

Feeding Tips from Birth to 24 months

Food at this stage of life has clearly defined objectives:

- Provide the necessary energy and nutrients, in quality and in quantity, to promote an optimal growth of all the tissues, avoiding both gaps and excess.
- Help to achieve the best possible nutritional state, to contribute to a cognitive and psychomotor development.
- Promote the acquisition of healthy eating habits since the first moment of food diversification. Thereby, we'll contribute to a better quality of life in the adulthood, preventing many health problems related with poor eating habits.

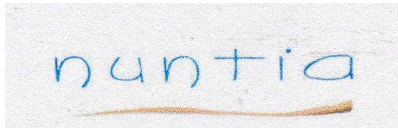
Lactation

This is the period between birth-time to 12 months. The World Health Organization recommends, whenever possible, breast milk as the best food exclusively until 6 months of life because, in addition to be perfectly fitted for the baby's needs, it also helps to create a greater affective bond with the mother. Next, are appointed some of the breastfeeding benefits:

For the baby:

- Breast milk nutrients are specifically adapted to the characteristics of the baby's immature digestive system.
- The immunological components of breast milk protect the baby against infections.
- Breastfeeding offers advantages in the psychomotor baby's development, and a proper dental and jaw development.
- Helps to prevent allergic diseases.
- Provides a greater safety and hygiene in the feedings, and contributes to a better appetite regulation.

For the mother, breastfeeding promotes a faster postpartum recovery and according to statistical studies there is less risk of ovarian and breast cancer among women that have raised chest.



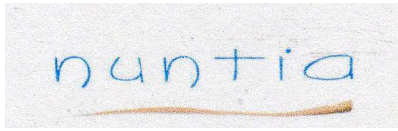
Where breastfeeding isn't possible or is insufficient, it will be chosen the artificial feeding, it will be chosen an artificial feeding through infant formulas from the beginning until 6 months. Attention shall be taken not only to the feeding by itself, but also to how the baby is feed. The environment shall be relaxed and when the baby is breastfeed, it should be avoided the position to be completely horizontal.

After six months of life, and if possible maintaining the breastfeeding, it will have to incorporate new foods until the child has a fully diversified feeding.

The addition of new food doesn't follow a fixed pattern, because it depends on the baby's characteristics, needs and tolerance. The foods introduction should be gradual both in quantity as in variety, respecting an interval of at least a week to check the tolerance and to facilitate the child's acceptance of the new food. In this regard, the WHO considers that the late introduction should be done only in potentially allergenic foods such as: egg whites, red fruits, berries, peaches, fish and cow milk, or when the texture of it can cause gagging, choking or suffocation problems. It will be important to educate the baby's taste to a low intake of salt, therefore it should be avoided the greatest extent possible the addition of salt in the preparation of the dishes.

Since the moment that the infant learns to take liquids in a cup and eat with a spoon will be encouraged to use it, instead of the bottle. Initially, the food will be offer crushed, then pounded, and then in small pieces. The right time to begin offering solid foods is after the breastfed, when the baby has satisfied his initial hunger. It's logical that the child shows no interest, or that reject the food. Neither the taste, nor the texture of what we are offering, it's known by him/her. It's important to maintain a relaxed and positive attitude that provides security. At no time should you force the baby, but neither reward for eating well. The baby has his ability to regulate himself according to his needs.

It's important to avoid all babies' food which contains sugar or artificial sweeteners. Sugar contains no nutrients and is demineralized. Moreover, masks the food taste and doesn't allow their true flavor. Its regular consumption creates craving for sweets, displacing foods that should be present daily. This



creates the appearance of poor eating habits, and long-term dietary imbalances and obesity.

For guidance on the times in which it will be introduced the new foods, we present this calendar:

From 0-6 Months

It is recommended exclusive breastfeeding or, failing that infant formula from the beginning until 6 months.

