

Baby's First Foods

Breastmilk is your baby's first perfect food!

Breastmilk has the nutrition your baby needs, antibodies to protect your baby, and it comes with plenty of love!

Most babies are ready to eat their first solid foods around the age of 4 to 6 months.

Look for these signs that your baby is ready to eat solid foods:

- ♥ Your baby sits up in a high chair with support.
- ♥ Your baby can hold his head steady.
- ♥ Your baby can take cereal off a small spoon and move it to the back of his mouth with his tongue.
- ♥ Your baby can swallow pureed food easily.

If you are unsure if your baby is ready to eat baby cereal, ask your health care provider.

Don't start feeding solid foods before 4 months. Your baby needs time to grow and develop.

Cereal and other baby foods can upset your baby's small tummy before 4 months of age.

- ♥ Your baby may develop a stomach ache.
- ♥ Your baby could become constipated.

Baby cereal will not help your baby sleep through the night.

Most babies are able to "sleep through the night" around the age of 3 months.

Every baby is different – some babies will sleep through the night (at least 5 hours) before they are 3 months old.



What is Thrush?

Thrush is a common yeast infection that can happen when you are breastfeeding.

Some signs of thrush can be:

- ♥ Your nipples may be sore, itch or burn.
- ♥ Your baby may have white patches in his mouth or on his tongue.
- ♥ Your baby may have a bright red diaper rash.
- ♥ Your baby may be fussy and refuse to breastfeed.

Thrush can be easily treated with medication for you and your baby.

If you think you and your baby may have thrush, contact your health care provider.

Don't stop breastfeeding if you have thrush.

Your baby needs the protein, iron and vitamins in breastmilk or formula.

Don't fill your baby's small tummy with cereal, fruits or vegetables before he is 4 months old.

Small & Frequent Meals

Your body changes fast when you're pregnant.
You may have nausea, heartburn or stomach upsets.
There is less room for your stomach.

Many women have nausea during their early pregnancy and heartburn during their later pregnancy.

Eating small frequent mini meals can help!
Eat foods from the 5 food groups.

Eat smaller meals

Eat ½ of your food at mealtime,
save ½ for a later snack or mini meal.

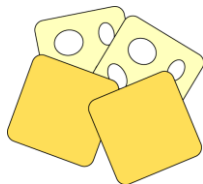
Enjoy your food and eat slowly.
It takes a while for your stomach to tell you "it's full"
Stop eating when you feel full. Don't overeat,
especially when you're pregnant. There is less room!

Rethink your snacks

Choose snacks to make up for those foods
you don't eat enough of.

If you need to drink more milk, snack on:

- ♥ Glass of milk
- ♥ Cheese and crackers
- ♥ Grilled cheese sandwich
- ♥ Yogurt with fruit
- ♥ Cottage cheese



If you need to eat more meat or beans, snack on:

- ♥ Peanut butter on crackers or bread
- ♥ Chicken or beef taco
- ♥ Bean burrito
- ♥ Chicken legs or wings
- ♥ Small hamburger
- ♥ 2 or 3 meatballs

If you need to eat more fruits or vegetables, snack on:

- ♥ Raw veggies and dip
- ♥ Fresh fruit – apples, bananas, berries, grapes
- ♥ Lettuce salad with raw veggies
- ♥ Raw broccoli and cauliflower

If you have nausea, it may help to drink
liquids **between** meals.

Choose healthy drinks
for you and your baby:

- ♥ Drink skim or 1% milk
- ♥ Drink 100% fruit or vegetable juice
- ♥ Blend a smoothie – blend together milk
and fruit (strawberries, blueberries,
or banana).



Italian Hot Dish

- ½ pound lean ground beef
- ¼ cup chopped onion
- 8 ounces egg noodles, cooked and drained
- 1 (4 ounces) can mushrooms, drained
- 1 (15 ounce) can pizza sauce
- ½ cup water
- ½ cup shredded mozzarella cheese

- 1** Brown ground beef and onions in a skillet until meat is no longer pink and broken into small pieces. Season with salt and pepper.
- 2** Combine meat, onions, cooked noodles, mushrooms, water and pizza sauce together. Put into a casserole dish.
- 3** Bake in a 350° oven for 30 minutes.
- 4** Remove from oven and sprinkle mozzarella cheese on top. Bake for 10 more minutes.

6 servings (1 cup serving) 233 calories, 6.7 grams fat,
26% calories from fat, 3.5 grams fiber in a serving.