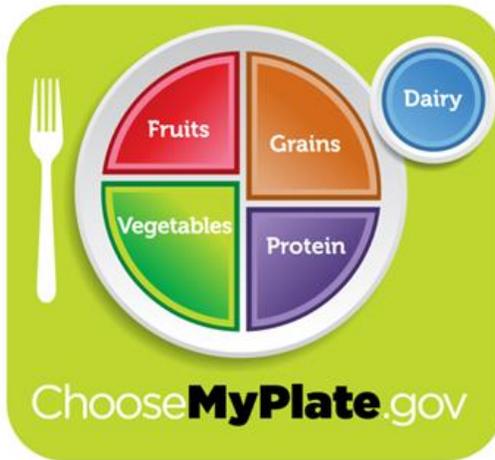


When you eat from all the food groups, your body gets all the vitamins, minerals, and energy you need to fuel your body and your baby!

A Balanced Varied Diet!

Fruit

- Can be fresh, canned, frozen, or dried
 - Good source of essential vitamins, antioxidants, and fiber
 - Easy sweet treat to take on the go
- 2 cups per day



Fill your plate using this diagram for every meal to eat the right proportions of all the food groups

Dairy

- Milk, yogurt, cheese, and soymilk
 - Aim for 3 cups of dairy each day
 - Choose fat-free or low-fat options
 - Important for maintaining bone mass while breastfeeding
- 2-3 servings daily

Vegetables

- Eating a balance of different colored vegetables is important to get a variety of vitamins, mix it up!
 - Make half of your plate fruits and vegetables
 - Good source of fiber and volume without being energy dense to help you feel full
- 2 ½ cups per day

Grains

- Wheat, rice, corn, barley, millet
 - At least half of the grains you eat should be whole
 - Provides energy for your brain and muscles
- 5-7 servings daily



Protein

- Animal sources: meat, fish, eggs
 - Plant sources: beans, nuts, lentils, soy
 - Building block for the cells in the body
 - Source of B vitamins and iron
 - Include varieties of seafood, nuts, and seeds for unsaturated fats and Omega-3s
- 5 ½ ounces per day



Energy

- The body uses about 500 calories each day producing breastmilk, which can help breastfeeding mothers lose post-pregnancy weight
- Weight loss should be gradual



Fluid

- You have increased fluid needs while producing breastmilk so it is important to stay hydrated
- Make sure to drink when thirsty and keep your urine a light yellow color
- Keep a glass of water near by while breastfeeding
- Drink mostly water, limiting sugar sweetened beverages which can make weight loss more difficult

Caffeine

- Limited consumption is acceptable during breastfeeding, 2-3 cups of coffee or other caffeinated beverages maximum
- If too much caffeine is consumed it can agitate the baby and interfere with their sleep



Things to Avoid

- Alcohol: gets into breastmilk like it does your bloodstream and can be harmful to your baby
- Fish high in mercury: king mackerel, swordfish, shark, tilefish, white albacore tuna-(limit 6oz per week)
- Tobacco products
- Illicit drugs





Types of Infant Formula

Cows-milk Based Formula

- Closest formula to breastmilk and appropriate for most infants.
- The first choice if mother is not able to breastfeed.
- Can be used to supplement a low milk supply until supply increases.
- Examples: Enfamil Infant, Similac Advance, Gerber Good Start

Hydrolyzed Formula

- For infants with a cows-milk allergy or problems absorbing nutrients.
- Does not contain any allergens.
- Protein is partially broken down or “predigested”.
- Talk with a doctor or dietitian before starting.
- Examples: Enfamil Nutramigen, Similac Expert Care Alimentum, Enfamil Pregestamil

Remember:
Some gas, fussiness, and spit up is normal, your infant's digestive system is still finishing development. If they have symptoms after every feed and excessive vomiting, blood in the stool, or a rash you should go see your physician.

Soy-based Formula

- For infants with cows-milk protein intolerance or lactose intolerance, vegan.
- Also for infants who are unable to digest milk sugar.
- Not appropriate for infants who were born premature, born with a low birth weight, have colic, or to prevent allergies.
- Examples: Similac Soy Isomil, Enfamil Prosobee, Gerber Good Start Soy

Elemental Formula

- For infants with difficulties absorbing nutrients, severe food allergies, or special medical needs.
- Protein is completely broken down to small building blocks.
- Very expensive.
- Talk with doctor or dietitian before starting these formulas.
- Examples: Elecare Infant, Neocate

Choosing the Right Formula for your Baby

- If you are confused about the different types of formulas, talk to a dietitian about the variations, they can help you make the best decision for your baby.
- All formulas are nutritionally complete and most infants will grow and tolerate the standard cows-milk formula unless they have special medical needs.
- Whole cows milk is not appropriate for infants under 1 year old because it does not contain enough vitamins and minerals for development and can cause iron deficiency and kidney problems.
- Raw milk formulas are not safe for infants or adults, they can contain harmful bacteria.

