

**Infant Nutrition: From First Foods to
Optimum Health
by Beth Hendry-Yim**

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By Beth Yim, Food Specialist, Nutritional Consultant and Mom

This book was written in direct response to a request from parents for material on optimizing baby's health, preventing allergies and sensitivities, and ensuring infants have the strongest most vital immune system possible.

I hope you find the information invaluable and useful.

Thank you

Beth Yim

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Infant Nutrition: From First Foods to Optimum Health

By Beth Yim, Food Specialist, Nutritional Consultant and Mom

When you first look into your baby's eyes it's hard not to be amazed and awestruck by his very existence. When you hold him in your arms, so close to your body you can feel his heart beating, it is hard not to be a little intimidated by his total dependence on you for his every need. As parents we have the most important job of our lives, to raise a human being, to encourage him, support him, teach him and guide him in moral and ethical choices. We want him to grow from a happy, healthy child to a [strong and humane adult](#).

Society today doesn't always encourage this and many times we must take a stand on what we believe is right for our children and family.

Unfortunately, we live in a very toxic world. One where we have to be more vigilant than our parents were, one where our decisions and choices must be different than those of our parents.

Your newborn depends on you for protection, sustenance, and love. Controlling his environment, considering what his needs are, and providing him with comfort and love are his most basic needs and food is the most basic of all.

This most basic need can make the difference between a vital, happy baby and one who is chronically ill. Having a sick baby is not fun. Not only is it

Breast milk is the perfect food for the human infant. It has the right combination of fat, protein, vitamins, and minerals to keep your baby healthy and happy. But this isn't the only benefit. Here is a list of some of the extra bonuses you get from breastfeeding your baby:

- Saves time
- Both baby and mom are healthier
- Build's confidence
- Saves money throughout life
- Better dental health
- Allows baby to reach highest IQ potential
- Helps mom rest and relax
- Promotes bonding
- Lessens risk of developing allergies
- Easier for going out
- Helps regain pre-pregnancy weight
- Allows one hand free for multi-tasking
- Aid in birth control and natural spacing
- Environmentally friendly

stressful for baby, but it can also put parents on edge worrying about whether they are doing something wrong and whether they are going to permanently damage their baby.

Controlling your baby's food intake is one of the easiest and most straightforward part of parenting a baby. It can also have the most impact on his present and future state of health.

The next section is my testimonial. I share it with you because I had quite the journey with my daughter. I learned first hand the affect food can have on a child and I wanted to give you a real life example of what your diligence, love, and dedication can do for your child.

My Testimonial

Our journey began when we had our first child. Megan was a delight from day one. Calm and even tempered, she loved watching people. It could be quite disconcerting having a small baby stare at you with such a keen look. We were told many times that her intelligence and intensity were impressive.



At the age of three months she developed a patch of eczema on her cheek. Within a few weeks that one small patch had grown to encompass her whole body. She had red welts and swollen cheeks, legs and arms. I would sleep holding her sock clad hands to prevent her from scratching and scarring herself. After many doctor visits and one suggestion after another making no difference, I thought to eliminate certain foods from my diet as I was still only nursing her. By the time she was ten months I eliminated every food except rice, green beans, lamb, and blueberries.

I lost a great deal of weight, but seeing my daughter's eczema under control made it worth every pound. With only four foods to eat, I had to become very creative with combinations, blends, herbs, and spices.

At ten months I began to test her on solid foods and we began this next step in our grand adventure.

Unfortunately, our journey took a detour when at three and a half years Megan went into anaphylactic shock from ingesting pumpkin seeds. I had thought it would be a good snack food for her, after all it was a good source of protein, high in phytonutrients and an impressive source of essential fatty acids. I thought I could add it to her growing list of edible foods. I thought wrong. We almost lost her that night. Praise God we didn't.

After this episode I became a little obsessed with 'fixing' my daughter. My husband would say, "A 'little' is an understatement!". As we were living in Seattle at the time I took to visiting the University of Washington medical library and studying every book I could get my hands on that had anything to do with allergies (as well as having a medical dictionary close at hand). I learned everything I could about what happened to my daughter.

The research didn't stop there though, I also poured over every alternative and holistic book on the same subject. What I discovered confirmed my earlier idea of food and food preparation being a cornerstone in healing. I was inspired and motivated and eventually created my own menu planning system and formulated what I now call a TACS (Total



Allergy Control System). Today, Megan is a healthy, happy, well adjusted seventeen year old. Her whole body radiates good health. Sometimes we'll sit in the kitchen and talk about those early day, remembering the mad car ride to Children's Hospital with mum trying to sing "The ants go marching." Other days we'll talk about how much her allergies have helped the whole family be healthier. Some days she will be sad that her diet is limited and we'll talk about how she is stronger and more determined because of her dietary limitations.

The journey with my son has been slightly different. When he was ten months, after I had feasted on ice cream the night before and he had eaten non-organic grapes in the morning, hives began popping up all over his little body. Even his eyes were swollen shut. The welts lasted for three days and three nights. We slept little and only in shifts. He spent the time either nursing, whimpering or trying to scratch.

Fortunately, Zack has always been a happy little man with smiles and giggles for everyone. Nothing keeps him unhappy for long and if it ever does Megan is there to cheer him up. With the information I learned through researching Megan's allergies I was equipped to deal with Zack's allergies and sensitivities. He thrived and today is an incredible young man who will make some girl very, very happy!



As the kids grew older I could see that what we were doing made a big difference in their health and attitude. I wanted to share what I had learned with other parents dealing with allergies and sensitivities so with cut out clip art and an Underwood manual typewriter I created my first newsletter, "*Just Allergies-A Newsletter for Parents of Allergic Children*". With this newsletter I was able to network with parents all over the world and share information, recipes, challenges, and successes. We shared ideas about creating a safe environment in our homes and revelled in the knowledge that we were making a healing place for our children in which to grow. I met wonderful, caring people who were dedicated to giving their children the best possible chance in life.

When we moved back to Nanaimo I ended the newsletter. It was with sadness and loss that I stopped production, but as we were opening a new naturopathic clinic, John needed my help.

Skip ahead five years. We are still making decisions that don't quite fit the usual idea of parenting: the nursing until Megan was four, the avoidance of specific foods, a family bed, a no spanking policy, and then homeschooling through high school. I'm sure the grandparents had many sleepless nights.

Today, Megan and Zack are very healthy. They are thoughtful, moral kids who I trust to make good decisions. They will enter adult life with a strong confidence and belief in themselves and I can't ask for anything more than that. Well...except maybe a couple of grandchildren to spoil!

The Threshold Theory

In our clinic we like to share the Threshold Theory of Good Health as a way of explaining the effect stressors have on health. We use the rain barrel analogy as it is effective and on our rainy West Coast is very graphic.

Our immune system is our built-in defence mechanism, launching into action when it feels our bodies are being attacked. We can compare it to a rain barrel. All the stressors in our lives such as inadequate sleep, poor dietary choices, nutrient deficiencies, toxins absorbed into the body, financial worries, family or relationship challenges, airborne allergies, food allergies, and so on are like rain drops filling up our rain barrel. When stress or water levels get too high in your rain barrel, water spills over the rim. Once that water starts overflowing you may begin to display allergic symptoms or develop health problems.

Your baby's immune system works the same way, with a few less stressors. By lowering the water level in your babies rain barrel and increasing the size of his barrel the water is less likely to spill. In other words, by decreasing as many stressors in his life as possible and allowing his immune system to develop naturally, you can control his health to a huge degree. Of course, your health is tied to baby's so this information could be pertinent to you as well.

