

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 often say they feel a bit stuck. Here are some simple, helpful pointers to keep in mind when feeding your little one.



Salt

- All babies need a small amount of salt, but yours will get all they need from a normal, healthy diet.
- Babies less than 12 months old shouldn't have more than 1g of salt (or 0.4g of sodium) per day – that's equivalent to 1/5th of a level teaspoon.
- To work out how much salt is in food, look at the quantity of sodium and multiply by 2.5 to see how many grams of salt that equals. Most adult foods are too high in salt for children.

Sugars

- Sugars are a source of energy for babies, but too much can lead to problems such as obesity and tooth decay.
- Naturally-occurring sugars are found in milk (lactose), vegetables, fruits and fruit juices. So 'no added sugar' doesn't mean a food is totally sugar-free.
- Avoid giving your baby too many 'free sugars' (such as biscuits, cakes or sweets).
- At HiPP Organic, we only add sugars to recipes that you would add sugar to if you were preparing the recipes yourself (such as custard), and we control the amounts of sugar in all our baby foods very carefully.

Omega 3

- Some fats are known as 'good' fats. Omega 3 is one of these 'good' fats and can help with your baby's brain and nerve tissue development.
- Omega 3 is found in breast or formula milk but once weaning starts, it's important to ensure your baby is still getting enough of this valuable nutrient. Foods containing Omega 3 include oily fish, leafy green vegetables and the oils of certain plants, such as rapeseed.
- We add rapeseed oil (which contains an Omega 3 fatty acid called linolenic acid, or ALA) to our HiPP organic savoury jars and pouches, which supports brain and nerve tissue development.

Dairy

- Dairy foods contain calcium – an important mineral that keeps bones and teeth strong. As a general rule, at six months of age your baby will probably drink around 840ml (28 fl oz) of milk. Once they're eating solid foods, this might drop to around 600ml (20 fl oz).
- Once your baby is weaning comfortably, you can start including calcium-rich foods (such as cheese, yogurts, custard or milk-based desserts) in their diet. 1-2 servings a day, plus their usual milk feeds should be enough.

Fat

- Your baby's tummy is small but they're growing fast, so although they only need a little amount of food, it should contain plenty of energy and nutrients. Fat is a concentrated source of energy and vitamins, so it plays a vital role in your baby's diet.
- Always choose full fat dairy products until your baby is 2 years old.
- Fats can be separated into 'good' fats (monounsaturated and polyunsaturated – including Omega 3) and 'bad' fats (saturated fats). Try to choose foods which contain 'good' fats for your baby and avoid giving them meals high in saturated fats (such as fried foods, cakes, fatty meats or too much cheese).

Fibre

- High-fibre, low-fat diets may be good for adults but they're really not suitable for babies.
- Your baby's stomach is about 10 times smaller than yours. Bulky, high-fibre foods (such as brown rice or pasta) are very filling and may prevent your baby from eating other foods that contain the energy and nutrients they need.
- Too much fibre can also stop your baby absorbing important minerals such as calcium and iron.