Important!

Always follow the can instructions closely when preparing your infant's formula so they are receiving enough energy everyday without too much water which can cause many health problems.

Variations in Cows-milk Formulas

- Gentle/sensitive formulas: lowered lactose content for fussiness and gas.
- Enfamil AR: thicker formula to reduce regular reflux and spit up.
- Premature formula: increased calories, protein, and minerals to support adequate growth in premature infants.
- Organic formula: the only difference is all ingredients are USDA certified organic.

Standard concentration of breastmilk and formula is 20 calories/oz.



Infant Feeding Stages



0-4 Months

- If the birth is uncomplicated, breastfeeding should start within an hour after birth feeding small amounts frequently during the first days.
- Breastmilk or formula is the only thing your baby needs for the first 4 months of life:

Age	# of feedings/day	Suggested serving
0-1 months	6-8 (on demand)	2-5 oz
1-2 months	5-7	3-6 oz
2-3 months	4-7	4-7 oz
3-4 months	4-6	6-8 oz

- 6-10 wet diapers each day is a sign that your infant is getting enough to eat.
- They should nurse for at least 5-10 minutes on each breast.
- Always follow baby's hunger and fullness cues. Hunger: sucks on fist, fusses and cries, opens mouth. Full: seals lips, turns head away, stops sucking, or falls asleep.

4-6 Months

- Sometime between 4-6 months solid foods can be introduced to your infant when: they have doubled their birth weight, can control their head and neck, are able to sit up with support, and can show when they are full.
- Breastmilk or formula is still the only thing an infant needs through their first 4-6 months of life.
- Infant rice cereal should be the first solid introduced when they are ready because of its iron content and it is less likely to cause an allergic reaction.

Food	# of feedings/day	Suggested serving
Breastmilk or formula	4-6	6-8 oz
Iron fortified infant cereal	2	1-2 tablespoons

- Mix 1 tablespoon cereal with 4 tablespoons breastmilk or formula so it is a thin consistency at first. As they learn to move solids to the back of their mouth you can slowly make it thicker.

Size of a Newborns Stomach



Day 1: Cherry



Day 3: Walnut



1 Week: Apricot



1 Month: Egg

6-8 Months

- After infant cereal your baby is ready to move to pureed/strained fruits and vegetables. You can also start offering baby water in a cup with food. After they get used to baby foods, you can introduce finger foods (puffs or crackers) to help with teething.
- Introduce only one new food each week to watch for any food allergies.

Food	# feedings/day	Suggested serving
Breastmilk or formula	3-5	6-8 oz
Infant cereal	2	2-4 tablespoons
Fruit	2	2-3 tablespoons
Vegetable	2	2-3 tablespoons
Finger foods	1	Offer handful

- Offer soft finely chopped fruits and cooked vegetables once baby has some teeth and can chew well. Pull up baby's high chair to the dinner to start family socializing.

8-12 Months

- Now is the time to let your baby feed themselves, get ready for some messes to clean up! Offer more finger foods and let them touch, taste, and smell a variety of foods. Now is also the time to introduce strained meat into their diet.

Food	# feedings/day	Suggested serving
Breastmilk or formula	3-4	6-8 oz
Grains (cereal, bread, crackers)	2-3	2-4 tablespoons cereal, ½ slice bread
Fruit	2	3-4 tablespoons
Vegetables	2-3	3-4 tablespoons
Meat	2	2-3 tablespoons

- Introduce only one meat at time and use only the single ingredient. You can also introduce cheese and yogurt.

12-14 Months

- At 12 months mom can continue breastfeeding, but it is ok to start introducing whole milk encouraging drinking from a cup. Now your toddler should be eating from all 5 food groups. They can be very picky in this stage but they will eat when they are hungry. Feed your toddler the same foods as your family. Sometimes you have to offer a new food up to 10 times before a baby will even try it, be patient and keep putting that food on the plate.
- Snacking is important for your toddler to have a balanced diet because they eat small amounts at meals. Feed your child around 3 snacks per day of nutritious foods.

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