A baby's stressors are obviously minimal. Take note of the difference between your stressors and your babies:

***Some* Examples of Adult Stressors**

Exposure to virus/bacteria	Car fumes
Worrying about family member	Indoor air pollution
Food sensitivities	Hereditary Factors
Lack of sleep	Argument with partner
Deadline at work or school	Emotional Issues
Moving	Aging parents
Relationship issues	Biological Toxins
Pollens	Conflicts at work
Environmental Toxins	Nutrient Deficiencies

***Some* Examples of Baby Stressors**

- Variations in temperature
- Hunger
- Too much freedom of movement
- Too little freedom of movement
- Pain
- Lack of human contact
- Exposure to viruses and bacteria
- Exposure to toxins
- Genetic Potential
- Not enough sleep
- Sensitivity to certain foods



You hold the umbrella that keeps your baby dry and comfortable and out of the rain.

“Each stressor is adding rain drops to your rain barrel. When the barrel is full it overflows causing allergic symptoms or other chronic conditions. Lower the level of water in your rain barrel by removing stressors and increase the size of your rain barrel by building the immune system and you can look forward to better health.” [Kitchen Chick](#)

Most of these factors are fairly straight forward to minimize. Temperature is fairly simple to regulate, bundling is a quick comfort for some, taking a bath is soothing for others. Nursing can have a dramatic effect on lowering stress for both you and baby and can sooth aching tummies as well.

Exposure to toxins and sensitivities to foods may seem to be the hardest of all stressors to control. In some cases they are. For instance, car fumes are hard to eliminate completely and indoor air quality can be difficult to monitor consistently. Food however, in my experience, is the easiest aspect of your baby's life to control and it has one of the most profound effects on their immune system.

INFLUENCING YOUR GENETICS by Dr. John Yim, ND

When it comes to health, what do you think is more important, genetics or lifestyle and nutrition? I believe that our genetic inheritance is the template upon which we build life and our health. Our diet, lifestyle, and even our environment all have a tremendous influence on how our genes are expressed.

In my immediate family, there are three boys; none of us are over 5 foot 9 inches. My three male cousins (our moms are sisters) who were born in Canada, are all over 6 feet tall. Although we are all Chinese and genetically we have a certain potential for how tall we could be, because they grew up drinking cow's milk and receiving a different diet than my family, they are all taller than us.

It is very important to grasp the idea that our genetic inheritance plays a vital role in defining our risk for certain diseases, but our health is more controlled by how we communicate with our genes through our diet and lifestyle.

Beginning from the time you are an infant and extending to adulthood, what you eat, drink, inhale, surround yourself with in your environment, stresses that you endure, activities in which you participate, injuries, infections, and so on, are all factors that can affect the expression of your genes and have a substantial impact on your health.

Of all the factors that can influence our health, nutrition is one that we can most control. Over the course of many years our dietary choices, such as drinking plenty of pure water, eating organic fruits and vegetables in great variety and abundance, a variety of whole grain products, healthy oils, and "clean" protein sources, will determine our health and quality and quantity of life.

From First Foods to Optimum Health

Food allergies and sensitivities are a growing concern, not just for infants, but for adults as well. In a recent British Medical Journal article, researchers were alarmed at the dramatic increase in the number of people admitted to hospital suffering from allergy related disease. Unfortunately, most of those hospital admissions were children.

Allergies to food, including sensitivities and intolerances can have a dramatic affect on the health of an individual, especially an infant. Recurrent ear infections can be painful and lead to hearing challenges, eczema can eventually be followed by asthma, and chronic colic may develop into digestive problems.

In addition, statistics show that if you and your partner have no allergies your child still has a 25% chance of developing them. If you or the child's father have allergies the risk to your child increases to 50%. If both parents have allergies the child has a 75% chance of developing allergies.

Fortunately, there are positive things you can do as a parent to prevent these conditions. Breast feeding of course is one of the best foods available for your baby and ideal for helping your child's immune system deal with allergens. It has been shown again and again to be the most effective preventative to developing allergies and for building a strong immune system and for building a strong bond between mom and baby.

Baby isn't the only one who benefits from breast feeding. Hormones released while nursing help relax mom. The process of making the milk can help mom lose those extra post birth pounds and the close contact helps the new mother feel more confident about her new career and role as mom. However, if you choose not to breastfeed or are unable to nurse,

this information is still pertinent and can help your child grow strong and healthy.

Your Infant's Digestive System



As a new born, your baby does not have the well developed digestive system that you do. His salivary glands do not contain the necessary secretions to initiate starch breakdown and even his little tummy isn't producing the enzymes needed to convert starch to fuel. Unfortunately, one of the first foods given babies is pablum or cereal, a starch, that given your infant's inability to digest carbohydrates, can decompose in his stomach and cause one or more of the following complaints: colic, irritability, insomnia, constipation or diarrhea, bloating and gas, skin rashes or eczemas, recurrent upper respiratory infections, and asthma.

However, your child's digestive system *is* capable of breaking down the protein found in mother's milk. In addition, their pancreatic enzymes can process fat and carbohydrates found in mother's milk, this carbohydrate being milk sugar or lactose.

When solid foods are introduced to infants too early their ill-equipped systems cannot break down the food completely. This allows undigested proteins to be taken into the blood stream. These proteins, called antigens, can cause an infant's delicate immune system to respond by creating antibodies, substances that seek out and eliminate antigens. When the offending food is consumed in the future, the antibodies cause the immune system to produce powerful anti-inflammatory substances such as histamines and leukotrienes which can provoke the host of symptoms mentioned earlier.

Taking Action

There are solutions! The first step is taking the time to educate yourself in infant nutrition. The second step is taking action!

The first action taken should be to remove harmful foods from your baby's diet. The second is to introduce health-building foods appropriate for his age and development. Harmful foods are those your baby's undeveloped system cannot handle properly. Health-building foods are those that promote wellness and continued good health.

Cow's milk is a staple for many families. Unfortunately, it is not a good first choice for babies. Its protein content is far higher than breast milk and whereas breast milk contains valuable essential fatty acids vital for protecting against inflammation and certain diseases, cow's milk contains fats that promote inflammation and disease. Its nutrient profile is best suited for a young cow. Cow's milk has ten times less vitamin E than human milk and has denatured immune stimulating compounds (allergy causing) created by excessive processing. Cow's milk is for calves not human infants. If you are not able to nurse or give your child breast milk a satisfactory alternative to mother's milk is a **pre-digested** formula recommended by your health care provider.

For more information on formula click here:

<http://www.drspock.com/article/0,1510,5555,00.html>

Once your baby hits six months of age things rapidly begin to change. He is more alert and interested in his surroundings and more than likely trying to grab some of the food you're eating. If he is healthy and thriving it is fine to continue with only breast milk, especially if the biological parents are dealing with food sensitivities (the longer a baby is breastfed the less likely he is to develop food allergies later on in life). If possible continue to nurse as long as your baby is content up to 12 to 16 months (if your baby is gaining about 1 to 1.5 pounds per month) The rule for feeding

solids in this first year is that it complements breast milk and doesn't yet replace it.

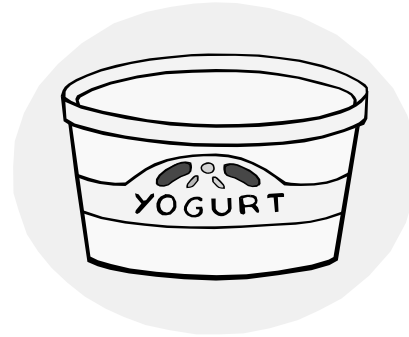
At 12 months your baby will probably be consuming some solid food. If you are planning to nurse for an extended period of time make sure you allow the baby to nurse before eating solids otherwise they may wean themselves earlier than you had planned. The length of time you nurse is totally up to you, but research does show that extended nursing is good for baby.

"The longer you breastfeed, the less chance your child has of developing allergic diseases, such as eczema and asthma. Breastmilk is rich in an immunoglobulin called secretory IGA, which acts as a protective paint, coating the intestines and keeping food allergens out of the bloodstream. Breastmilk keeps the intestinal lining healthy and better able to break down proteins into individual amino acids. The amino acids themselves are not likely to cause allergies when they get into the bloodstream. Intestines that are damaged due to infection or inflamed by foreign milk or formula may allow whole protein molecules to seep through, setting up an allergic reaction in the bloodstream. To further decrease the risk of developing food allergies, it would be wise for a breastfeeding mother to keep the most allergenic foods out of her diet until her baby is at least one year of age."

