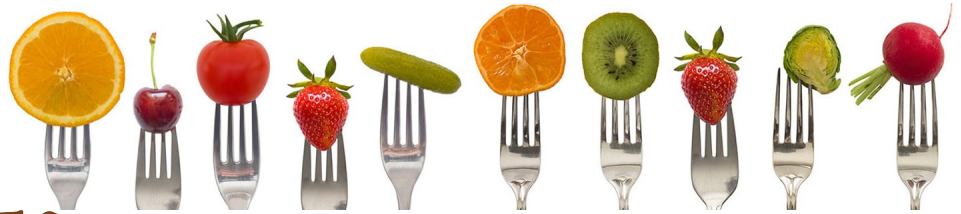


NUTRITION FOR FAMILIES



Andromeda Freeman

Types of Formula

- ◆ **Modified Cow's Milk-Based Formula:** Alters protein, fat, and carb content of cow milk to best accommodate infant needs.
- ◆ **Soy-Based Formula:** For infants with allergies or intolerance to cow milk or lactose.
- ◆ **Hypoallergenic:** Proteins are broken down so they are easier to absorb with a lower chance of allergic reaction.
- ◆ **Premature:** Provide higher calories, more protein, and increased levels of vitamins and minerals specially for premature babies
- ◆ **Follow-Up:** Designed to meet the needs of older infants and toddlers up to 24 months.

Feeding Infants

Breastfeeding

The World Health Organization encourages breastfeeding until age 2 *or older*. Breastfeeding is the best form of nutrition for infants, and provides benefits such as those listed on left.

Best First Foods:

Soft or pureed, high nutrient foods such as fruits, vegetables, and unprocessed meats and poultry.

Foods to Avoid

- ◆ **Fruit Juice:** Can blunt appetite for healthy foods, cause unhealthy weight gain, and cause digestive discomfort.
- ◆ **Foods with excessive calories and sugars:** French fries, cake, cookies.
- ◆ **Large or hard foods** that present a choking risk.

Prevent Choking by Avoiding

- ◆ **Slippery foods that are round** (cooked carrots, grapes).
- ◆ **Easy to inhale foods** such as nuts, seeds, raisins, popcorn.
- ◆ **Sticky, chewy foods** (peanut butter, fruit gummies)
- ◆ **Firm food that can wedge in their throats** (hot dogs, bagels, whole bananas)

In Babies, Breastfeeding is Associated With a Lower Risk ¹ of :	
Sudden Infant Death Syndrome	36-50%
Lower Respiratory Tract Disease	72%
Gastrointestinal Infections	64%
Type 1 Diabetes	19-27%
Type 2 Diabetes	39%
Leukemia (acute lymphocytic)	19%
Leukemia (acute myelogenous)	15%
Asthma	27%
Childhood Obesity ²	15-30%
Atopic Dermatitis	42%
Acute Ear Infection	50%
In Mothers, Breastfeeding is Associated With a Lower Risk of:	
Breast Cancer	28-50%*
Breast Cancer w/ family history	59%
Ovarian Cancer	21%
Type 2 Diabetes	4-12%
Coronary Heart Disease ³	37%
Breastfeeding is Great for the Planet:	
Reduces packaging, production & marketing waste; saves fuel. No methane emissions (cow gas destroys the ozone more than cars), improved child spacing and population control!	

Readiness Skills for Eating

- ◆ Ability to hold neck steady and sit with support
- ◆ Keep food in mouth and swallow rather than push back out
- ◆ Show disinterest or fullness by turning away, pushing food out, or pushing bottle or spoon away

Food Safety Avoid Foodborne Illness from biological hazards that cause infection and intoxication.

- ⇒ **Chemical Hazards:** Contaminants in foods such as lubricants, detergents, polishes, and sanitizers.
- ⇒ **Physical Hazards:** Items that can fall into foods and cause injury or illness.
- ⇒ **Food Allergens and Intolerances:** Always be mindful and observant of signs of allergy or intolerance, such as discomfort, rash, and swelling after consumption or contact.

