

## Infant Food Guide (0-12months)

### Nourishment: Recommended Caloric intake for infants

0-6 months = 108 calories per kg body weight (based on breastfed infants)

6-12 months = 98 calories per kg body weight (based on breastfed infants)

Calories in infant breast milk/formula and food is necessary for infants to gain weight, maintain growth rate, maintain their sleep cycle, maintain their temperature, fuel their minute activities, stimulate their metabolic system and help keep them healthy and increase immunity.

### Protein: Essential Macronutrient

0-6 months = 2.2g per kg body weight

6-12 months = 1.6g per kg body weight

Proteins are important of cell growth and an essential building block of the body required for and infant's rapid growth rate.

### Fat: Essential Macronutrient

A Key factor in an infant's diet is fat. There is currently no specific recommended intake level of fat for infants. Infants use fats to supply energy to the liver, brain, and muscles including the heart. Therefore fat is necessary and should not be excluded from an infant's diet.

### Other important Nutrients for Infants: Vitamins and Minerals

**Fluoride** – incorporated into the enamel of forming teeth including teeth that have not broken the gums yet. Fluoride is low in breast milk. Fluoride is usually prescribed for breast fed infants.

**Vitamin D** – is important in bone formation. Sunlight is a sufficient source of Vitamin D. The recommended amount of exposure to sunlight is 10-15 minutes per day. There are UV lotions available on the market that substitutes regular sun exposure.

**Sodium** – is a major component of extracellular fluid and an important regulator of fluid balance. Infants hardly sweat therefor there are not major losses in sodium however diarrhea or vomiting will cause a loss of sodium and water.

**Fiber** – has no recommended amount for infant consumption. However fruits, vegetables and grains are appropriate sources for older infants and a perfect time to start introducing healthy options early on during the life cycle.

**Lead** – Elevated amounts of lead are toxic to developing brains and interfere with calcium and iron absorption and cause stunted growth in infants. Lead is found in paints and pipes of older homes (circa 1950s). Make sure to get a lead screening to assess your child’s exposure.

## **Docsaheaxaenoic Acid or DHA: Omega-3 Fatty Acid**

DHA – a fatty acid often used as a supplement for premature babies as an ingredient in baby formula during the first six months of life to promote better mental development. DHA is naturally found in breast milk of women with fish in their diet.

### **Controversy:**

Infant formula companies supplement DHA their products. Some research suggests DHA improves visual and mental development in formula fed infants however the results of the study are inconclusive and no long-term studies have been conducted to demonstrate efficacy and adverse effects in the population over time.

The research has not given a specific recommended amount for daily consumption so there is still skepticism about the health claims of DHA.

### **Recommendations:**

4C CCFP recommends that you use DHA supplemented infant formula in addition to iron-fortification for the first six months if not breast feeding (optimal choice). After which supplementing DHA is up to the parent and the infant’s physician.

## **Preparing your own Baby Foods: (3 months and up)**

### **Tools, Tools, Tools:**

You will need some way to puree or mash your food: a hand-turned baby food maker, A baby food grinder, a hand blender, a blender or food processor or a fork. Also you should have a clean storage container, ice cubes, refrigerator or freezer.

### **Ingredients:**



Fresh fruits and vegetables (frozen if fresh isn't available). Here is a list of good infant appropriate fruits and vegetables:

Apples

Bananas

Blueberries

Mangoes

Peaches

Pears

Plums

Prunes

Asparagus Tips

Avocados

Carrots

Peas

Potatoes

Sweet Peppers

Sweet Potatoes

Winter Squash

Etc.

**\*\*Note:** Minimize the amount of nitrates in your water supply and vegetables. Have your well or water supply tested for nitrates. **\*\***

### **Prep:**

Wash thoroughly, then cook your fruits and vegetables. Make sure they are softened before you puree or grind them. Bake, boil or steam the produce until soft. Use as little liquid (breast milk, formula or water) as you mash, grind or puree to give a consistent texture.

### **Grains:**



Quinoa or millet can be pureed or ground after they are cooked.

### **Meat or Poultry:**

Remove the skin and trim the fat before cooking. Puree the cooked meat in a blender or grind and use a little liquid (breast milk, formula or water).

**The best practice when serving infant food is to serve the food less than or equal to 98°**

### **Feeding Recommendations:**

The American Academy of Pediatrics and the American Dietetic Association recommends breast feeding for the first six months of life and continuation of breast feeding for the second six months as optimum nutrition in infancy. Safe handling and storage of human milk is important for infant health as well (safe handling and storage techniques are outlined below).

