

INFANT FEEDING

For the first six months of life, mother's milk is the only food required by most infants. The mother should be sure her nutritional needs are being adequately met. It is at six months that there is some evidence that breast milk might not contain all the vitamin needs of the child. The American Academy of Pediatrics now recommends delaying introduction of food until six months of age. Use of formula in babies/moms who cannot breastfeed is the only recommended alternative to nursing.

Until around the age of 6 months, the baby's digestive tract is not able to adequately digest foods. The maturation of the digestive tract in babies is individual. Signs that the digestive tract is mature are teeth or a weight of 17 pounds. Another indication of maturity is the loss of the extrusion reflex (development of the ability to swallow back). A baby is usually ready for solid foods when he/she is able to sit up and is able to push food away. At these points, if a child is showing interest in food, introduction can begin. Water should also be given by 3 - 6 months of age. I also recommend avoiding fruit juices. Foods given too early may induce food allergies. New foods should be introduced one at a time for several days. Allergic reactions should be looked for. These include:

rash around mouth or anus
redness of face or cheeks
diarrhea or mucus stools
runny nose
skin reactions (hives)

hyperactivity or lethargy
allergies shiner (black eye)
dyslexia
change in drawings (less realistic)

6 Months

Mothers Milk
cherries - pit and smash them
banana
prunes
blackberries
applesauce
grapes - remove seeds and smash
pears
blueberries
carrot
beets
yams

9 Months

papaya
nectarines
apples
mashed potato
artichoke
cabbage
sweet potato
string beans, lima beans, split peas
peas
oatmeal
basmati rice
millet

12 Months

squash
asparagus
yogurt
Swiss chard
parsnips
onions, garlic
honey
tofu
goat's milk
brown rice
barley, barley green
blackstrap molasses (for anemia)

18 Months

garbanzo bean flour - for pancakes, muffins
greens - lettuce, beet greens, kale
rutabaga
eggplant
buckwheat
rye
kelp
tahini
beans
lamb
chicken
fish

21 Months

wheat
orange
pineapple
brewer's yeast
cashew butter
almond butter
walnuts
eggs
beef, beef liver
lentil beans
salmon
turkey

2 - 3 Years

sunflower seeds
peanut butter
cottage cheese
soy, soy milk, etc.
lamb liver (high in B12)
duck
clams
corn

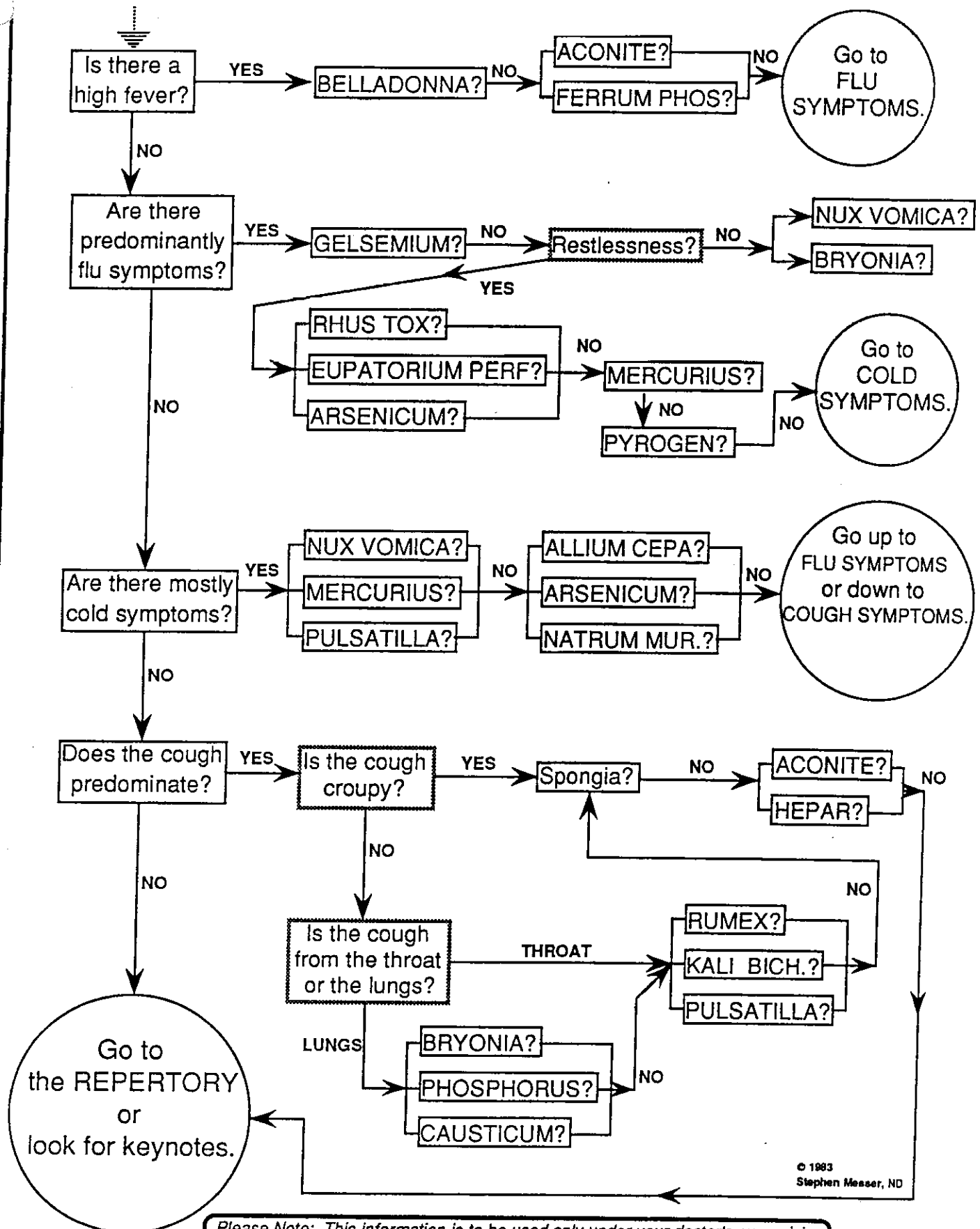
I know that most don't wait 21 mos for wheat, etc., but try to wait till 12 mos!

There are many good books out. Total Nutrition for the Breastfeeding Mother is a good one. Please recognize that this is a guideline. For individualized nutritional counseling, please call the office for a visit.

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A CHART OF SIMPLE COLDS, FLUS, AND COUGHS

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Please Note: This information is to be used only under your doctor's supervision.