



## Nutrition Topics for WIC Participants and Families

### **BABIES**

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- 4 MONTHS
- 5-6 MONTHS
- 7-12 MONTHS
- WEANING FROM THE BOTTLE TO A CUP
- NURSING BOTTLE CAVITIES
- WHEN YOUR BABY IS CONSTIPATED
- LEAD & NUTRITION

01

### **0-3 MONTHS**

During the first 3 months of life, your baby needs only breast milk or iron-fortified formula. Extra water is usually not needed. The frequency and size of feedings will vary depending on each baby's individual needs.

#### **Breast milk**

- Breastfed infants from 0-6 weeks old usually nurse 8-12 times every 24 hours. From 6 weeks-3 months this may decrease to 6-10 times every 24 hours.

#### **Iron fortified formula**

- The usual feeding for bottle fed infants from birth-3 months is 6-8 feedings every 24 hours. Offer your baby 3-4 ounces at each feeding. Never add anything to the formula (no sugar, honey, karo, or cereal).
- Continue to give breast milk or iron-fortified formula, not regular milk, until your baby's first birthday.
- Feed only breast milk or iron-fortified formula until your baby is 4 months old - no solid foods.
- Never give your baby honey.
- Never give medications without approval from your clinic or doctor.
- give your baby liquid vitamins and iron only as prescribed by your clinic or doctor.

02

### **4 MONTHS**

Continue offering breast milk or iron-fortified formula. The feeding schedule at this age consists of:

### **Breast milk**

- 5-8 feedings every 24 hours

### **Iron Fortified formula**

- 5-6 feedings every 24 hours with 5-6 ounces offered at each feeding

Now that your baby is about to begin solid foods, be sure to offer plain water 1-2 times daily. If your baby needs it, he will drink it.

### **Add cereal**

- Cereal may be offered to your baby at 4 months of age.
- Cereals provide iron and vitamins that help prevent anemia. Buy plain infant rice cereal in the box. Do not buy mixed cereals or cereals with fruit. Cereal in jars is not recommended because it is more expensive than dry cereal.
- Begin with one tablespoon of dry rice cereal a day and gradually increase to 2-3 tablespoons twice a day. Stir breast milk or formula into the cereal. It should be thin and soupy at first. Make it thicker later. Do not add sugar or salt.
- By the time your baby is 6 months old, you may try plain barley and oatmeal cereals in the box.
- Feed the same new food for 5-7 days before adding another.

03

## **5-6 MONTHS**

Continue offering breast milk or iron-fortified formula and water. The feeding schedule consists of:

### **Breast milk**

- 5-8 feedings every 24 hours

### **Iron-fortified formula**

- 5 feedings every 24 hours with 5-6 ounces offered at each feeding

Continue to give 2-3 tablespoons infant dry cereal twice a day.

### **Add vegetables**

- Vegetables are a source of vitamins and minerals necessary for growth and development. They also help prevent constipation. Begin with carrots, squash, green beans, or green peas. These can be mashed, home-cooked vegetables,

or buy plain, strained baby vegetables. Do not use vegetable / meat combinations. Begin with one tablespoon and increase over a few days to 3-4 tablespoons a day.

### **Add fruit**

- Fruit is a source of vitamins and minerals necessary for growth and development. It also provides fiber to help prevent constipation. Begin with applesauce, pears, or bananas. These can be mashed, home-prepared fruit or buy plain, strained baby fruit. Give 2-3 tablespoons a day.

### **Add juice**

- Juice provides vitamin C, which promotes healthy gums and helps the body use iron. Use infant juice or unsweetened, fresh, frozen, or canned fruit juices. Begin with infant apple juice. Do not use mixture juices. Give your baby 1/4 to 1/2 cup juice a day in a small cup, not a bottle.

04

## **7-12 MONTHS**

Continue to offer breast milk or iron-fortified formula and water. At this age offer:

### **Breast milk**

- 4-6 feedings every 24 hours

### **Iron-fortified formula**

- 3-4 feedings every 24 hours with 6-7 ounces offered at each feeding.