Sears, Bill Dr. askdrsears.com

Probiotics and Your Baby

In a recent study with soon-to-be mothers and newborns it was found that giving doses of “good” bacteria may help prevent childhood allergies. Allergy experts say this is the first good evidence that harmless bacteria can actually train an infant’s immune system to resist allergic reactions.



Probiotics are a type of cultured bacteria that promote good health. Examples are those found in fermented products like yoghurt and kefir.

The bacteria used was a type naturally found in the gut-called Lactobacillus GG (Lactobacillus rhamnosus). It is safe to use at an early age and has already been found to be effective in the treatment of allergic inflammation and food allergy.

The group of investigators from Finland gave a group of pregnant women probiotic capsules every day for a few weeks before their due dates. After the babies were born the women who breast-fed continued with the probiotics, while bottle-fed infants were given the probiotics directly.

The babies were considered to be in a high-risk of developing allergies due to at least one of their parents or siblings being affected by allergies.

Another group of pregnant and nursing women were given no treatment. Amazingly by the age of 2 years 35% of the children in this non- treated group had developed allergic eczema. The children who had received probiotics were half as likely to develop the skin condition.

Even though researchers are unclear exactly why the friendly gut bacteria might protect against allergies, they feel it shows significant results in preventing allergic disease.

If you are unsure what kind of probiotics to give your infant or what the proper dose should be contact your [naturopathic physician](#).

What is a Naturopathic Physician-

Adhering to the principles of holistic medicine, naturopathic doctors can use various natural methods to treat patients, including nutritional supplements, herbal medicine, homeopathy and lifestyle counselling. In the state of Washington, naturopathic doctors (ND) are legally defined as physicians licensed to diagnose and treat in a general family practice. Some ND's are also licensed midwives or licensed acupuncturists. In BC naturopathic medicine is primary healthcare from licensed doctors, without the use of drugs or surgery.

In order to be licensed as a naturopathic physician, eight years of education is required, a Bachelor of Science degree followed by four years of doctorate training at an accredited university.



Is your baby suffering with colic?

Colic is a condition marked by extended periods of crying that is usually worse at night. The baby may look uncomfortable, draw their legs to their tummy, become quite red in the face, and pass gas. They may have difficulty falling asleep and staying asleep and are many times inconsolable.

This can reek havoc on mom and dad. There is no one reason for colic, some say it involves digestive problems while others say it has to do with poor temperature regulation due to baby's immature nervous system. Either way it can cause stress and tension in the home. Use this checklist if your baby is suffering from colic.

1. Is he hungry?
2. Is he tired?
3. Is he asking for a cuddle, some babies need constant contact; a baby sling is good for keeping him close.
4. Did something startle him and set him into a crying fit? As their nervous system is still undeveloped they have difficulty regulating their crying. Once they start it is hard for them to stop.
5. Is he covered? Some babies don't like air on their skin.
6. Is the baby too hot or too cold?
7. Is there something causing him pain? A clothing tag, diaper rash, something or sharp in his clothing.
8. Did you eat something that he could be allergic to? Protein molecules will pass into breast milk so keep an eye on what you eat. A Diet Diary is invaluable.
9. Have you eaten a gassy food like: cruciferous vegetables (ie. cabbage, broccoli, cauliflower, sprouts and parsnip), beans, onions, garlic, apricots, melon, spicy foods, caffeine and alcohol?

To soothe baby one or a combination of these may help:

- carry the baby in a front sling or back pack
- wrap him snugly in a blanket (this is called swaddling)
- keep the baby moving in a baby swing
- place him near continuous noise or vibrations from household appliances like the dishwasher, vacuum cleaner or washer-dryer
- take him for a car ride or a walk outside
- give him a pacifier to suck on
- give him tummy or back rubs
- take a shower together - the warm water may be comforting
- try a teaspoon of chamomile tea
- try Hylands Calms, available at pharmacies and health food stores.

For parents of a colicky baby, life may seem to have taken a miserable turn. Both may get little sleep and suffer from short tempers as a consequence. To preserve the sanity of both parents I encourage you to take a break at least once a month if not more. Hire a babysitter you trust and go out for dinner or to visit friends. Colic is a short term problem but your sanity needs to be with you at least until the teen years are over!

Introducing First Foods for Optimum Health

My goal in sharing this information with you is to explain how to minimize the risk of improper nutrition. Introducing the wrong first foods can have a detrimental affect on your baby in the present as well as in the future.

When introducing solid food for the first time start with only one item. Resist the urge to purchase fancy combinations that sound and look good. By starting with one food you will be better able to determine what your baby can tolerate. Continue with that one food for a couple of days. Look for the following signs and symptoms of an allergic reaction within that time:

- Redness or swelling around the mouth or anus. Usually, the redness around the mouth will show itself within two to three hours. The redness around the anus usually occurs between 12 and 24 hours later.
- Bloating, gas, and a swollen tummy. Though this is common in babies, it is still not healthy or very comfortable for the baby.
- Over activity, resistance to being held due to discomfort, crankiness, wakefulness, and excessively loud and anguished crying.
- Bowel irregularities such as diarrhea or constipation. The stool may smell



The steps to introducing a new food are as follows:

Step 1. Introduce the new food in a diluted, simplified form.

Step 2. Continue with the food for at least three to four days.

Step 3. Look for an allergic reaction.

Step 4. If the baby does not show any reaction to this food, introduce another food and begin at Step 1.

If the baby shows signs of an allergic reaction remove the food from his diet for at least six months before trying again.

particularly foul as well. He also may display discomfort just before passing stool.

- Excessive spitting up or vomiting.
- Nasal and/or chest congestion with a constant runny nose.
- Angry looking patches on the skin that may be eczema. The redness is usually found on cheeks, groin, bum, and hands.

If you have introduced a new food and any of these symptoms occur within four days of consuming the food assume the baby is sensitive to it and wait until his immune system has developed a bit more, about six more months, before trying that food again. Before introducing another food wait until the reaction has cleared up and then try a new food.

The best food to introduce first is freshly squeezed fruit juices diluted 1 part juice to 2 parts water. Give one teaspoon of this diluted juice and wait to see how the baby responds to it. The best fruits to start with are pear, peach, and nectarine. If the baby does not react to these fruit juices you can introduce the fruit in mashed form. Add water to thin it out if the baby prefers a more liquid diet. Remember to stick to one fruit at a time and watch closely to observe any signs of a reaction.

If the initial fruit has been tolerated move on to another fruit and begin the process again with a different fruit. Of course, organically grown fruits should be the only kind served to your baby, as his system is very sensitive to chemicals. Levels of chemical pesticides and herbicides have been set for adults not a baby's undeveloped and vulnerable system.

Fruit First

Making fruit your baby's first food is a healthy choice because:

- Fruit is easy to digest and absorb.
- They are an excellent source of phytonutrients as well as vitamins and minerals.
- The natural fruit sugars provide an excellent source of energy plus they taste good.
- They have a similar protein content to breast milk.

If fresh fruit is not available organic frozen fruit is a good second choice.

Try to avoid canned fruit or prepared fruit juices as they may have added sugar and have most of the nutrition processed out. Here is a list of ideal first fruits in the order to introduce them:

- Peach
- Nectarine
- Apricot
- Pear
- Blueberry
- Cherry
- Plum
- Apple
- Mango
- Papaya
- Strawberries (this is a fairly common allergen as well as well as having the dubious honour of having the most pesticide residue. **If** you are going to test this food on your baby, make sure they are local and/or organic)

Baby's Second Food



Once your baby has experienced fruit and dealt with them well you can expand his palate by adding vegetables. Freshly prepared carrot juice is an excellent first vegetable due to its sweetness and unique ability to enhance the flavour of other vegetable juices. Vegetable juices are a veritable storehouse of nutrients, concentrated vitamins and minerals, antioxidants, and phytonutrients. They are wonderfully supportive and health giving.

