

BABY BASICS

Nutrition For Older Babies And Toddlers

(NAPSA)—The journey through parenthood is filled with the celebration of your baby's milestones. As she approaches the milestone of her first birthday, you're probably curious about the changes in her nutritional needs, especially as you transition her to cow's milk. Pediatrician Dr. Lillian Beard outlines nutritional facts, and offers hints and tips every parent of an older baby or toddler should consider.

Fact: All babies are at risk of developing a food allergy. In fact, over 50 percent of children with allergies come from families without a known history of allergy.

Your baby's risk of developing food allergies depends on two main factors: her genes and her diet. Babies born into families in which one or more parent has a family history of allergies have a 30 to 70 percent chance of developing allergies. What many parents don't realize is that there is still a 10 to 15 percent risk even if neither parent has a family history.

Dr. Beard's Tip: Parents have no control over their baby's genes but they can control their baby's diet. The most common cause of food allergies in babies is a result of cow's milk. Do not give your baby regular cow's milk just because she has started eating solid foods. The American Academy of Pediatrics (AAP) recommends feeding your baby breastmilk or an iron-fortified infant formula for at least the first full year and waiting until after her first birthday to introduce cow's milk.



Your baby's nutritional needs change as she approaches her first birthday and beyond.

Fact: During baby's first year, her birth weight triples and her length increases by 50 percent—requiring a lot of energy and good nutrition to support her growth and development.

A toddler's growth and development depends heavily on getting proper nourishment. At one year, babies require more than twice as much calcium to support their growing bones, teeth and nervous system as they did at birth. Many parents realize that getting their active older baby to eat a balanced diet can be a hit-or-miss affair. If you have a "picky eater" you'll need to pay special attention to her diet.

Dr. Beard's Tip: Moms who want to provide nutritional assurance may want to consider a formula specially designed for toddlers such as Nestlé® Good Start® 2 Supreme DHA & ARA. It's a nutritious alternative or supplement to whole cow's milk, as it offers as much calcium as whole milk plus

more of the important nutrients including iron, zinc, DHA & ARA, and vitamins C and E, all crucial for a growing toddler.

Fact: Iron is critical to support your baby's brain which will double in size over her first year. However, iron deficiency is the most common nutritional deficiency in the U.S. affecting older babies and toddlers nine to 18 months of age.

Pound for pound, older babies and toddlers need at least six times the amount of iron needed by an adult man to support their mental and physical growth and development. Iron deficiency can have serious consequences including slower growth, decreased social behavior and lower learning ability.

Dr. Beard's Tip: While breast milk and iron-rich infant formula provide your baby with the iron she needs, many other foods—including cow's milk and juice—are not good sources. An older baby formula can help fill this gap. For example, three 8-ounce servings of Nestlé Good Start 2 Supreme DHA & ARA offer 72 percent of the Recommended Dietary Allowance (RDA) for iron while the same amount of cow's milk offers only four percent.

For more expert advice on pregnancy, baby care and infant nutrition visit www.verybestbaby.com.

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