Continue to give 4-6 tablespoons infant dry cereal a day. Give this amount in 1 or 2 servings during the day.

Continue to give 1/4 to 1/2 cup juice a day in a small cup, not a bottle.

Increase vegetables to 4-8 tablespoons per day. This amount may be given in 1 or 2 servings during the day.

Increase fruits to 4-8 tablespoons per day. Give this amount in 1 or 2 servings during the day.

### **Add meats**

- Meats are a source of iron, protein, and other nutrients needed for growth. Buy plain strained meats such as beef, lamb, or chicken, or use mashed, home-cooked meats. Do not use vegetable / meat combinations. Plain meats provide more protein and iron.
- Begin with 2-4 tablespoons of meat and gradually increase to 4-8 tablespoons a day. Give this amount in 1 or 2 feedings a day.

### **Add egg yolk**

- One egg yolk 3 times a week is enough for your baby. You may hard boil an egg and mash only the yolk or give 2-3 tablespoons of strained egg yolks from a jar.
- Do not give your baby egg whites until one year of age when they are less likely to cause allergies.

### **Add table foods**

- When your baby is sitting alone in a high chair and has good hand-to-mouth movement, he can begin to feed himself finger foods and food from the table. While you eat begin giving food that will keep him busy.
- Try lumpy mashed, home prepared vegetables and fruit, toast strips, and saltine or graham crackers.
- Between 9 and 12 months add soft cooked vegetable pieces, soft peeled fruit pieces without seeds, crumbled egg yolk, very tender small pieces of meat, and cereals such as Cheerios, Kix, or King Vitamin.
- Feed solid foods with a small spoon, not a bottle or infant feeder.
- Always watch your baby while he is eating.
- Do not add sugar, salt, pepper, fat, ketchup, or gravy to your baby's food.
- Avoid high-salt foods such as lunch meats and cured meat.
- Do not chew food for your baby.

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## **WEANING FROM THE BOTTLE TO THE CUP**

### **When:**

It is best to wean your baby from the bottle between 9 and 12 months, when he is:

- able to drink from a cup without spilling
- taking a variety of foods and is beginning to feed himself.
- learning to crawl and walk.

### **Why:**

- Liquids from a bottle stay on the teeth longer than liquids from a cup. All liquids except water have sugar which can cause tooth decay. Weaning to a cup helps prevent tooth decay.
- When your baby is one year old he will change from iron-fortified to whole milk which is low in iron. Your baby will need to eat more table foods to get iron and the other nutrients he needs. If your baby fills up on large amounts of milk from a bottle, he won't eat the other foods he needs to grow healthy.

### **How:**

- Give your baby an iron-fortified formula until he is 12 months old even if he drinks from a cup.
- When your baby begins juices at 5-6 months, offer them from a cup, not a bottle.
- Begin at 5 or 6 months to offer small amounts of formula, juice, or water from a cup. A plastic training cup with holes in the lid is easier to use and not as messy. Show your baby how to drink from it, then let him try it alone. You may want to offer formula or juice from a cup during bath times when spilling doesn't matter.
- Help your baby gradually give up the bottle. This should be done over a period of weeks by giving up one bottle at a time. It may be easier at first to give a cup in place of the bottle at the noon feeding. Once your baby is use to that change, try doing the same thing in the morning, and then in the evening. If your baby is still taking a bedtime bottle, water should be the only liquid used. Help him to give up the bedtime bottle by offering a drink of water from a cup.