Infant formulas typically provide 20 cal/fl. Oz for full-term infants and 22-24 cal/fl. Oz for premature or preterm infants. The caloric density may be increased depending on the needs of the child (check with your physician before giving calorie boosters to your infant's diet).

Cow's milk should not be used in infancy. Iron-deficiency anemia has been linked to early introduction of whole cow's milk (low blood count and dehydration).

Breast milk or formula generally provides adequate water for healthy infants for the first 4-6 months. In hot and humid climates infants have needs for water but should not replace breast milk or formula as water does not meet the infants fluid nutrient needs.

Vomiting and diarrhea results in dehydration more rapidly in infants. Sports drinks or Pedialyte primarily use glucose, sodium, potassium and water and are generally around 3 cal/fl. Oz. Repeated use of these products may result in weight loss due to low calorie content. Make sure your child is nourished rather than fed or full.

Juice is not recommended before 6 months of age. It should not be introduced to children till after 6 months or later. Juice should not be served in a bottle but should be served in a Sippy cup or an age appropriate cup to reduce exposure to infant's growing teeth and gums.

Certain supplements are recommended for breastfed infants which include the following: fluoride (unless residing in an area with fluoridated water), elemental iron (prescribed if the mother was anemic during pregnancy), Vitamin B12 (if mother is vegan) and Vitamin D (if sunlight is not readily available).

### **Proper Handling and Storage of Human Milk:**

Nursing mothers and care takers of breastfed infants and children can maintain health and safety of infants in their care. Here are some practices to safely prepare and store breast milk:

Mothers be sure to wash hands before expressing or handling breast milk.

When collecting milk be sure to store it in clean containers, such as screw cap bottles, hard plastic cups and tight caps, or heavy-duty bags that fit directly into nursery bottles. Avoid using ordinary plastic storage bags or formula bottle bags, as they could easily leak or spill.

If delivering breast milk to a day care home provider, clearly label the container with child's name and date the milk was expressed.

Do not add fresh milk to already frozen milk with a storage container.

Do not save the milk from a used bottle for use at another feeding.

### Thawing breast milk:

Thaw frozen breast milk by transferring it to the refrigerator for thawing or by swirling it in a bowl of warm water.

Avoid using a microwave oven or thaw or heat bottles of breast milk. (Microwaves do not heat liquids evenly and could scald a baby or damage the milk, bottles may explode in the microwave, and excessive heat can destroy nutrient quality).

**Do not refreeze breast milk once it's been thawed.**

### Storage of Breast Milk:

Location	Temperature	Duration	Notes:
Counter, table	Room Temperature (77°)	6-8 hours	Keep cool if possible
Insulated cooler bag	5° to 39°	24 hours	Ice pack in contact with milk containers, limit exposure
Refrigerator	39°	5 days	Store near the back or body of the refrigerator
Freezer	0°	3-6 months	Store near the back of the freezer. Milk stored for longer durations are safe but lipids in the milk degrade in quality.

**Infant Formulas: ✓ Denotes Iron-fortified Infant Formula (IFIF) (1.3 mg or greater)**



The list below of infant formulas is not a comprehensive list of Infant Formulas. If you do not find a particular formula on the list please feel free to contact your Site Monitor to see if the Infant Formula counts as a reimbursable Iron-Fortified Infant Formula.

