

Eating

Well

for

You

and

Baby



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We would appreciate your feedback on this booklet.

You can call, fax or write to us ... or drop in for a chat!

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Eating well for you and baby

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Healthy eating for a strong baby





Elana Turnbull

Good food during pregnancy

Eating well during pregnancy

It's important to eat well because:

-  it gives baby the best start in life by supplying all the goodness baby needs to grow
-  keeping you healthy will keep baby healthy.



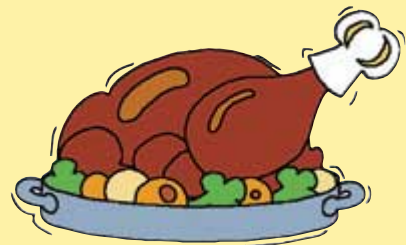
Do you need more food?

Yes, you will need more of certain types of foods to supply all the goodness baby needs to grow.

These are:





- ✓ meat, chicken, fish + eggs to help baby grow & give baby strong blood



- ✓ milk, cheese, yoghurt, ice-cream to give baby enough calcium so baby will have strong teeth & bones
- ✓ liver, kidney, vegetables, fruit, vegemite, nuts, wholegrain breads & cereals to help baby's brain develop properly.

Note

-  **Teenagers need even more food when they are pregnant, as they are still growing.**
-  **Normal weight gain during pregnancy is about 12 kilograms. If you think you are gaining too much weight, cut back on fatty foods, increase your exercise & check with your doctor.**



How to deal with common problems during pregnancy

Morning sickness

If you are feeling sick or vomiting, this is because of normal changes that are happening to your body. However, if you continue to vomit, this can be dangerous to you & baby, so you must see a doctor.

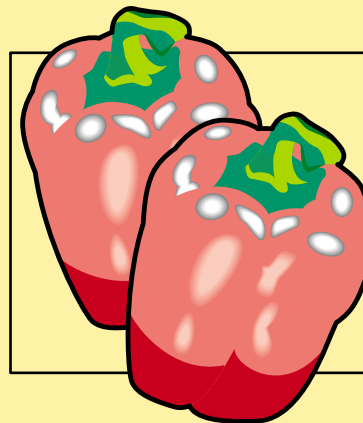
What you can do to help you feel better:

- if you feel sick in the morning, snack on dry toast or a plain biscuit
- don't eat spicy or strong smelling food
- don't drink too much coffee, tea or Coke
- snack on small meals throughout the day rather than three large meals
- stop smoking as it upsets your stomach & is bad for baby.

Constipation

Many women have constipation during pregnancy. Here are some tips to deal with the problem:

- eat high fibre foods (e.g. wholegrain cereals & breads, fruit, vegetables, legumes such as baked beans, & nuts)
- drink plenty of fluids (water is the best choice)
- try to exercise daily (if you're busy a short walk will do)



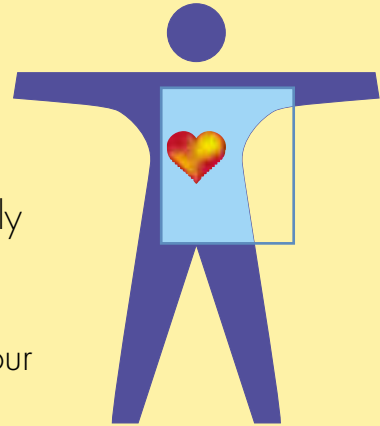


Heartburn

Pregnancy may cause a burning feeling in the chest & at the back of the throat for some women.

You can reduce the pain by:

- drinking fluids between meals, instead of with meals
- avoiding chocolate, coffee, some spicy foods & high fat foods
- eating small meals more often & eat slowly
- sipping of milk may relieve the pain
- not lying down or bending over for an hour after you have eaten.
- sleeping with your head propped up on two pillows.



How to make sure you have a strong baby

- ✗ don't drink alcohol as it can damage baby's brain, make baby small & not as smart as other children.
- ✗ don't smoke & try to be in a smoke-free environment. Smoking while pregnant will make baby small.
- ✗ don't use cocaine, heroin, speed, yarndi or petrol, as this will put baby's life in serious danger.
- ✗ don't drink any more than three to four cups of coffee or tea or Coke a day as it can disturb baby's sleep.