Dilute the carrot juice 4 parts water to 1 part juice.

If your baby tolerates it increase the concentration to 2 parts water and 1 part juice, as with fruit start with juices and then move on to purees.

As raw vegetable juices are best, make sure you wash the vegetables well. For starchier vegetables, potatoes, turnip, squash, parsnips, and beets, bake or steam only, as this renders those vegetables more palatable. Avoid vegetables from the Brassica family (cabbage, brussel sprouts, broccoli, cauliflower, etc.) if your baby has a sensitive tummy. They can cause gas and bloating in adults so can do the same in infants! When preparing the vegetable juices consult a juice cookbook for healthy and tasty combinations (after determining which ones your child tolerates) or try one of the recipes at the end of this E-Book.

When preparing solid foods use a food mill or grinder, it purees the food without destroying precious nutrients.

Try this delicious and nutritious snack for baby: Pour hot water over ½ cup of frozen blueberries. Run them through grain mill, you may have to push a hard to get the frozen parts through. Serve this cold, sweet, and very healthy dish to your older baby. This works extremely well if your baby is teething. Enjoy!

Here are the best first vegetables:

- Carrots
- Yams
- Winter squash
- Zucchini
- Green beans
- Peas
- Spinach
- Swiss chard
- Broccoli
- Cauliflower
- Kale
- Beets

To ensure optimum digestion avoid serving fruit and vegetables at the same meal.

Nutritional Deficiencies Found in Children

According to the Vitamin Supplement Journal in the United States:

- One in six children is seriously deficient in calcium.
- One in five children is deficient in folic acid.
- One-third of American children are deficient in iron.
- More than 90 percent of children are deficient in magnesium.
- One in six children lacks sufficient vitamin A.
- Nearly one-third of children are deficient in vitamin B6.
- One in seven children is deficient in vitamin B12.
- Nearly one-half of children are seriously deficient in vitamin C.
- About one-half of children lack sufficient zinc.

Unfortunately, with today's method of growing, storing, and transporting food you are not always guaranteed a fresh product with all its vital nutrients intact. To ensure your child does not suffer from any of these deficiencies, supplement with a good multi-vitamin/mineral. Nursing babies do not need supplementation, as your milk will provide all the nutrients they need (providing the mother is well nourished). Once they begin solid foods however, it is a good idea to supplement with a high-quality liquid multi. Speak to your naturopathic physician for the product that is right for your child.

Next Please!

At about nine to twelve months of age your child may be ready for the addition of nuts and seeds. These highly, nutritious foods are rich in protein, healthy oils, minerals, and baby energy! However, with the increase in sensitivities to nuts, I urge you to use caution if either of the parents have severe nut or peanut allergies. If you are concerned, speak with a naturopathic physician.



The best seeds, nutritionally, are fresh, raw flax, hemp, sesame, sunflower, and pumpkin seeds. The best nuts are: almond, hazelnut, walnut, brazil nut, and cashews.

Nuts and seeds give your child the nutrients needed to develop muscles, healthy immune system, brain, and nervous system. Grind these storehouses of energy into a fine pulp. Place in blender with water and run on high until a creamy seed or nut milk forms. Add a small amount of sweetener like maple syrup, rice syrup, molasses or agave nectar to enhance the flavour.

Nut or Seed Milk

3 tablespoons raw almonds or nut/ seed of choice

2 cups warm filtered water

2 tablespoons organically grown raisins

1 cup filtered water

Grind almonds into a fine powder in coffee grinder. Pour warm water and almond



powder into blender. Set on high for about 3 minutes or until a creamy, frothy milk consistency is attained.

In a saucepan pour 1 cup water and raisins. Bring to a boil then let simmer for five minutes. Add to nut or seed milk and blend for another two minutes until well mixed.

As sensitivities can develop to foods consumed every day I encourage you to alternate between sesame, sunflower, pumpkin, or almond milk. These foods are highly concentrated sources of energy so your baby should consume these in small amounts only.

Introducing Grains



Grains are best started between the ages of 1 and 1 ½ when your baby's digestive system has developed the necessary enzymes to break starchy carbohydrates down effectively.

The best grains to start with are:

- Millet
- Amaranth
- Quinoa
- Rice

When starting these grains, try making them into a grain milk first.

Blend the cooked grain with water, put it through a fine strainer and add a little sweetener or pureed, cooked fruit. If you are serving it in a bottle you may have to widen the nipple to allow for the increased consistency.

Organic, sulphur-free raisins make an excellent sweetener and are high in iron, however you may want to feed this to your baby with a spoon rather than a bottle.

Raisin Puree Sweetener

1 cup raisins

½ cup water

Put raisins and water in small pot. Let simmer on low heat for 15 minutes until raisins have swollen. Blend until smooth. Store in sealed glass jar in refrigerator for up to three days.

If you choose to add pureed fruit to the grain slurry keep an eye on your baby's symptoms. The combination of fruit and grains may impair digestion of the starches and lead to fermentation in baby's intestines. If

symptoms do develop such as bloating, gas, irritability or foul stools, cut back the amount of fruit you add or eliminate all together.

Infant Massage

Now is a good time to mention the benefits of infant massage. If your child develops the signs and symptoms of colic, bloating, gas, and hard distended tummy, nothing relieves the pain and discomfort better than a gently tummy massage.

Shantala Massage is a form of gentle touch that is soothing and healing for both mom and baby. For more information please [check here](#).

Other Non-Gluten Grains

Once you have introduced the above non-gluten grains you may want to experiment with some of these other nutritious and delicious non-gluten grains.

- Buckwheat
- Corn (*one of the most common allergens, so use in moderation and check for allergic symptoms*)
- Quinoa

Gluten Grains



Gluten is a protein found in many grains. It can cause serious allergic reactions and may be hard to digest for some individuals.

Grains that contain gluten are as follows:

- Wheat
- Barley
- Rye
- Spelt
- Kamut
- Oat

As wheat is one of the most common allergens I would suggest you avoid introducing this grain to your baby until he is quite a bit older and has a well-developed immune system.

To prepare these grains it is best to cook them first and then blend them with water into a diluted slurry. Add a bit of sweetener as mentioned in the nut milks or raisin puree and serve. Watch for symptoms of an allergic reaction and eliminate the food if there are any.

Rye is one of the most nutritious and versatile of the gluten grains. Its high nutrient content is balanced with a low gluten level which makes it easier to digest. Many individuals who cannot tolerate wheat can consume rye with no reaction.

Spelt and kamut are ancient forms of wheat making a surprising hit in the health food industry. Unchanged over the years by genetic modification or hybridization they have stayed true to the original. This could be why they are tolerated by individuals who may not be able to consume wheat. You can find kamut and spelt made into many different

food items from pasta to cookies and bread. Use the flour in recipes instead of wheat. They are equivalent.

What is it with Wheat?

Compared to other grains, wheat is a relative newcomer to the diet picture. Its popularity now, though, is making up for its tardiness. In its whole grain form, wheat has a good nutritional profile, containing some B vitamins, vitamin E, trace minerals, dietary fibre, and amino acids. It can be a healthful part of your Health Living lifestyle. However, in the past twenty years, Canadians have become too dependent on wheat as a major and sometimes only, grain in their diet.

As the demand for wheat has grown, so have the producers' need for more efficient means of growing wheat. Hybridization has produced a product that grows faster, lasts longer, produces more kernels per plant, etc, etc. According to Dr. John Yim, naturopathic physician, these changes are causing individuals to become sensitive or allergic. Why? This staple food is raised intensively for its commercial value. As food producers have bred and hybridized this crop over the decades, the level of phenolics has increased substantially. Phenolics are aromatic compounds that give foods their colour, taste, and smell. The higher the number of phenolics, the more potentially allergic a food becomes.

