

# What makes a good diet

## for your baby?



Every parent wants to give their baby the very best start but when it comes to nutrition, many mums feel stuck. There's plenty of good advice out there – in books and magazines, papers and on the web – but do you really know what you should be feeding your baby and which foods to steer clear of? This handy guide is here to cut through the whirlwind of information and offer some simple, helpful pointers for when you start to feed your baby.

### Salt

- ♥ All babies need a small amount of salt to keep their bodies working normally, but they'll get all they need from eating a normal, healthy diet. Babies less than 12 months old shouldn't have more than 1g of salt per day – that's equivalent to 1/5th of a level teaspoon (0.4g sodium). More than this means they could develop a preference for salty foods that can lead to problems such as high blood pressure later in life.
- ♥ Foods specifically designed for babies and young children have carefully controlled salt levels compared with 'adult' foods which are too high in salt.
- ♥ Bear in mind that 'No added salt' doesn't mean salt-free. For example, foods containing yeast extract or cheese may be labelled as 'no added salt' but these two ingredients both contain added salt. It's important to control the total sodium or salt level in your baby's diet.
- ♥ To compare the salt content of different foods, look out for the 'sodium' level in the nutritional information (and remember your baby should have no more than 0.4g sodium per day). If you want to know the equivalent amount of salt the product contains, multiply the sodium value by 2.5 – your baby should have no more than 1g salt a day.
- ♥ To claim 'low salt/sodium' a food must contain no more than 0.12g sodium per 100g.
- ♥ All HiPP Organic baby foods in jars and pots are 'low salt/sodium'.



### What's a balanced diet?

Variety is the key to a balanced diet and rather than thinking of 'good' or 'bad' foods, it helps to try and give them a healthy diet overall.

Babies from around 6 months need foods from all the food groups shown in the table every day. So when your baby starts eating solids, make sure you offer them lots of variety!



Food group	Examples of foods	How many times to offer these foods a day
Meat and non-dairy protein	Lamb, pork, beef, chicken, fish, eggs, pulses (peas, beans, lentils), smooth nut butters	1-2 (2-3 for vegetarians)
Cereal foods	Breakfast cereals, bread, potatoes, rice, pasta, chapatti, yams, noodles	3-4
Milk and dairy products	Milk, yogurt, cheese, custard, cheese sauce	At least 3
Fruit and vegetables	All types - fresh, frozen, tinned (in natural juice) and dried	Aim for 5

At HiPP Organic, we offer a wide range of different weaning foods made up of the highest quality organic ingredients, from each of the food groups, to help you ensure your baby gets plenty of delicious variety in taste and texture and lots of different nutrients.



### What makes up 5-a-day?

Ideally, children under 5 years old should eat five portions of fruit and vegetables each day – just like adults. However, their portions need to be smaller. An easy measure of a child's portion size is the amount that will fit into a child's hand. As a rough guide, you can assume a portion will weigh about 30-40g.

### How much food does my baby need?

Every baby is different so there are no hard and fast rules for knowing how much food they'll eat. The best advice is to be guided by your baby and let them decide how much they want.

Babies are generally good judges of how much they need and when they've eaten enough, they'll usually refuse to eat any more. Just take their food away when they've had enough as it's not worth trying to force them to eat – you'll probably just end up wearing the meal!



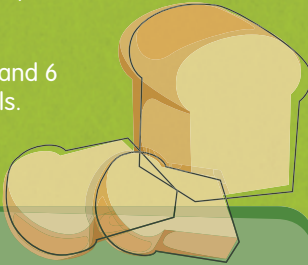
# Fat

- ♥ Your baby's tummy is small but they're growing fast, so although they need a little amount of food, it should contain lots of energy and nutrients. Fat is a concentrated source of energy and fat-soluble vitamins, so it plays an important role in the diet of babies and young children.
- ♥ Always choose full fat dairy products for your baby, including milk for cooking – at least until your baby is 2 years old.
- ♥ Too much fat can lead to problems of obesity. Try to avoid giving foods high in saturated fats to your baby, such as fried foods, chips, pastries, cakes, fatty meats or too much cheese.
- ♥ Choose foods containing 'good' fats (monounsaturated and omega 3 and 6 polyunsaturated fats) regularly, such as oily fish, rapeseed and olive oils.
- ♥ HiPP Organic foods contain the correct levels of fat for your baby.



# Fibre

- ♥ High-fibre, low-fat diets may be good for us but they're not suitable for babies at all.
- ♥ A baby's stomach is about 10 times smaller than an adult's. Bulky, high-fibre foods can be very filling and eating them may prevent your baby from eating the other foods that contain the energy and nutrients they need.
- ♥ Too much fibre can stop your baby absorbing important minerals such as calcium and iron.
- ♥ It's best not to routinely give your baby brown rice, wholemeal pasta or bran-enriched breakfast cereals until they are about 5 years old (although they can eat these foods occasionally without harm). Brown bread is fine to give them.
- ♥ HiPP Organic foods contain carefully controlled amounts of dietary fibre.



# Milk

Milk is still important for your baby during weaning. As your baby's appetite for foods increases, the amount of milk they drink will gradually reduce. How much milk they need really depends on how well they take to solid foods, and this may vary from day to day. Your baby will naturally let you know how much milk they want and it's best to be led by their needs.

As a guide, at 6 months, your baby will probably drink around 840ml (28fl oz) milk a day and, once they're eating solid foods well, they might drink around 600ml (20fl oz) a day until they're about 1 year old.



# Sugars

- ♥ Sugars are an important source of energy for babies, but too much can lead to problems such as obesity and tooth decay.
- ♥ 'No added sugar' doesn't mean sugar free. Naturally occurring sugars are found in milk (lactose), fresh and dried fruits, and fruit juices.
- ♥ Some sugars are sweeter than others. Lactose – which is found naturally in breast milk and cows' milk – is half as sweet as table sugar (sucrose), and fructose – which is found naturally in fruits – is over three times sweeter than lactose.
- ♥ Check food labels for 'of which sugars' levels to help you compare how much TOTAL sugar they contain. Try to choose weaning foods with a lower total sugar content whenever possible.
- ♥ Avoid giving your baby too many foods with added sugars (in biscuits, cakes, sweets and chocolate). Keep them as occasional treats served at mealtimes.
- ♥ HiPP Organic carefully controls the amount of sugars in our baby foods. We only add sugars to recipes that you would add sugar to if you were preparing the recipes yourself, such as custard.
- ♥ To avoid prolonged contact of sugary drinks with your baby's teeth, encourage them to drink from a cup or beaker as soon as they are able to, rather than drinking from a bottle with a teat.
- ♥ Brush your baby's teeth regularly especially after eating or drinking sugary foods and drinks.