Sample meal plan for mum-to-be

Breakfast	Lunch	Dinner
2 slices of toast or cereal + cheese + 1 tub of yoghurt + piece of fruit	2 sandwiches with tuna/lean meat, low fat cheese & salad + piece of fruit + milk drink	Stew with fish/lean meat & vegetables + cup of boiled rice + tinned fruit + custard

If you are still hungry snack on the following foods:

- bread or toast
- fresh or dried fruit
- raw or cooked vegetables
- milk drink or yoghurt.



Don't be shamed Breastfeeding is best



Vicki Doctor and Ronice (9 months), her daughter

Give baby a healthier start in life !

🍷 If baby is not breastfed the following problems may occur:

- ☹ baby will not grow as well as breastfed babies
- ☹ problems with allergies & infections
- ☹ ear aches
- ☹ runny nose
- ☹ diarrhoea and stomach pains
- ☹ baby will have a higher risk of developing diabetes and heart disease in adult life

🍷 Myths (gammin talk) about breastfeeding:

- ✗ formula milk is just as good as breastmilk
- ✗ breastfeeding hurts
- ✗ breastfeeding is shameful
- ✗ breastfeeding takes longer than formula feeding
- ✗ baby not getting enough to drink
- ✗ breastmilk isn't strong enough.



Elaine Shaugnessy and her son Dane, 9 months

What's so good about breastfeeding?

- 😊 it's always fresh, clean & safe
- 😊 it's convenient
- 😊 breastmilk is free. Save money, by not buying formula, no fuss with preparing bottles
- 😊 it builds a loving bond between baby & mother
- 😊 it helps baby's teeth to be strong & healthy



- 😊 it provides all the goodness baby needs to grow & be healthy
- 😊 breast milk offers special protection against diseases, germs & allergies
- 😊 it helps your body return to normal size & shape

It's okay to breastfeed

Breastfeeding is a natural & special part of being a mother that should be done without shame. Breastmilk can provide all the goodness that baby needs for the first 4-6 months of life. After this time food should be used with breastmilk to make a healthy meal for baby.

Breastfeeding can be easy, if you

- ✓ care for your breasts
- ✓ get support from other mums
- ✓ seek help from health workers or child health nurse if having problems



Jack & Sally with son Jack, 18 months

- ✓ attend ante-natal classes
- ✓ get help from family, partner & friends with housework and meals
- ✓ get plenty of rest

Learning to breastfeed

1. Find a comfortable position for you & baby to breastfeed.
Here are some different feeding positions.



cradle



transitional



side lying

2. Support baby behind baby's shoulders and have baby facing you.
3. Gently touch baby's mouth with your breast.
4. Bring baby to your breast. Make sure baby takes a good mouthful of breast and areola (the dark area around the nipple).



✓ *good attachment*



✗ *poor attachment*

5. Make sure baby's chin is well against your breast.
6. When you see baby's jaw and face muscles moving, baby should be feeding correctly.
7. Start again if you hear clicking sounds, or if baby's cheeks are sucked in, as baby is probably not feeding correctly.

How to deal with feeding problems

Sore nipples

- some soreness is normal at the start of feeds
- avoid using soap on nipples
- expose your nipples to air after each feed and let breast milk dry on them for extra protection.


Swollen breasts

- wear a supporting bra
- feed baby often to keep breasts comfortable
- can be reduced and corrected by the right positioning & attachment of baby.



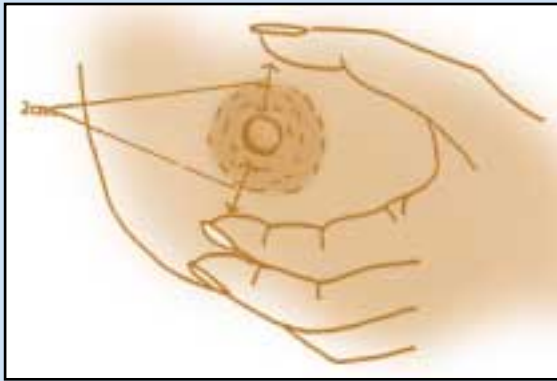
Cracked nipples

- ensure baby is properly attached to the breast, as poor attachment is the most common cause of this problem
- before taking baby off breast after a feed, release baby's jaw by gently placing your finger between baby's gums
- if it hurts too much, don't feed on the sore breast temporarily

 If any of the above feeding problems continue then seek help from your local doctor or health worker

Expressing for your baby




- can be easy with practice
- hand expressing is the most convenient
 - all you need is a clean dish to collect the milk



hand expression technique

- allows you to leave baby in others' care so you can still have time away from baby

The Crying Baby

-  it's normal for baby to cry
-  baby will cry for a number of reasons such as hunger, tiredness, excited, hot or unwell
-  some babies might cry for long periods day & night.
This doesn't always mean that there is something wrong with baby.