However, when wheat is consumed as a whole food in moderate quantity, it can be a delicious part of the diet. Moderation and rotation are the keys! Instead of consuming wheat bread daily, try rotating it with rye, spelt, kamut or rice bread. Check out the variety of wheat-free pastas available as well.

Items to Avoid

Babies have very sensitive systems that cannot tolerate the same amount of toxins adults do. Even the smallest amounts may have a negative effect on their health.

Infants grow at an incredible rate and ingested toxins, rather than being excreted may be stored in fat tissue, organs, etc. causing challenges in hormone production, development, and the proper immune balance. As such you need to be vigilante in reading labels and ensuring your child's exposure to the following are minimized.

Chemical Additives-These unnatural additives run the gamut of flavour enhancers to colouring agents. They should be avoided like the plague. When it comes to toxic compounds these are the ultimate. They are found in everything from soup to jams, from cereal to cottage cheese. In [Fresh Start: A Recipe for Healthy Living](#), I list the top ten. Here they are in alphabetical order followed by possible effects on our health:

- **Artificial colour**-carcinogenic.
- **Artificial flavouring**-carcinogenic.
- **Aspartame**-headaches, nausea, vertigo, numbness, blurred vision, memory loss.
- **Benzoic Acid**-may impair the absorption of nutrients and impede growth.
- **BHA & BHT**-may cause blisters, extreme weakness, tightness in chest, tingling sensations in face and hands, difficulty breathing.
- **Caramel**-may be teratogenic (agents that may cause birth defects), and mutagenic (agents that can alter genetic material like DNA).
- **Carageenan**-can cause ulcers in large intestines and stunted growth.



- ***Monosodium glutamate***-teratogenic, headaches, and palpitations.
- ***Sodium nitrite and sodium nitrate, potassium nitrite and potassium nitrate***-can change haemoglobin (a substance in red blood cells that carries oxygen) resulting in difficulty breathing, skin discolouration, and loss of consciousness.
- ***Caffeine***- A powerful stimulant found in chocolate, tea, coffee, soft drinks, and cocoa. It can cause anxiety, elevated blood sugar, elevated blood pressure, and stimulate the heart and lungs. It can cross the placental barrier so should be avoided by pregnant women as well. It can also increase the risk of miscarriage.

Chocolate-Usually loaded with sugar and fat this item should not be eaten by babies. It may also contain dairy and definitely contains caffeine.

Common Allergens-There are six foods that seem to cause the most allergies in children. Avoid feeding these to your baby until their immune system is more developed. They are wheat, soy, corn, peanut, dairy, and egg. Even if these are tolerated it is advisable to rotate them rather than having them every day.

Raw Honey-Un-pasteurized honey may contain botulism toxin in amounts that may harm infants. Alternatives are agave syrup, brown rice syrup, and barley syrup, in limited quantities.

Salt-Too much salt can put unnecessary stress on your baby's kidneys. It can also interfere with their natural appetite. Adding small amounts of salt to grains and beans is fine, but avoid processed foods that get most of their flavour from salt.

Sugar-Consuming empty calories can take the place of more nutrient rich foods. Sugar has no nutritional profile and can create a sweet tooth and addiction not easily broken. Sugar consumption has been linked to tooth decay, heart disease, atherosclerosis, diabetes, obesity, learning

difficulties, and behaviour challenges. Do you really want your child to develop a taste for it?

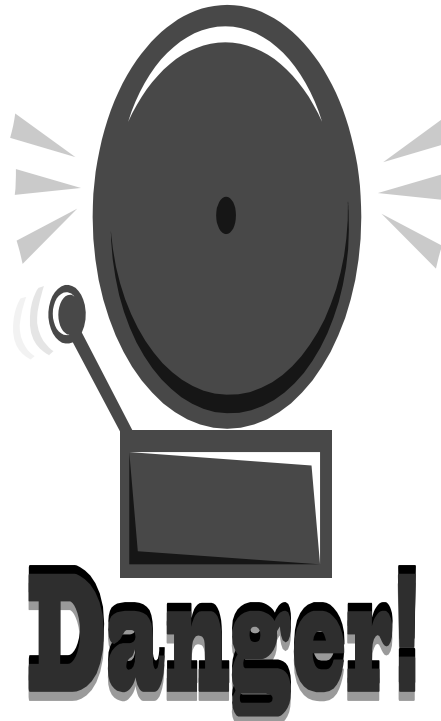
Excessive amounts of fruit juice- they contain high levels of sugar and can cause diarrhea, digestive problems, chronic congestion, and lowered immunity. If your baby consumes fruit juices make sure they are fresh pressed or squeezed.

Foods that can be a choking hazard

When introducing solid foods it is a good practice to make sure you are within earshot and eyesight in case of extreme reactions or choking.

Another good habit to get into is to have your baby sitting down to eat and not walking or running around. Be careful with the following foods:

- Apple chunks or slices
- Cherries without seed removed
- Dry cereal
- Grapes
- Hard candy
- Hard cookies
- Hot dogs or any kind of sausage
- Meat chunks
- Nut or peanut butter
- Popcorn
- Potato chips
- Raw carrot sticks or slices
- Rice cakes
- Whole nuts or seeds



SIDS or Sudden Infant Death Syndrome is the leading cause of death in infants 1 month to 1 year of age. Despite years of research doctors are still no closer to finding a cause of this devastating syndrome. For information on SIDS go to <http://www.sidscanada.org/>, the Canadian Foundation for the Study of Infant Deaths

Food to Grow Up On: Creating good habits in your one year old and toddler

Your baby is growing up and with this growth comes a lot of change. In his first year his growth was rapid. After he turns one his growth may slow down, but becomes steady and continuous. His appetite may change and he will begin to develop eating habits that will stay with him for the rest of his life. It is your job to make sure those habits are positive and health promoting. For their first two years of life fat is one of the most important nutrients your baby needs. Your breast milk gives him the perfect amount of the right kind of fats. Feeding him unhealthy saturated fats at this tender age can set him up for health problems, like heart disease, obesity, and even cancer later in life. Saturated fats are mostly found in animal products and are solid at room temperature. They can be found in foods like bacon, beef, butter, cheese and processed cheese food, chocolate, coconut oils, coconut, lard, milk/cream, palm kernel oil, palm oil, pork, poultry, etc. Another type of fat to avoid is trans fat or hydrogenated products. Trans fats have been getting a lot of press lately for their dramatic and detrimental effect on health. These fats are vegetable oils that have been chemically altered to become solid at room temperature. This increases their shelf-life, but makes them unhealthy. Trans fats increase cardiovascular disease and inflammatory problems. After the

New research has shown that the onset of osteoporosis can be prevented by taking certain measures early in one's life.

Girls who consumed adequate calcium before the age of 18 and the onset of puberty, have a lower risk of developing osteoporosis.

They should get 1200 mg of calcium per day starting at age five.

Vitamin D is necessary for calcium absorption and is obtained through sunlight. Consider supplementing with vitamin D if you live in a climate with extended periods of dark or grey days. Two to four hours of indirect sunlight a week is all they need.

Another study showed that children who jumped while their bones were developing also lowered their risk of developing osteoporosis. Jumping causes the leg bones to strengthen and all they need is 10 minutes of jumping a day! Skipping works well too.

age of two children do not need the same amount of fat as they did when they were babies. Fat should be no more than 30% of their diet with no more than 10% coming from saturated fats.

The average number of calories a child needs will depend greatly on their level of activity, height, current weight, sex, and overall build. However, a good rule of thumb for toddlers is 1300 calories and for children between five and twelve between 1700 to 2700 calories.

Becoming a Label Detective

It isn't always going to be practical or possible to prepare every meal your baby eats. That may be the goal but it isn't always the rule. Make sure you have emergency rations of organic canned food on hand for those events which require quick thinking and no preparation.