Sample Preschool Menu

Breakfast
1/2 Cup Plain Yogurt
4 Sliced Strawberries
1 Slice Whole Wheat Bread
1/2 Cup Milk

Lunch
Soft Taco (meat or veggie): 1 small tortilla, 1/2 cup salad greens, 1/4 cup chopped tomatoes, 1/4 cup shredded cheese, 1 oz cooked ground beef or 1/4 cup refried beans
1/2 Cup Milk

Dinner
Chicken & Potatoes: 2 oz chicken breast, 1/4 cup mashed potato
1/4 cup green peas
1 small whole wheat roll
1/2 Cup milk



Sample School-Age Menu



Breakfast
1 Cup Whole Grain Cereal
1/2 Cup Skim or Lowfat Milk
1/2 Cup Banana

Lunch
1 Cup Skim Milk
Whole wheat pita with 1 thick slice (2 oz.) roasted chicken, 1/4 avocado, 5 slices cucumber, and 1 leaf lettuce, and honey-mustard
1 Medium Orange

Dinner
1/2 baked sweet potato
1/2 c. broccoli—raw with low fat salad dressing or steamed with 1 T. grated parmesan cheese
2 oz. herb-marinated grilled lean steak or tempeh
1 whole wheat roll
1/2 Cup Skim Milk

Picky Eaters

- 1) **Respect child's appetite or lack of one:** Forcing may cause the child to be more resistant.
- 2) **Stick to the routine**
- 3) **Be patient with new foods:** it may take many exposures to warm up to a food!
- 4) **Make it fun**
- 5) **Recruit your child's help:** Ask the child to pick out fruits and veggies when shopping
- 6) **Set a good example!**
- 7) **Be creative:** add chopped veggies into meat sauce and soups.
- 8) **Minimize distractions** to get child to focus on food.
- 9) **Don't reward with dessert!**
- 10) **Don't prepare a separate meal if your child**

SNACK TIME!



Peachy Peanut Butter Pita Pockets	Fresh Veggies and Dip	Banana Berry Smoothie
<p>Ingredients: 2 medium whole wheat pita pockets ¼ cup reduced fat chunky peanut butter ½ apple, cored and thinly sliced 1 banana, thinly sliced ½ fresh peach, thinly sliced</p> <p>Preparation</p> <ol style="list-style-type: none"> 1. Cut pitas in half to make 4 pockets and warm in the microwave for about 10 seconds to make them softer. 2. Carefully open each pocket and spread a thin layer of peanut butter on the inside. 3. Fill with a combination of apple, banana, and peach slices. Serve. 	<p>Ingredients: ½ cup fat free sour cream 1 ⅓ cup prepared salsa 3 tablespoons chopped green onions ½ teaspoon garlic salt 1 red bell pepper 2 stalks celery 1 cup baby carrots (about 12 carrots)</p> <p>Preparation</p> <p>Dip</p> <ol style="list-style-type: none"> 1. Put sour cream, salsa, green onions, and garlic salt in a small bowl. Stir well. Veggies 1. Carefully cut the bell pepper in half lengthwise. Use your hands to remove the stem and seeds. Cut the pepper into strips. 2. Remove leafy tops from celery stalks. Cut celery stalks into sticks. 3. Serve red bell pepper strips, celery sticks, and baby carrots with dip. 	<p>Ingredients: ½ banana, peeled and sliced 1 cup unsweetened frozen berries (strawberries, blueberries, and/or blackberries) ½ cup 1% lowfat or nonfat milk or soft tofu ½ cup 100% orange juice</p> <p>Preparation</p> <ol style="list-style-type: none"> 1. Place all ingredients in a blender container. Put lid on tightly. 2. Blend until smooth. If mixture is too thick, add ½ cup cold water and blend again. 3. Pour into 2 glasses and serve.



Teaching | Encouraging Children to | Eating More

Serve Themselves | Fruits and Veggies

- ◆ Use small bowls so the child can see the food and use utensils they can grasp easily
- ◆ Hold the serving bowls or guide their hands to make it easier to scoop up food
- ◆ Encourage and praise your children when they serve themselves
- ⇒ These result in learning to make decisions, be more aware of when they are hungry and full, develop fine motor skills and hand-eye coordination, and sharing, taking turns, and being responsible for their choices.
- ◆ Serve more fruits and vegetables with flavors, textures, and smells that appeal to children
- ◆ Offer various forms of fruits and vegetables: fresh, frozen, canned, and dry
- ◆ Plan menu items into which shredded or pureed vegetables can be added (pizza, spaghetti, chili, meatloaf, muffins)
- ◆ Introduce a new fruit or veggie frequently and serve it with familiar foods
- ◆ Talk about the benefits of fruits and veggies

<http://www.cdph.ca.gov/programs/cpns/Documents/Network-FV-PP-KidsGetCookinPowerPlayRecipes.pdf>

<http://www.fns.usda.gov/sites/default/files/feedinginfants-ch7.pdf>

<http://www.mayoclinic.org/healthy-lifestyle/childrens-health/in-depth/childrens-health/art-20044948>

http://www.superkidsnutrition.com/he_sample-menu-6yrold/

Sorte, J., Daeschel, I., & Amador, C. (2011). Nutrition, health, and safety for young children: Promoting wellness. Boston: Pearson.