6 Months

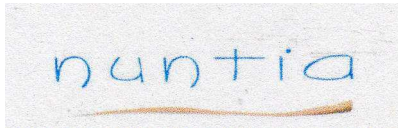
Whenever possible, keep breastfeeding. If that's not enough, or may be ready to take baby formula, it's time to introduce goat milk as an alternative. It must be started with goat milk diluted 50cc water and 50cc ratio and see the tolerance. If this is good, it will be increased the goat milk proportion to 75cc and 25cc of water and, finally up to 100cc, that is 100% taken. If there is a poor tolerance or rejection by the baby, it will continue with the baby formula that was used since the beginning until the year, that is when you can start with the special soy drink for babies from Nutriben*.

(* Nutriben is a special milk for infants and babies in Spain).

It begins with crashes fruits at snack. The appropriate are apple, and cooked pear and bananas. The most allergenic fruits such as peaches, red fruits and berries, are better to leave them until the baby turns 10-12 months. Vegetable purees can be made initially based on green beans, zucchini and carrot puree in the food. Prepare it at the time of consumption with a little water and without salt.

7 months

Begin to introduce well cooked grains, with pasty consistency. It's better to avoid special commercial cereal for babies, mainly for its nutritional content, as for its price. We will begin with rice and corn for its lack of gluten. Then, between 1^o and 12 months, we can move to gluten grains such as oats, rye,



barley and wheat. We can add a small amount of mashed banana or breast milk to facilitate the adaptation process.

7-8 Months

Include lean meats in the vegetable puree at noon. Cooked or steamed. Begin with chicken, turkey, lean beef, and rabbit.

Add to the vegetables purees, at most, half teaspoon of olive oil when serving.

8-10 Months

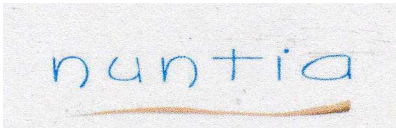
The baked potato can be shredded with a small amount of water or breast milk. You can also blend with cooked beets for they become pink. Thus, we also enriched the food with vitamins and minerals.

Once the baby has well assimilated the potatoes he/she will be ready for fresh fruits as such as pears, peaches, plums, and melons. You can give an apple, whenever you peel and grate it. To avoid allergies is recommended not to give red fruits, berries, and peaches before they turned 1 year old and never give to them dried fruits, such as dates, figs, and raisins grapes until they are able to chew and clean their teeth after (with an adult help).

10-12 Months

For lunch, include vegetables in the puree twice a week. Boiled or steamed. Start with white fish. If the child has a previous history of allergy, wait until 12 months.

Between 10 and 12 months you can gradually increase the range of vegetables, like squash and others. Don't give pieces of row vegetables due to choking hazard. After verifying the baby's tolerance toward different varieties of vegetables, it can be made highly nutritious smoothies. Adding other foods such as avocado, tofu, apple, other different cooked vegetables, you can create a good mush.



A good introduction to the protein in legumes is a pea soup, served with potato and carrot. All the other vegetables must wait until 12 or 14 months.

11 Months

Include cooked egg yolk into the vegetable puree for lunch twice a week.

12 Months

It's time to include the whole egg. The best digestive way to start is the omelet. You can take it at lunch or at dinner.

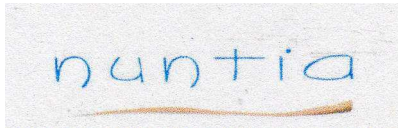
You can also substitute oat's milk if the baby can't tolerate it well, or infant formula for soymilk for babies, of Nutribén. This option can be maintained until a year and a half, start to introduce drinking oat or rice.

The natural soy yogurt, the tofu and the fresh goat cheese are other foods rich in proteins with which we count to add variety to feed the baby. Include the egg as 1 unit omelet for dinner, twice a week.

12-14 Months

Include at lunch, cooked vegetables puree twice a week. At first remove the skin which is the least digestive legume. Observe the baby's stool to make sure that he/she digested correctly. If the stools smell sour and the baby's bottom is irritated, or are part of the vegetables among the stools, is necessary to wait before trying again. Some kids can't tolerate legumes and vegetables until they are 2 or 3 years, while others assimilate them perfectly. In this case it can be used alternatives such as tofu ("soy cheese"), hummus (mashed chickpeas with tahini) or other cereals. Another viable option is the avocado which is reach in riboflavin, essential fatty acids, potassium and copper. It can be given to the baby small pieces of ripe avocado for snacks or can be included in the jam.