However, if you are avoiding certain allergens you will need to become a label detective a.k.a. the Sherlock Holmes of food packaging.



Labels were created so the consumer would know exactly what is in a purchased product. You need to verse yourself in the language of the label. For a list of alternative names for the most common allergens please refer to the appendix.

It's one thing to be avoiding common allergens, but a whole different story when it comes to avoiding additives, toxic chemicals, genetically modified foods, and non organic items. Good rules of thumb are these:

1. The less the list of foods in the product the better. Simplicity is always best.
2. If you can't understand or pronounce a name on the label it can't be good!

I have included an Appendixes with names and aliases of the six common allergens.

Environmental Allergies



There has been a tremendous increase in the number of children developing environmental allergies. With that increase has come speculation as to why! One hypothesis questions whether we are keeping our kids too clean.

In the last one hundred years in the industrialized Western World there has been a dramatic decrease in the incidence of life-threatening diseases. At the same time the prevalence of asthma, eczema, and hay fever has increased.

Is there a correlation? According to some specialists in the field of allergy and immunology these coincidental events are tied into our society's excessive preoccupation with hygiene. These specialists believe that exposure to small amounts of dirt or infections like colds or chickenpox in a child's early years actually stimulates and activates his immune system. Without this activation the immune system may become hypersensitive to innocuous items like pollen, dander, etc.

Is this an indication that we are putting too much importance on raising our children in a hygienic environment? Attempting to prevent every sniffle and the overuse of antibiotics could be depriving our children's immune system from learning adaptive skills.

On the other hand there are children whose genetic makeup predisposes them to environmental allergies and these children need certain considerations.

An environmental allergy is an over reaction of the immune system to a substance in the environment. The offending substance could be dust, pollen, dander, or chemicals.

Reactions vary, but can manifest in babies as chronic colds or ear infections, irritability, and any other of a myriad of symptoms similar to the list of allergic reactions to foods.

To find out if environmental allergies are an issue in your home ask yourself the following questions:

- Does your child have specific symptoms at particular times of the year or all the time?
- Does your child's behaviour improve when he is outside? There could be something in your home that is bothering him. Consult with your naturopathic physician for help.
- Do you, your neighbours, your relatives, or friends (people you see often) have pets? Do the symptoms seem worse when the baby is around the pets or these people? Pet hairs get stuck to people's clothing and can irritate your child's immune system.
- Does your child's symptoms seem to get worse in certain places, like a specific room or at certain times of the day? If you answered yes you will need to inspect the room and chart activities that happen during that time of day. Order my [ATACS](#) E-Book for more details and charts.
- Does anyone smoke in the house? Or is a neighbour smoking and the smoke drifting into an open window?
- Does your child's window open where there is car exhaust or perhaps a tree or flowering bush near by?
- Do you use gas or wood heat? You or your child may be sensitive to the gas emissions or there may be a leak. Same with wood heat, contact a [building inspector](#) for information.

- Do your windows get condensation build up? Allergies to molds and mildew are very common especially in the Pacific Northwest. A de-humidifier and good air circulation can help remove moisture and stale air that encourage the growth of molds and mildew.

Avoiding Allergens

It isn't always easy turning your house upside down trying to find any and all allergy triggers. Here are a few suggestions that may ease the frustration. If you are reading this before you are pregnant or when you are pregnant, some of the points could be taken care of before baby is born.

- If you have an unfinished basement or if it partially or completely underground, inspect it for signs of mold and dampness. Mold is easy to spot by the smell (damp and musty) and look (black spots where there is dampness). Use a de-humidifier and keep moisture below 50%.
- If you can remove or limit the number of carpets in your house. New carpets have been known to cause neurological disorders in babies who spend any length of time crawling around on them. If you cannot afford to replace the carpets



- with hardwood then simply put a quilt or blanket down where baby will be laying. Allergens can really build up in carpets and if at all possible, older carpets should be removed.
- Cover the mattress your child sleeps on with a vinyl [mattress cover](#) that zips up. Wash it every six months, but vacuum it weekly to remove dust mites and their waste.
 - Keep stuffed animals to a minimum in your child's or your room.
 - Replace heavy curtains with cotton ones that are easy to wash and re-hang. Wash them once a month to remove dust, pollens, and molds.
 - Bed linen, stuffed animals, baby blankets, etc. should be washed in water that is 130 degrees or hotter to kill dust mites.
 - Use an air purifier with a HEPA filter. Keep it running in your child's room to remove pollens, some airborne bacteria, dust, and other contaminants from his environment.
 - If you have a pet, I am not going to tell you to get rid of it. I have two dogs that I could never be without. You can minimize exposure, however, by not allowing the pet in your baby's room or on the furniture. If he can be trained to stay on a smooth floor surface better yet. A weekly bath, whether it is a cat or dog, will help keep dander and hair under control and will decrease the number of allergens going into the air.
 - Remove any bushes that are under your baby's window.

Preventing Outdoor Allergies

Outdoor allergens are harder to avoid, but there are a few things you can do to minimize babies exposure:



- Keep your bedroom and the baby's bedroom window shut.
- Change baby's clothing when you come in from outdoors to remove pollens and outdoor contaminants. Wash you and your babies hair and clothing daily.
- Dry clothes indoors, not on an outside line.

Sum Up On Baby

The key to baby's first foods is to introduce the foods slowly and not overload the system with too much variety. Concentrating on one food at a time and watching for symptoms can be an invaluable help in diagnosing potential problems later on in life.

In our naturopathic practice my husband and I have seen many older children present with severe sensitivities. The symptoms ranged from aggressive, dangerous behaviour, learning problems, fatigue, chronic pain, and so many more. Unfortunately, these sensitivities and their subsequent symptoms could have been avoided if the parent had introduced one food at a time. This way they would have seen the correlation between consumption of the specific food and the symptoms.

Giving your baby a good head start with optimum nutrition is the best legacy you can pass on to them. Not only will they be healthy, intelligent children, teens and adults, but they will in turn pass their good health and good habits on to their children, your grandchildren. You could not give a better gift than that.

What about Mom's Best Food

Breast milk is the perfect food for your baby. It has been designed to provide a consistent, well-balanced mix of nutrients specifically for a human infant. If your body is low in a nutrient it will preferentially give it to your baby through your breast milk. In other words you will go without! Great for baby, but a wake up call for mom. So what is the “breast” food for mom?

Producing breast milk uses up about 500 calories a day; make sure those extra calories aren't empty ones, from refined carbohydrates. Consume high quality, organic foods such as fruits and vegetables, whole grains, beans and legumes, nuts and seeds, not just for the baby, but also for you. Even though the food your baby is getting from you stays consistent, in order to manufacture that perfect food, your body needs raw materials, materials you must consume. Consuming nutrient dense foods ensures the best quality of health for you and your baby.

For that 500 extra calories a day make sure you consume 15 grams of extra protein, as well as additional iron, calcium, vitamin C, zinc, folic acid, and essential oils. Check out the chart on the next page for foods high in these nutrients.

Of course, taking care of yourself doesn't only involve food, it includes taking time for yourself and your partner. Treating yourself with



Remember your needs too. It's easy to get caught up in taking care of your baby to the detriment of your own health. Take time out to ensure your needs are being met. Are you getting enough rest? Is your diet nutritionally adequate for both you and your nursing baby? Are you getting exercise every day?

time outs like a walk in the park with a friend or a relaxing bubble bath. Give yourself permission to indulge in a little self care.

In addition to nutrients from food you will also need to make sure you and your child are getting enough vitamin D. Your body, through exposure to sunlight, manufactures this vitamin, necessary for proper bone development. Try to get at least two hours of indirect sunlight a week for both you and baby.

