



Maternal & Family
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Prenatal Nutrition

During pregnancy it is important that you get the right nutrients and energy needed to keep you and your growing baby healthy. Physical activity is also just as important when you're pregnant as at any other time of life.

Tips for Eating Healthfully during Pregnancy:

- Follow your obstetrician's advice regarding your use of prenatal vitamins. You should take vitamins only in the doses recommended by your doctor.
- Make sure you have an adequate intake (generally, 400 micrograms a day) of **folic acid**, a B vitamin that can reduce the risk of certain birth defects, such as spina bifida.
- Other important nutrients for pregnancy include iron, calcium, iodide and the fatty acids docosahexaenoic acid (DHA) and arachidonic acid (ARA). Fatty acids are "good" fats, and DHA in particular accumulates in the brain and eyes of the fetus, especially during the last trimester of pregnancy. DHA and ARA are also found in **human breast milk**.
- Make sure your doctor knows about any other supplements you may be taking, including herbal remedies.
- When it comes to your diet, plan balanced meals. They should contain protein, carbohydrates, fats, vitamins, and minerals.
- Pregnancy is not a time for weight loss dieting. You should aim to consume about 350-450 more calories per day during your second and third trimesters than before you became pregnant. You need these extra calories and nutrients so your baby can grow normally.



The First Year

Your new baby's nutritional needs are greater than at any other time in their life. Feeding your infant provides more than just good nutrition, though. It also allows you to hold your newborn close, cuddle, and make eye contact. These are relaxing and enjoyable moments for you both, bringing you closer together.

General Guidelines for Baby Feeding:

It is important to remember all babies are different—some like to snack more often, and others drink more at one time and go longer between feedings. However, most babies will drink more and go longer between feedings as they get bigger and their tummies can hold more milk:

- **Most newborns** eat every 2 to 3 hours, or 8 to 12 times every 24 hours. Babies might only take in half ounce per feeding for the first day or two of life, but after that will usually drink 1 to 2 ounces at each feeding. This amount increases to 2 to 3 ounces by 2 weeks of age.
- **At about 2 months** of age, babies usually take 4 to 5 ounces per feeding every 3 to 4 hours.
- **At 4 months**, babies usually take 4 to 6 ounces per feeding.
- **At 6 months**, babies may be taking up to 8 ounces every 4 to 5 hours.

How do I know when my baby is hungry?

For babies born prematurely or with certain medical conditions, scheduled feedings advised by your pediatrician are best. But for most healthy, full-term infants, parents can look to their baby rather than the clock for hunger cues. This is called feeding on demand, or responsive feeding.

Hunger Cues:

A hungry baby often will cry. But it's best to watch for hunger cues before the baby starts crying, which is a late sign of hunger and can make it hard for them to settle down and eat. Hunger cues other than crying include:

- Licking lips
- Sticking tongue out
- Rooting (moving jaw and mouth or head in search of breast)
- Putting his/her hand to mouth repeatedly
- Opening her mouth
- Fussiness
- Sucking on everything around

It is important to realize, however, that every time your baby cries or sucks it is not necessarily because he or she is hungry. Babies suck not only for hunger, but also for comfort; it can be hard at first for parents to tell the difference. Sometimes, your baby just needs to be cuddled or changed.

Nutrition Tips for One Year Olds

After your child's first birthday, you'll probably notice a sharp drop in his or her appetite. Maybe your child is suddenly turning his or her head away after just a few bites and/or is resisting coming to the table at mealtimes. Despite this behavior and increased activity, there's a good reason for the change. Your child's growth rate has slowed; he or she really doesn't require as much food now.

Tips for Parents:

One year olds need about 1,000 calories divided among three meals and two snacks per day to meet their needs for growth, energy, and good nutrition. However, the eating habits of toddlers can be erratic and unpredictable from one day to the next. For example, your child may:

- Eat everything in sight at breakfast and almost nothing else for the rest of the day.
- Eat only the same food for three days in a row—and then reject it entirely.
- Eat 1,000 calories one day, but then eat noticeably more or less over the next day or two.

Encourage, but don't pressure or force your child to eat at a particular time. Hard as it may be to believe, your child's diet will balance out over several days if you make a range of wholesome foods available.

One year olds need foods from the same basic nutrition groups that you do. If you provide your child with selections from each of the basic food groups and let him or her experiment with a wide variety of tastes, colors, and textures, he or she should be eating a balanced diet with plenty of vitamins.

Don't restrict fats from your one-year-old's menu. Babies and young toddlers should get about half of their calories from fat. Cholesterol and other fats are also very important for their growth and development at this age.

Your little one can still choke on chunks of food. Children don't learn to chew with a grinding motion until they're about four years old. Make sure anything you give your child is mashed or cut into small, easily chewable pieces.

Never offer peanuts, whole grapes, cherry tomatoes (unless they're cut in quarters), whole carrots, seeds (i.e., processed pumpkin or sunflower seeds), whole or large sections of hot dogs, meat sticks, or hard candies (including jelly

Nutrition Tips for One Year Olds (Cont.)

beans or gummy bears), or chunks of peanut butter (it's fine to thinly spread peanut butter on a cracker or bread).

Hot dogs and carrots— in particular—should be quartered lengthwise and then sliced into small pieces.

Make sure your child eats only while seated and while supervised by an adult. Although your one-year-old may want to do everything at once, “eating on the run” or while talking increases the risk of choking. Teach your child as early as possible to finish a mouthful prior to speaking.

Nutrition Tips for Two Year Olds

Your two-year-old should be eating three healthy meals a day, plus one or two snacks. He or she can eat the same food as the rest of the family. With his or her improved language and social skills, your child can become an active participant at mealtimes if given the chance to eat with everyone else.

- Do not fixate on amounts.
- Do not make mealtimes a battle.
- Do pay attention to adopting healthy eating habits—including sitting as a family at mealtime.
- Do make healthy food choices as a family.

Unsafe Foods for Toddlers

At age two, your child should be able to use a spoon, drink from a cup with just one hand, and feed him or herself a wide variety of finger foods. However, he or she is still learning to chew and swallow efficiently and may gulp food down when in a hurry to get on with playing. For that reason, the risk of choking is high.

Avoid the following food, which could be swallowed whole and block the windpipe:

- Hot Dogs (unless cut into quarters lengthwise before being sliced)
- Chunks of peanut butter (Peanut butter may be spread thinly on bread or a cracker, but never give chunks of peanut butter to a toddler)
- Nuts-especially peanuts
- Raw cherries with pits
- Round, hard candies-including jelly beans
- Gum
- Whole grapes
- Marshmallows
- Raw carrots, celery or green beans
- Popcorn
- Seeds-such as processed pumpkin or sunflower seeds
- Whole grapes, cherry tomatoes (or cut them in quarters)
- Large chunks of any food such as meat, potatoes, or raw vegetables and fruits

Healthy Eating Basics & Picky Eaters

Make sure your child eats from each of the basic four food groups each day:

- Meat, fish, poultry, eggs
- Milk, cheese, and other dairy products
- Fruits and vegetables
- Cereals, potatoes, rice, flour products

Nutrition Tips for Two Year Olds (Cont.)

Don't be alarmed if your child he doesn't always meet this ideal. Many toddlers resist eating certain foods—or insist on eating only one or two favorite foods. The more you struggle with your child over his or her eating preferences, the more determined he or she will be to defy you.

Offering a variety of foods and leaving the choices up to your child will eventually allow him or her to eat a balanced diet on his or her own. Toddlers also like to feed themselves, so whenever possible, offer your child finger foods instead of cooked ones that require a fork or spoon to eat.