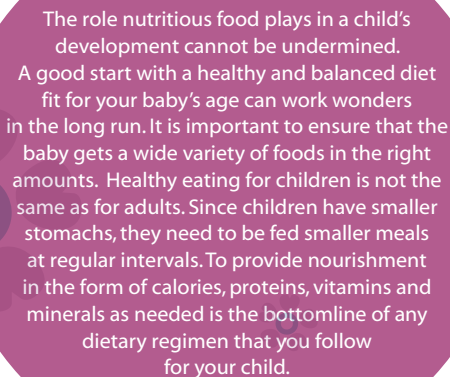




FIRST FOODS  
FOR  
YOUR BABY

## A NUTRITION PLAN FOR YOUR NEWBORN






The role nutritious food plays in a child's development cannot be undermined. A good start with a healthy and balanced diet fit for your baby's age can work wonders in the long run. It is important to ensure that the baby gets a wide variety of foods in the right amounts. Healthy eating for children is not the same as for adults. Since children have smaller stomachs, they need to be fed smaller meals at regular intervals. To provide nourishment in the form of calories, proteins, vitamins and minerals as needed is the bottomline of any dietary regimen that you follow for your child.

*Here's what Apollo Cradle recommends, based on a wealth of experience and scientific evidence.*

## **BIRTH TO 6 MONTHS**

- Breast milk is the ideal food for babies. It also helps the mother and baby form a special bond.
  - A baby does not have its own immunity for the first six months. Breast milk provides the required immunity and helps the baby to resist colds, ear infections, allergies, and other illnesses.
  - If you think you may not be able to breast feed (for example, you have conflicting working hours or a medical condition), or you are worried about not producing enough breast milk, talk to a professional, breast feeding specialist, or to a breast feeding support group.
  - Colostrum (the milk produced soon after the baby is born) is high in protein and immunoglobulin, and provides all the nutrients and fluids that your newborn needs in the early days, as well as many substances to protect your baby against infections.
  - While your breasts will not feel full on the day that you give birth, you already have enough colostrum to nourish your baby. Your body will produce colostrum for several days after delivery until your milk increases in amount and becomes more creamy or white in colour.
  - The frequency of feeding should be once in 2 - 3 hrs. initially, till the feeding pattern is established. Later, after you are secreting sufficient breast milk, if the baby is asleep, you can give a gap of up to 4 hrs. between feeding sessions.
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## 6 – 12 MONTHS

- Solids can be introduced from the 6th month.
- Most babies' first food is a little iron-fortified infant rice cereal mixed with breast milk or formula.
- Once your little one gets the hang of eating cereal off a spoon, it may be time to introduce a fruit or vegetable.
- When introducing new foods, go slow. Introduce one food at a time and wait several days before trying something new.
- After successfully trying individual foods, it's fine to offer a pureed mix of two foods.
- Wheat products and non-vegetarian foods should be introduced after your child is about 9 months old. Coarser, chunkier textures are going to be tolerated as he/she begins transitioning to an adult diet.
- Finger food can be introduced after 9 months as the baby would have attained finger coordination by then.
- Regular family diet can be offered to babies from one year of age.
- Talk to your doctor before giving foods that commonly cause allergic reactions e.g. eggs, nuts, fish and shellfish.



## DO YOU KNOW...

### **Sugar**

Too much sugar can cause tooth decay and obesity in later life. If you use baby food, pick up those without added sugar.

### **Salt / Spices**

An infant's system is not geared to cope with more salt. Avoid giving your baby salty foods. A tiny amount of mild spices, e.g. coriander and cumin, can be used for older babies.

### **Gluten containing foods**

Gluten is a sticky protein found in wheat and related products, especially bread. Since it has been seen to cause allergic reactions in some babies, you should wait until 6 months before adding bread, cereal, biscuits in the diet. Do continue to breastfeed while introducing these foods.

### **Milk and Milk products**

It is best to use breast milk or formula milk for drinks until the baby crosses the 12 month milestone. After which, whole buffalo / cow's milk can be used.

### **Eggs**

Eggs should be totally avoided till the age of 6 months or 26 weeks. Ensure to cook them well until the white and yolk are hard to avoid the risk of salmonella food poisoning.

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