Keep in mind that whatever goes into your mouth may eventually find its way to your baby's. If it isn't healthy for the baby ask yourself if you really need to have it. For more information on what a mother should eat while nursing here is an excellent resource: <http://www.lalecheleague.com/>

Getting Your Calcium

Getting enough calcium is a challenge if you have food allergies and are avoiding dairy and are nursing. Calcium is the vital component in bones and teeth. Here are a few guidelines to optimize your calcium intake and minimizing its loss.

Bone Robber: 200 milligrams of salt per day causes no change in calcium excreted, however, 2000 milligrams or 1 teaspoon causes increased calcium excretion in the urine.

Bone Robber: Foods high in phosphorus are bone robbers. Pop and processed foods that contain phosphorous additives are good examples. For the body to absorb calcium properly, a 2 to 1 ratio of calcium to phosphorous is needed. The over-consumption of processed foods creates a higher than normal level of phosphorous, which in turn hampers calcium absorption.

Bone Robber: Too much protein is a bone robber because it increase the amount of calcium excreted in the urine. When the body is too acidic, it

attempts to neutralize the internal environment by dissolving bone and releasing calcium. Vegetarians tend to be less acidic, while meat eaters then to be more acidic.

Bone Robber: High sugar intake increases calcium excretion.

Bone Enhancers: Weight bearing exercise: weight lifting, walking, hiking, dancing, etc.

Bone Enhancers: Drinking plenty of water every day.

Bone Enhancers: Plenty of sunshine and Vitamin D.

Bone Enhancers: Dark, leafy greens, nuts and seeds, legumes, tofu, etc.

Remember you don't have to consume dairy to have strong bones. Vegetarians, especially those who do not consume dairy still may have strong, healthy bones. Their diet, high in calcium rich foods like green leafy vegetables, seaweeds, etc. is better for preventing osteoporosis because of the lack of meat. A high protein diet that includes red meat can actually increase the excretion of calcium.

<u>Nutrient</u>	<u>Best Food Sources</u>
Protein	Beans, legumes, nuts, seeds, eggs, free range or organic chicken, turkey, rabbit, beef, buffalo, emu, ostrich, etc.
Calcium	<p>Vegetables: Dark-green leafy,(chard, dandelion greens, spinach, watercress, broccoli*, kale*, collards*) asparagus, kelp, dulse, and other sea vegetables, green snap beans and tomatoes.</p> <p>Fruit: Dried figs, prunes, raisins, dates, olives, and oranges.</p> <p>Legumes: Soybeans in the form of tempeh, Edamame (fresh frozen soybeans), miso, tofu, cooked dried beans and peas.</p> <p>Nuts and Seeds: Almonds, chestnuts, English walnuts, pecans, hazelnuts, Brazil nuts, sunflower seeds, pumpkin seeds, squash seeds, sesame seeds. Also the butters made from these items.</p> <p>Grains: Amaranth, wheat bran, wheat germ, raw buckwheat, and oats.</p> <p>Seafood: Flounder, oysters, salmon (with bone), sardines (with bone) and shrimp.</p> <p>Miscellaneous: Blackstrap molasses, carob, corn tortillas, fortified rice beverages, orange juice, whey, and yoghurt</p>
Vitamin C	<p>Vegetables: Asparagus, avocados, broccoli*, Brussels sprouts*, collards*, kale*, dandelion greens, onions*, potatoes, and turnips.</p> <p>Fruit: most citrus fruits (grapefruit and oranges), mangoes, kiwi, papayas, pineapples, berries, and cantaloupe,</p>
Folic Acid	<p>Vegetables: mushrooms, broccoli*, Brussels sprouts*, asparagus, romaine lettuce, peas, beets, avocados, spinach</p> <p>Fruit: citrus fruit, berries</p> <p>Legumes: lentils, cooked dry beans, split peas</p> <p>Grains: barley, brown rice, toasted wheat germ,</p> <p>Seafood: salmon</p> <p>Miscellaneous: Brewer's yeast</p>
Iron	<p>Vegetables: Dark-green leafy vegetables, potatoes, dulse, hiziki</p> <p>Fruit: strawberries*, watermelon*, cherries*, dried fruit*, apricots*, raisins*</p> <p>Legumes: Lentils, garbanzo beans</p> <p>Nuts and Seeds: Sesame seeds, almonds</p> <p>Grains: Whole grains</p> <p>Miscellaneous: Egg, oysters, fish, meat, poultry, blackstrap molasses</p> <p>*Vitamin C increases the absorption of iron from plant foods.</p>
Zinc	<p>Vegetables: Mushrooms</p> <p>Legumes: Black-eyed peas, soybeans</p> <p>Nuts and Seeds: Pumpkin seeds, pecans, sunflower seeds</p> <p>Grains: Whole grains, wheat germ</p> <p>Seafood: Crab, fish, herring, sardines,</p> <p>Miscellaneous: Brewers yeast, dulse, eggs, kelp, meat, oysters, poultry, turkey</p>
Oils/Fats	<p>Nuts and Seeds: Hazelnut, almond, pecan, cashew, walnut, macadamia, seeds from sunflower, sesame, flax, hemp</p> <p>Grain: Rice bran</p> <p>Seafood: Salmon, halibut, coldwater fish</p> <p>Miscellaneous: Avocado, oil from canola, safflower, olive</p>

The Fatigue Factor

If you are breastfeeding you may find your energy is not what it used to be. Your body is working overtime feeding not one, but two human beings and you may be up several times during the night to nurse. If you are bottle feeding you may still feel this energy drain as you organize feedings, family, and sleep. All this focused activity can be a real energy drain on your resources. It is important that, not just for baby, but for your continued health and vitality that you consume foods that are energy builders rather than fatigue enhancers.

Energy Builders

Here is a list of energy builders and anti-fatigue foods:

1. **Mixed dried fruit, nuts, seeds and granola chunks**-Dried fruit is high in iron (which is necessary for the blood to transport oxygen), a major energy ingredient and nuts and seed are high in polyunsaturated fats, good energy food for your brain. Consume in moderation as these are high in calories. A cup a day mid-morning and mid-afternoon should be enough to balance your energy and fill up your tank.
2. Power Plus Breakfast-Mom always said breakfast was the most important meal and science proves that eating a balanced breakfast can give you the energy needed to last the day.
3. **Yoghurt with blueberries**-This combination of foods gives you a healthy dose of vitamin C (which can help your body absorb iron better and build your immune system) and phytonutrients. Yoghurt also contains healthy bacteria which have been shown to boost the immune system and regulate the bowels. Blueberries have also been shown to be excellent brain food. For your older baby, nothing beats a cold blueberry!

4. **Whole grain bread with nut butter**-The whole grain provides a good supply of B vitamins and the nut butter provides good oils, protein, and carbohydrates. This is a perfect balance.
5. **Hummus and veggies**- Here is another way of getting a good balance of protein, carbs, vitamins, and minerals. Garbanzo beans, the main ingredient in hummus provide protein and zinc, a mineral needed for mental energy and a healthy immune system. Tahini, made from roasted or raw sesame seeds is one of the best sources of calcium. The veggies, depending on what you choose to dip, add even more minerals and a good dose of vitamins.
6. **Cup of miso soup with tofu**-An excellent source of healthy bacteria and a rich source of protein. Add some lightly steamed veggies and you add more vitamins and minerals to this super soup.
7. **Pieces of fruit mixed with sliced almonds, pecans, or brazil nuts**- The fruit gives you a hit of sugar without supplying you with empty calories and the nuts provide protein. Brazil nuts are high in boron, a mineral needed for healthy bones.
8. **Water**- Your body needs liquid to create blood in order to transport nutrients and oxygen to the cells. As your body is run by electrical impulses and water is an excellent conductor, it is important to keep hydrated for those signals to keep muscles moving and the brain thinking. Of course, you also need liquid to produce an adequate amount of breast milk for your baby. Drink between 8-12 8 oz. glasses of water per day and remember, if you are thirsty, you are probably dehydrated. Don't wait until you feel you need a glass of water, stay hydrated throughout the day.

