

Nutritional Guidelines for the Infant

The purpose of monitoring the infant's nutritional intake will be to compliment the ongoing development of their digestive system. Clinically those children who have a structured nutritional intake are known to have less food allergies. This is particularly seen with grain and dairy sensitivities.

1. If at all possible, breastfeed your child. The mother's milk contains all the ingredients for the immune system for your child. The baby can digest the protein in this milk. Also, the breast milk will cause the stool to have a unique enzyme that will destroy the bacteria involved in diaper rash. Your child's taste buds will not develop until the 8th month, so feeding your baby should have a nutritional purpose, not taste.
2. If the mother is unable to breastfeed, the best substitute is goat's milk. This can be purchased in liquid (natural) form or in powdered form. Infant formula is loaded with chemicals, preservatives and unhealthy substances. Don't be fooled by soy-based formulas-they are NOT healthy.
3. No child under the age of 6 months should be fed solid foods. The infant's digestive system is not developed to maturation. Look for signs of readiness in your child. Some of these signs include:
 - Sitting up on their own
 - Showing interest in the foods you are eating
 - Reaching for food
 - Absence of tongue-thrust reflex (pushing objects/food out with tongue)
4. After 6 months, the infant should be introduced to vegetables first. The vegetable should be given by itself for several days to allow for the digestive system (enzymes) to acquaint itself with the individual vegetable.
5. At 7 months, introduce fruits in the same manner as the vegetables. Begin with the banana first, then the apple, then you can introduce others. Be careful of the acidic group (oranges, etc.) at this time. You may also introduce eggs at 7 months, making sure they are cooked fully.
6. At 7-8 months, add cooked cereal. It is best to begin with rice cereal, then oat and lastly wheat.
7. At 7-8 months, protein can be added. Clean, organic meats are best. Whole wheat bread and brown rice can be started.
8. Introduce fruit juices only after the 8th month. The juices should be natural, not from powdered mixes. Also, the juice should be diluted 1/3 juice to 2/3 water. Remember, the high content of fructose (natural sugar) may be too much of an overload to your child's system.

DO NOT give your baby any processed sugars (colas, cookies, candies, ice cream, etc.). Sugars will only increase your child's susceptibility to hyperactivity, lower resistance levels (colds, ear infections, etc.) or slower growth rates.

DO NOT feed your baby salt or foods with salt.

DO NOT feed your child white flour products. White flour (bread, rice, pastas) has gone through extensive processing which leave them with no nutritional value.