Baby's Only Organic Dairy Iron Fortified Toddler Formula ✓

Baby's Only Organic Lactose Free Iron Fortified Toddler Formula ✓

Baby's Only Organic Soy Iron Fortified Toddler Formula ✓

Bright Beginnings Gentle ✓

Bright Beginnings Organic ✓

Bright Beginnings Premium ✓

Bright Beginnings Soy ✓

Earth's Best Organic Infant Formula With Iron ✓

Earth's Best Organic Soy Infant Formula With Iron ✓

Enfagrow Gentlease Older Toddler ✓

Enfagrow Gentlease Toddler ✓

Enfagrow Premium Toddler ✓

Enfagrow Soy ✓

Enfamil A.R. ✓

Enfamil Enfacare ✓

Enfamil Gentlease ✓

Enfamil Infant ✓

Enfamil Lipil With Iron Milk-Based ✓

Enfamil Newborn ✓

Enfamil Premature ✓

Enfamil Premium Infant ✓

Enfamil ProSobee ✓

Enfamil Restfull Lipil for Bedtime Feeding ✓



- Gerber Good Start 2 Gentle Plus ✓
- Gerber Good Start 2 Protect Plus ✓
- Gerber Good Start 2 Soy Plus ✓
- Gerber Good Start Gentle ✓
- Gerber Good Start Gentle Plus ✓
- Gerber Good Start Nourish ✓
- Gerber Good Start Premature ✓
- Gerber Good Start Protect ✓
- Gerber Good Start Protect Plus ✓
- Gerber Good Start Soothe ✓
- Gerber Good Start Soy ✓
- Gerber Good Start Soy Plus ✓
- Mom To Mom Milk-Based Formula 2 With Iron ✓
- Mom To Mom Milk-Based Infant Formula With Iron ✓
- Mom To Mom Sensitivity Infant Formula With Iron ✓
- Mom To Mom Soy Infant Formula
- Nutramigen Lipil Aa Infant and Toddler Formula ✓
- Nutramigen Lipil For Colic Hypoallergenic Infant Formula ✓
- Nutramigen Lipil For Colic Infant Formula ✓
- O Organics Organic Milk-Based With Iron
- Parent's Choice Added Rice Starch Infant Formula ✓
- Parent's Choice Advantage Infant Formula ✓
- Parent's Choice Gentle Infant Formula ✓
- Parent's Choice Organic ✓
- Parent's Choice Premium Infant Formula ✓

- Parent's Choice Sensitivity Infant Formula ✓
- Parent's Choice Soy-Based Infant Formula ✓
- Parent's Choice Toddlers and Older Infants ✓
- Pregestimil Lipil Infant ✓
- Similac Advance ✓
- Similac Expert Care ✓
- Similac Expert Care For Diarrhea ✓
- Similac Expert Care Neo Sure ✓
- Similac Go & Grow Milk-based ✓
- Similac Go & Grow Soy-based ✓
- Similac Isomil Soy ✓
- Similac Organic ✓
- Similac Sensitive For Fussiness and Gas ✓
- Similac Sensitive For Spit Up ✓
- Similac Sensitive Soy ✓
- Similac Special Care Premature Infant Formula With Iron ✓
- Up & Up Infant Formula With Iron, Prebiotic Immune ✓
- Up & Up Infant Formula With Iron, Lactose-Sensitive ✓
- Up & Up Infant Formula With Iron, Soy-Based ✓
- Up & Up Infant Formula With Iron, Triple Select ✓
- Up & Up Next-Stage Formula With Iron, Milk-Based ✓
- Vermont Organics Milk-Based Organic ✓
- Vermont Organics Soy Organic ✓

## Commercially Prepared Infant Foods:

### CCFP Child Care Food Program

Revised 08/07/14



The general rule with commercial baby food is a fruit or vegetable food item must have the fruit or vegetable listed as the first ingredient (with single or mixed fruits or veggies i.e. peas and carrots). For any other food components such as Protein or Grains the infant food component but must follow some general rules outlined below: make sure to take note of the non-reimbursable section.

## **Infant Cereal: Organic is allowed**

8 or 16 oz. containers

Any Brand

Any Variety

Beech-Nut Homestyle Rice

Beech-Nut Homestyle Oatmeal

Beech-Nut Homestyle Multigrain

Gerber Rice and Organic

Gerber Brown Rice

Gerber Oatmeal and Organic Oatmeal

Gerber Barley

Gerber Whole Wheat

Gerber Mixed

Earth's Best Organic Whole Grain Rice

Earth's Best Organic Whole Grain Oatmeal

Earth's Best Organic Whole Grain Multi-Grain

O For Baby Organics Organic Rice

Non-reimbursable Infant Cereals are infant cereals with added ingredients such as formula milk, fruits, sugars or sweeteners. Infant cereals that contain fruit or formula, jarred baby food cereals (wet). Ready to eat breakfast cereals (cheerios, corn flakes, etc.), farina, regular oatmeal, corn grits, pancakes, waffles, muffins, cornbread (made with whole eggs), bread sticks, hard pretzels, tortilla chips, granola bars, doughnuts, cake and brownies.



## **Infant Fruits and Vegetables: Organic is allowed**

Any brand 3.5 oz or 5 oz containers

Any variety

Plain Fruits or combinations

Plain Vegetables or combinations

Non-reimbursable fruits and vegetables are desserts, puddings, or smoothies, infant juices, infant dinners, graduate or toddler infant fruits and vegetables, infant fruits and vegetables with cereal, infant fruits and vegetables with added sugars, salt, spices, starch or fiber. Infant fruit and vegetable casseroles and cobblers are non-reimbursable.

## **Infant Meats: Organic is ok, added broth or gravy is ok**

2.5 oz containers

Any brand

Any variety

Single meat

Non-reimbursable Infant meats include infant dinners with meats mixed with veggies, fruits, cereal, pasta or rice, graduate or toddler infant food and infant meats with added sugars, salt, spices or fiber. Infant meat casseroles and meat sticks are non-reimbursable.

**Read All Labels!**