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### **NURSING BOTTLE CAVITIES**

- Your baby's teeth are subject to decay from the time they first appear around 6 months of age. Even milk or formula will cause decay if it remains on the teeth for a long period of time. Normally, formula given during the day is washed out of the mouth by a good saliva flow. However, if a bottle of formula, fruit juice, or soft drink is given at bedtime, the high sugar content can be extremely harmful to the teeth. The baby's teeth can be completely destroyed by decay. If giving a bedtime bottle, cool water should be the only liquid used. Between 9 and 12 months change to a drink of water from a cup at bedtime.
- The teeth should be cleaned daily to remove food and plaque. The decay process begins when the sticky plaque combines with sugar to form an acid which attaches to tooth enamel.
- Tooth care should begin when the first tooth appears. Gently wipe your baby's teeth and gums with a clean, wet cloth or gauze pad at least once a day.
- brushing should begin between 1 and 2 years of age or as soon as it is safe. A two year old child should start learning to brush his teeth. However, he will continue to need your help for several years to do a good job.
- Flossing should begin when the teeth grow to touch each other.

- Before your baby's first birthday ask your dentist when to schedule the first dental check-up and how often to make dental visits.

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## **WHEN YOUR BABY IS CONSTIPATED**

Constipation means that the stool is hard, dry, small, and sometimes painful. It does not mean lack of a bowel movement in a 24 hour period. Many infants appear to be straining, but are not necessarily constipated.

### **Treatment:**

#### **Birth - 3 months**

- 3-4 oz. of formula (6-8 times during a 24 hour period)
- 1-2 oz. water (3-4 times daily)
- 2 oz. apple juice or diluted prune juice (1 part juice, 1 part water, 1-2 times daily)

#### **4-12 months**

- 24 oz. formula (during a 24 hour period)
- Offer strained fruit, starting with 1/2 tablespoon and add up to 3 tablespoons daily.

Do not use suppositories, laxatives, or enemas unless prescribed by doctor.

Some infants might not have a bowel movement every day.

Allow baby space to be active.

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## **LEAD & NUTRITION**

Lead poisoning can cause your child to have learning and behavioral problems, anemia, hearing loss, kidney disease, and poor growth. It can even cause your child to have a lower IQ.

Your child can get lead from:

- Lead-based paint
- Dust and soil
- Water
- Air

- A household member who works with lead and brings it home on clothing or in scrap materials

To learn how you can protect your child from lead poisoning call:

- Your County Health Department environmentalist
- Safe Drinking Water Hotline 1-800-246-4791
- National Lead Information Center 1-800-LEAD-FYI

### **Prepare Food Safely**

- Lead can get into food. Sometimes lead can be found in tap water. Some cans have lead in the seams. Some dishes, pots, and tea kettles can contain lead. Lead dust on floors and surfaces can get in food.
- Use only water from the cold water tap for drinking, cooking, and making infant formula. Let cold water run for 2 minutes before using it.
- If you sterilize water for formula, do not let it boil too long - 5 minutes is long enough.
- Never use lead soldered pots and tea kettles to boil water or to cook food.
- Do not use ceramic dishes or pottery from other countries if you think they may contain lead.
- Wash your hands before handling food to make sure there is no lead dust on them.
- Wash your child's hands before he eats.
- Wash off all bottles, pacifiers, or foods that fall on the floor.

### **Make good food choices**

Make sure your child eats regular, healthy meals and snacks. A child with an empty stomach will take in more lead. To help prevent food poisoning serve foods high in iron and calcium, and limit foods high in fat.

Foods High in Iron:

- Chicken, turkey, lean beef, lean pork, liver
- Cooked dried beans or peas, baked beans, chili beans, limas, butter beans, blackeyed peas
- Iron-fortified cereals (all WIC cereals)
- Greens
- Dried fruit - raisins, apricots, peaches, prunes, prune juice
- Sunflower or pumpkin seeds

Foods High in Calcium

- Milk, cheese, yogurt
- Hot chocolate made with milk

- Ice milk, pudding
- Greens
- Canned salmon with bones, sardines, oysters

### **Limit Fats and Oils**

Foods high in fat or oil make it easier for the body to absorb lead. Limit these foods:

- Butter, margarine
- Oil
- Lard
- Bacon, bacon drippings
- Sausage
- Fat back
- Fat from meat
- Skin from chicken
- French fries
- Potato chips
- Fried foods