Other things you need to do:

- ✓ try to do some type of exercise three times a week
- ✓ Avoid smoking as nicotine passes through breastmilk to baby & can stunt growth. Always try to have baby in a smoke free environment
- ✓ Only take drugs prescribed by your doctor. If you take illicit drugs (e.g., speed, heroin, yarndi) do not breastfeed

Eating well while you breastfeed

Good tucker is important to keep you & baby healthy while you are breastfeeding. You may feel more hungry than usual as making milk uses up lots of energy.

Foods that give you energy & that you should eat every day are:

- ✓ breads & cereals (e.g., Weet-bix, rice & pasta)



- ✓ fruit & vegetables



- ✓ meat, chicken & fish

- ✓ dairy products
(eg milk, cheese, yoghurt)



It is important to drink 6 to 8 glasses of fluid everyday, especially water. Be careful of alcohol, which is harmful to baby (e.g. damages the brain). Limit Coke, tea, & coffee to 3 to 4 cups a day or baby will get shaky.

Bottle feeding

If you find you can't breastfeed, then bottle feeding is your next option. The following points need to be considered if you do decide to bottle feed:



Choosing the right formula

- talk to your child health nurse or doctor to find out what formula is best for baby
- cheap formula can be just as good as more expensive formula.

Cleaning & sterilizing

- it is important to clean and sterilize bottles & teats before use so harmful germs don't pass to baby
- always wash hands before making up formula in a clean area



Preparing formula

- follow instructions on the formula can, don't make it weaker or stronger
- don't make up feeds with foods not in the instructions (e.g. Farex)
- use cool boiled water
- refrigerate covered bottles and use within 24 hours

Do not use these milks as formula, as they can be harmful to baby:

- | | |
|---|-------------------|
| ● sweetened condensed milk | ● evaporated milk |
| ● goats milk & soya milk | ● cow's milk |
| ● instant milk powder e.g. Sunshine milk powder | |



When to give foods to baby







Alexandra Hay, 8 months

Caring for baby's health

Introducing Solids

Don't start foods before 4 months, because:








-  baby's body cannot digest food properly. Don't start Farex before 4 months and weetbix not before 10 months
-  as baby can't fight germs as well as adults can, baby is more likely to get allergies and infections from food
-  starting foods too early can reduce baby's appetite for breastmilk, which is still important for growth & development until baby is 1 year old
-  baby's kidney is not able to handle some foods, such as cows milk & very salty foods (e.g. canned fish in brine, canned soups, noodles).



*Darren Malone
and son Tyrone*

At 4 to 6 months, baby can start to eat some foods

This is important because:

-  at 4-6 months of age baby's iron stores start to run out. Baby needs iron for strong blood
-  baby will show signs that he is ready to eat, such as:
 -  baby is able to hold his head up
 -  tongue doesn't stick out when food enters mouth
 -  food stays in mouth and is swallowed
 -  baby takes more interest in food & watches you while you eat
 -  not settling after a milk feed and you feel that he is not satisfied

How to introduce foods

When baby tastes food for the first time, it should be in a happy environment. Let baby eat with the rest of the family. Here are some tips for you to follow:

- start with offering 1-2 teaspoons of rice cereal once a day at 4-6 months. Rice cereal is less likely to cause allergies
- always offer breastmilk before the food
- only offer one type of food at a time
- offer smooth foods, as lumpy foods may cause baby to gag or choke as baby is just starting to learn to chew



Connie with baby Norman, 4 months

- hold baby on your lap or sit baby in a high chair when old enough
- if your baby does not like the food don't force it & try again another day
- gradually give baby more food until you are offering food three times a day.

 If any family member is allergic to a certain food, check with your doctor or child health nurse before offering it to baby.

