

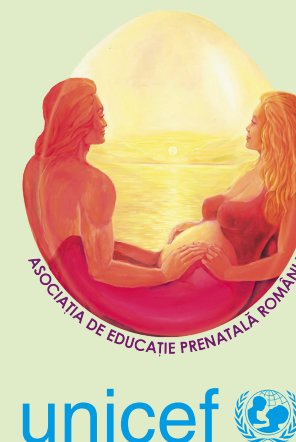
Behaviour during feeding

- Feed the child in a state of harmony, transmitting your love together with the food.
- **The first solid food** to give the child after breastfeeding is very important; a dependence of that food is created; if that food contains sweeteners, salt or oils, later in life the child will crave for sweets, salty or fatty foods.
- When you're feeding him/her, place the child on his/her bottom, so that s/he can see every spoon coming towards him/her. Let him/her touch the food, to know it better. If s/he wants to eat with his/her hands let him/her!
- Stop feeding him/her when s/he shows s/he's had enough; most of the times, the child will turn his/her head away, refusing to receive food any more.
- First give him/her only 1 or 2 teaspoonfuls of food, not more.
- Encourage the child to chew the food well and keep it in the mouth long enough, starting from an early age; don't force him to eat quickly or too much, or when he's tired and agitated.
- Give the child **little servings**; let him ask for more, even if he skips a meal. Let him eat when he's hungry.
- Don't reward the child with a dessert, and, especially, don't punish him taking his dessert; a **very dangerous conditioning** can be created in this way. By associating sweets with a forbidden pleasure, he will later pervert his eating habits.

Advice for Mothers. Some important notes

Foods to avoid for babies and toddlers:

- **commercial soft drinks** – with or without fruity flavours (risk of allergy).
- **round, solid foods** can be choking hazards (peanuts, almonds, grains, popcorn, candies).
- **other allergy hazards** (chocolate, cocoa, etc.), that can inhibit Calcium absorption and can produce mucus.
- **fried flour sauce, fried foods, spicy foods, fast foods.** These are to be avoided all life, as they are junk food. They should be replaced by food rich in nutrients: more fruit, more whole-meal bread, skimmed dairy products.
- **refined oils, margarine** and products containing **hydrogenated fats** (read the label when buying any product); they are modified or synthetic products, which can block lipid metabolism, increasing the risk of nervous system impairment, emotional instability and later, the appearance of degenerative and chronic diseases.
- **sweeteners or refined sugar** are substances resulting from chemical synthesis, which negatively influence most of the vital processes in the organism. You can occasionally give the child products containing unrefined brown sugar.



DIVERSIFIED DIET for the breastfed baby



If until s/he is six months the baby is exclusively breastfed, from the 6th month his diet starts to diversify. **The new food will be suggested, not imposed**, leaving the child to decide whether to adopt it. Every new food must be introduced alone, gradually, waiting for 4 or 5 days before introducing another, to be able to observe the possible reactions the child may develop to it: diarrhea, vomiting or rash.

Generally, the first food introduced for the healthy baby will be **mashed vegetables** (carrot, in equal parts, potato, zucchini, celery, parsnip, parsley, leafy greens, lettuce, stevia, spinach, an onion that will be removed after boiling). Ideally they should be steamed, mixed and mashed as smooth as possible. At first, the mashed vegetables will be given as such, being later enriched with:

- butter/olive oil (not more than 2% from the serving);
- chicken, beef, turkey (not more than 3 times/a week);
- finely chopped fresh dill or parsley leaves for vitamin C. (Beware at the risk of choking.)

Later, broccoli, green beans, peas can be added. It's advisable not to associate two proteins at one meal – for example two types of meat, peas with meat or meat with dairy products.

The **hard-boiled** (10') **egg yolk** will be offered progressively, 3 times a week on the days without meat.

The **white, boneless fish** will be introduced when the child is around one year old (risk of allergies).

Food Diversification

The traditional chicken liver is not advisable in a baby's diet, as it contains a lot of toxins and heavy metals.

Initially the food for the baby will be mashed and later can be only cut into small pieces.

The order in which the new foods are introduced:

- Mashed vegetables will be the first to be introduced after milk, around lunch, this being the first supplementary meal.
- The second supplementary meal will be around 9 - 10 a.m. made of blended fruit or grated on a plastic or glass grater, no sugar added. Until the baby is one the allergenic fruit will be avoided (strawberry, raspberry, wild strawberry, kiwi).
- The last diversified meal will be around 4 - 6 p.m., made up of gluten-free cereals until 7 - 8 months, or mashed rice with soft cheese.

After 8 - 10 months, flours with gluten (enriched products made especially for babies) or plain biscuits without cream, additives or preservatives, wholemeal bread and multicereals. (Cereals are an important source of energy.) After 7 months the cereal meal can be alternated with plain yoghurt mixed with 2 - 3 teaspoonfuls of cereals/fresh fruit. Finally, the baby will have **5 meals x 150 - 200 g**:

- In the morning: breast milk or formula milk
- At 9 - 10 a.m.: bread/fruit.
- At 12 a.m. - 2 p.m.: mashed vegetables with meat/egg/butter/oil
- At 4 - 6 p.m.: cereals
- In the evening: breast or formula milk.

Sample of Correct Dietary Plan for Toddler

After 12 months, give children a diet containing all the four food groups, in the following daily percentages:

- 40 - 60% cereals and products with cereals
- 20 - 40% vegetables (low in starch)
- 5 - 10% dairy products, eggs, fish and meat, vegetables rich in proteins (pulses)
- 5 - 10 % fruit

Small quantities of seeds, nuts and algae can be added.

Foods that can be offered the baby after a certain age

- **Honey** can be given the baby only after one year (earlier, there is the risk of contamination with bacteria clostridium-botulinicum, which in adults is inactivated in the digestive tube).
- **Salt** is to be avoided before one year, as it can inhibit growth and harm the immature kidney of the child, with increased risk of early onset of hypertension.

● **Cow milk** can be introduced after two years. Also to be avoided before one year are fresh onion or garlic; they are very useful in colds and parasites. If the child has parasites, for a week, you can give him/her in between apple slices a clove of garlic cut into small strips.

When a child changes his/her eating habits, this can be a normal stage in his/her development, or a first sign of disease; the best thing is to give the child a simple diet and see what happens.