



These food items are to be avoided during your baby's first year, as they can cause more harm than good:



Sugar

- This refers to any form of table sugar that is added to food, and food items that contain sugar e.g. sweet biscuits, sugar-coated breakfast cereals, cakes, and soft drinks
- It provides "empty" calories, i.e. energy (calories) with little or no other nutrients
- If introduced early, it may cultivate a sweet tooth in you baby
- Is best avoided until your baby is at least 1 year old

Salt and sodium rich foods

- This refers to table salt, sauces (e.g. soy sauce, tomato sauce), salted and preserved food items (e.g. potato crisps, salted eggs), and canned foods
- Babies get adequate sodium (salt) from milk and solids
- Excess sodium can stress a baby's immature kidneys and cause dehydration
- Is best avoided for babies under 1 year of age



Honey

- Is sweet, like sugar
- It can contain spores of a bacterium called *Clostridium botulinum*

Is consumed, may germinate in a young baby's immature digestive system

May result in food poisoning, which can be fatal

- Is safe for children above 1 year of age and adults.

Regular fresh milk

- Is not recommended by the ESPGHAN and the American Academy of Pediatrics (AAP) for children under 1 year of age because:
 - It is a poor source of iron, vitamin E and essential fatty acids
 - It contains too much protein, sodium and potassium, which may stress a baby's immature kidneys
 - Its protein and fat are more difficult for a baby to digest and absorb



IMPORTANT INFORMATION

Breast milk is the best food for babies as it is the sole source of nutrition for the first 6 months of life and is recommended to be continued until 2 years, with introduction to appropriate complementary foods after 6 months of age.

A. Following are the details of advantages, as also nutritional superiority of breast-feeding :

- i)** Immediately after delivery, breast milk is yellowish and sticky. This milk is called as Colostrum, which is secreted during the first week of delivery. Colostrum is more nutritious than that of mature milk because it contains more protein, more anti-infective properties which are of great importance for the infant's defence against dangerous neo-natal infections. It also contains higher level of Vitamin 'A';
- ii)** Breast Milk -
 - a) Is a complete and balanced food that provides all the nutrients needed by the infant (for the first six months of life);
 - b) Has anti-infective properties that protect the infants from infection the early months;
 - c) Is always available;
 - d) Needs no utensils or water (which might carry germs) or fuel its preparations;
- iii)** Breast-feeding is much cheaper than feeding infant milk substitutes as the cost of the extra food needed by the mother is negligible compared to the cost of feeding infant milk substitutes;
- iv)** Mothers who breast-feed usually have longer periods of infertility after child birth than non-lactators;

B. Details of management of breast-feeding, are as under :

- i)** Breast-feeding-
 - a) Immediately after delivery enables the contraction of the womb and helps the mother to regain her figure quickly;
 - b) Is successful when the infant suckles frequently and the mother wanting to breast-feed is confident in her ability to do so;
- ii)** In order to promote and support breast-feeding the mother's natural desire to breast-feed should always be encouraged by giving, where needed, practical advice and making sure that she has the support of her relatives;
- iii)** Adequate care for the breast and nipples should be taken during pregnancy;
- iv)** It is also necessary to put the infant to the breast as soon as possible after delivery;
- v)** Let the mother and the infant stay together after the delivery, the mother and her infant should be allowed to stay together (in the hospital, this is called "rooming-in");
- vi)** Give the infant Colostrum as it is rich in many nutrients and its anti-infective factors protect the infants from infections during the few days of its birth;
- vii)** The practise of discarding Colostrum and giving sugar water, honey water, butter or other concoctions instead of Colostrum should be very strongly discouraged;
- viii)** Let the infants suckle on demand;
- ix)** Every effort should be made to breast-feed the infants whenever they cry;
- x)** Mother should keep her body and clothes and that of the infant always neat and clean,