12 to 14 Months



tender. Beat or crush with a little cooking liquid, or boiling water to a puree. Spoon a little puree into the baby's bowl and serve lukewarm.

Pap, banana, and peaches

This pap is very smooth and healthy for the baby, for its nutritional qualities, because is reach in fiber, folic acid, and Vitamin C, and for the facility to be purchased at any season. Peel a small ripe peach, and crush finally. If you find that is very thick add a little boiling water for 25 minutes.

Papaya with soy yogurt

The combination of the papaya and the soy yogurt forms a fruit and nutritional food and has also a rich flavor. Stronger in Beta carotene, proteins, and vitamins B12 and C. Cut a small rip papaya in half, remove the seeds, peel and pass one of the halves with a little soy yogurt portion without flavor or sweeteners.

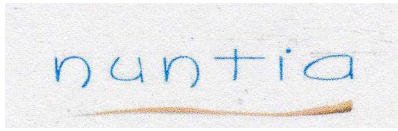
Avocado and banana

This pap is very important for the fiber, folic acid, vitamins B12, C and E. Given the ease of mash only with a fork, you will find in it, a very good ally. Squeeze a quarter of a small avocado with half of a small and ripe banana, and 1 or 2 tablespoons of soy milk. You could replace the banana for pulp of half papaya; milk is optional.

Plum and Pear

Not so popular but nutritious for being sources of fiber and vitamin C, the plumb and the pear make a delicious instant mashes puree. Peel the plum and remove the pit. Cut into pieces and smash with a soft ripe pear, peeled and without seeds.

Mango and Banana



Stronger in beta carotene and vitamin C make a sweet instant mashed puree. Blend the pulp of a small quarter mango with half of a ripe banana.

Papaya and Chicken

Papaya and chicken are good sources of beta carotene, fiber, proteins and B vitamins. Cut a small ripe papaya in half, remove the seeds, peel and mash a half with 40 g of a cooked boneless chicken.

Calf meat puree

Potatoes, carrots, onion, stew meat, water

Peel the carrots, the potatoes and the onion. Place vegetables in a pan. Clean thoroughly the meat, remove all the fat that you see, and cut into cubes with a sharp knife. Pour the meat over the vegetable and rise up the water. Put to cook the mixture until it boils. Once boiled, cover the pot and let cooked over low heat for one more hour. Before turning off the fire note the mixture is well cooked. Crush the mixture until obtain the desired texture and consistency. Don't save this dish for more than 24 hours even if it is in the fridge.

Chicken Puree

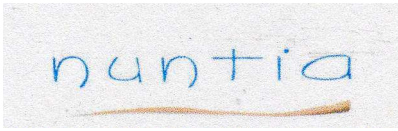
Tablespoon virgin olive oil cold-pressed, chopped carrots, sliced leeks, only the white part of chicken breast cut into pieces, chopped potatoes, and turnip, or squash, or zucchini. This recipe is very nutritious, because of its sources of beta carotene, folic acid, proteins and vitamin A.

Vegetables Puree with Meat

Chicken breast free of fat, water, carrot, leek, celery, parsley, a small piece of garlic, all very well cooked and shredded (it can also be made with white fish).

Rice with Fish

Rice, peas (small amount), onion, white fish.



Put the chopped fish rather large, the rice, and the peas with water into a pan. Heat it to boiling, cover and cook until the rice and the fish are well cooked. Remove the fish from the juice and mash well, to make sure leave no spine. Join again the fish with the rice. Crush all the ingredients with a fork. If you want you can use a grinder or a blender to make a more uniform texture.

Tips made by the Nuntia Nutritional Cabinet, the Naturopathic Clinic NT and the ALPE Achondroplasia Foundation
<http://www.nuntiadietistas.com>
<http://www.fundacionalpe.org>

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