Suggested times to introduce solid foods to baby:

Age	Types of Foods
4 to 6 months	Iron fortified rice cereal e.g. Farex (pre-cooked and mixed with breastmilk or formula)
5 to 6 months	Strained (puree) vegetables (e.g. potato, pumpkin, carrot, zucchini, peas, green beans) Strained (puree) fruits (e.g. banana, avocado, apple, pear) Strained (puree) meats, fish (boneless) Baby fruit gels
6 to 8 months	Soft cheeses (e.g. ricotta, cottage cheese) Custards, yoghurts (not low fat) Mixed baby cereals (e.g., strained rolled oats, semolina) Pasta, rice, lentils (all these should be cooked), smooth peanut paste Cooked egg yolk White toast & butter
10 to 12 months	Other cheeses (e.g., cheddar) Wholegrain cereals (e.g. weetbix, bread)
12 months	Whole egg Cows milk Note: cows milk should not be the sole source of milk before 12 months as it is a poor source of iron & can cause baby's gut to bleed.

Foods to be avoided:

- ✗ Skim, Trim and other reduced fat milks, as baby needs energy from fat in the full cream milk to grow
- ✗ very sweet foods (lollies, soft drinks, cordials), to prevent tooth decay
- ✗ nuts & hard seeds of any type, including popcorn, as they may cause baby to choke
- ✗ hard foods (e.g. raw apples & carrots) as babies can't chew food very well.

Fluids

- as baby drinks less milk, baby will need to have more of other fluids
- when baby needs more fluid than milk provides, offer cool boiled water rather than sugary drinks
- drinking milk remains important throughout childhood and should be encouraged.
- fruit juices in a diluted form can be offered from about 6 months of age. Diluted cordials should not be given until after 12 months of age.



Because cordials, soft drinks & fruit juices contain a large amount of sugar, they should only be given in small amounts to prevent tooth decay.

Do not give a bottle to baby when going to bed as it will rot baby's teeth & gums.

Tips for fussy eaters

- ✓ serve small portions, give seconds only if asked for
- ✓ make sure that the texture of the food & the size of the bites are suitable for the age of the baby
- ✓ try disguising food that your baby has rejected by mixing it with old favourites such as mashed potato
- ✓ too many snacks will take the edge off any appetite so don't offer too much milk or fruit juice before meals

Sample menus for baby

Sample menu at 4- 6 months

Breakfast

Breastmilk or formula

Morning tea

Breastmilk or formula
+1-2 tablespoons of iron
fortified rice cereal

Lunch

Breastmilk or formula
+1 tablespoon mashed or
pureed fresh or canned
fruit

Dinner

Breastmilk or formula
+ 1 tablespoon of
mashed boiled or steamed
vegetables

Supper

Breastmilk or formula, if
needed

Sample menu at 7- 8 months

Breakfast

2 tablespoons of iron
fortified baby cereal
+ Breastmilk or formula
+1 slice of white toast

Morning tea

2 tablespoons of mashed
fruit

Lunch

2 tablespoons of strained
(blended) vegetables
+ $\frac{1}{3}$ cup yoghurt +
Breastmilk or formula

Afternoon tea

Breastmilk or infant
formula + 1 rusk

Dinner

2 tablespoons of minced
meat + 2 tablespoons of
mashed or blended
vegetables
+ 2 tablespoons of fruit

Supper

Breastmilk or infant
formula if needed

Sample menu at 9-12 months

Breakfast

Iron fortified cereal with
milk + toast +fruit

Morning tea

Cheese on a savoury
biscuit

Lunch

Sandwich containing
meat, chicken, fish or
cheese + fruit or yoghurt

Afternoon tea

Fruit

Dinner

Soft meat, fish or chicken
minced or finely chopped
+ vegetables mashed or
soft + milk pudding or fruit

* Supplement meals with breastmilk or formula after food.

- tablespoon = large spoonful or 2 heaped teaspoons
- cool boiled water can also be given to baby, this is important in summer.

 **To find out more information contact:**

Indigenous Health Program (doctor, nurse & dietitian)

Inala Community Health Centre, Wirraway Parade, Inala
07 32755440

Ante- Natal Services

Inala Community Health Centre, Wirraway Parade, Inala
07 32755455

Indigenous Youth Health Service

Hubert Street, Woolloongabba
07 38916060

Aboriginal & Islander Community Health Service

Family & Child Health, or dietitian
Hubert Street, Woolloongabba
07 33930055

Aboriginal & Islander Community Health Service (Kambu)

Roderick Street, Ipswich
07 38123843

Indigenous Health Unit

Rosemount Complex, Windsor
07 3357 1069

Nursing Mothers Association

Queensland
1300 302 201

Kym Wilson and son Tyson