Energy Drains

1. **Caffeinated Beverages**-You may feel a tremendous boost in energy from a cup of coffee or a can of root beer, but ultimately it will only make you more tired. Caffeine displaces adenosine, a natural sedating brain chemical. Adenosine doesn't go away though, it builds up and when the caffeine dissipates it comes back with a vengeance causing your eyes to droop and your brain to go fuzzy.
2. **Chocolate or other sugary snack**-Sugar and caffeine may give you a good wake up, but not only does the sugar elevate your blood sugar and then lets it crash, but it also depletes your body of the nutrients it needs to keep you in the best of health. Once in a long while is okay but try not to make this a regular snack item.
3. **Fatty Foods**-Fatty foods like French fries, cheese cake, pizza, ice cream, and cheese are loaded with fat. As fat is more of a challenge for your body to digest, a lot of your energy resources go to digestion of fat rather than other activities.

RDA's For Mom

These RDA's, recommended daily allowance, were found in the Nutrition Almanac, by Lavon J. Dunne.

Lactating Women

1st 6 months +500 calories

Protein-65 g.
Vitamin C-95 g.
Vitamin B6-2.1mg.
Folate-280 ug.
Vitamin B12-2.6 ug.
Iron-15 mg.
Zinc-19 mg.
Calcium-1200 mg.
Magnesium-310 mg.

2nd 6 months +500 calories

Protein 62 g.
Vitamin C-90 mg.
Vitamin B6-2.1 mg.
Folate-260 ug.
Vitamin B12-2.6 ug.
Iron-15 mg.
Zinc-16 mg.
Calcium-1200 mg.
Magnesium-310 mg.

If you are concerned that you may be deficient in any of these nutrients, contact your naturopathic physician. He will assess your nutritional profile and prescribe a supplement if necessary that is right for you and your baby.

Snacking Ideas

For the older baby it is important to make sure they get healthy snacks with a balance of nutrients. Baked tofu sticks, humus dip and veggies, nut butters on steamed celery or apple pieces (to make them less of a choking hazard), etc. all make healthy balanced snacks.

As toddlers and children are using a lot of protein to build muscle, produce hormones, fuel their brains, etc. it is vital that you start them out with the good habit of eating quality protein at regular intervals. This also helps to stabilize their blood sugar. Keeping blood sugar levels balanced is imperative for their growing bodies and even more important for their future health.

Here are some more ideas for finger foods for babies one year and up if they have not shown signs of allergies to any of the foods:

- Pieces of ripe fruit like, peach, nectarine, banana, or plum
- Steamed apple or pear cut into pieces
- Strips of Rice Pancakes
- Cooked whole grain noodles
- Brown Rice Crispies, Honey Sweetened Corn Flakes, cooked whole grains
- Cooked yams or squash, cut into strips and bake in a covered dish
- Pieces of steamed vegetables*
- Nori
- Cooked Beans*

*may cause tummy discomfort and gas in some babies.

Organic of Course

Every time you make a choice as to what food to eat, you are making one of the most important decisions of your life. Food affects you in a myriad of ways. It determines how you feel, how you look, how vital you feel, how energized you are, whether you are healthy or ill, have a weight problem or not, how clear your brain is, how healthy your children are and will be, how and when you age, and the odds of developing certain diseases.



We are literally what we eat. With this much riding on what we put in our mouths doesn't it make sense to choose the highest quality ingredients we can?

In today's world we cannot escape toxins. They surround us, in the air we breathe, the food we eat, and the water we drink. Minimizing our exposure to toxins should be a priority.

"... dairy cattle are injected with a genetically engineered growth hormone, called bovine somatotropin (BST) or recombinant bovine growth hormone (rBGH), to increase the production of milk by the cow. In a press release in March 1999, the Chairman of The Cancer Prevention Coalition, Dr. Samuel S. Epstein, shared concerns about rBGH and has called on the FDA to immediately ban milk from cows injected with this hormone. Scientific studies from the EU have shown elevated levels of insulin-like growth factor-1 (IGF-1) in milk from these cows. Epidemiologic studies indicate a link between excess levels of IGF-1 and breast and prostate cancer. He also shared concerns about the antibiotic use that is necessary in these cows because of the high rate of mastitis (breast infections) in these cows.

The use of antibiotics in our meats is a concern. Some 60 to 80 percent of all cattle, sheep, and poultry in the United States will receive antibiotics at some point. Researchers are trying to determine if and how much of a role this widespread antibiotic use may have in creating antibiotic resistance of bacteria in humans. A report from the National Academy of Sciences stated, "Bacteria that resist antibiotics can be passed from food animals to humans, but not enough is known to determine the public health risks posed by such transmission." As consumers, we need to make our choices, but concerns are appearing about the safety of meat and meat products. We need to make informed decisions about these choices. We know that people who maintain vegetarian diets are healthier, with lower risks of heart disease and cancer. We know that fruits and vegetables are loaded with protective antioxidants to fight disease. Could there also be a link between excess exposure to toxins in our meats and meat products that also contribute to an increase in disease processes in meat eaters?" source: Wood, Christine MD. www.kidseatreat.com

The most effective way of doing this is of course by purchasing only organic products, purchasing locally grown produce and animal products, and growing as much of your own food as possible.

When you are breast feeding or first introducing solid foods to your baby it is important to understand that pesticide exposure has only been tested on adults, not on infants. With their sensitive and developing immune systems it is imperative that you avoid potentially harmful substances. Chemicals, hormones, antibiotics, etc. can end up in breast milk and what you may be able to tolerate, your baby may not. In a report by the National Research Council in 1988, concern was raised about the exposure of our infants and children to pesticides as some of the most pesticide laden foods are ones we regularly feed our children as snacks: strawberries, dairy products, apples, peaches, celery, etc. Foods we thought were healthy. These foods were found to have the highest number of chemical residues. Unfortunately, your baby could be exposed to as many as 80 pesticide residues in foods that he eats.

We live in a toxic world. With children's smaller bodies these toxic chemicals pose a significant threat to their good health. Toxins can slow your child's ability to learn, impair his memory, cause nausea, dizziness, sleeplessness, mood swings, etc. The decision to buy organic as much as possible is a serious one.

[Click here](#) for a downloadable wallet size card showing the top 12 foods to buy organic.

More Statistics

The demand for organic products has increased dramatically in the past ten years, so much so that large companies such as Dole are creating a separate line of organic products to capitalize on the demand. We're already seeing Dole organic bananas on the shelf and soon they will be adding organic pineapples and apples.

Individual reasons for buying organic may vary from concern for the environment, concern over consumption of unnecessary chemicals, to a belief in the superior flavour and nutrient content of organic food products. The question arises whether these concerns and beliefs are warranted or not.

In the April 2001 issue of [Chatelaine](#), Jacqueline Hennessy decided to challenge the belief that organic produce tasted better than its non-organic counterpart. What she discovered was that the experiment changed her eating habits. Taste was a big motivator. To most people, going organic means improving the flavour of their dishes. Chefs across Canada agree and seek out local organic farmers for their superior products.

Organic doesn't just taste good though, it is also better for your health. According to the October 2000 issue of [Harrowsmith Country Life](#), in 1999, for the 25,000 acres of apples under cultivation in Canada 49,971 kg of insecticides were used. For the 15,700 acres of grapes under cultivation, 5,962 kg of herbicides were used. That's a lot of chemicals being sprayed on and around the food we eat. Many of these chemicals have been proven to be carcinogenic, but have not yet been removed from the market. Some of these pesticides are thought to be endocrine disrupters, interfering with hormone functions. Sharon Labchuk, a PEI environmental advocate says, "On PEI, some intensively-farmed areas are known by the locals as cancer belts."

Do you really want to be eating food that may be laced with chemicals? Or do you want to eat clean food loaded with flavour. How about eating produce that has more nutrients? Organic produce has been shown to have higher levels of certain nutrients than non-organic produce.

Check this out:

- Organic snap beans contain 40.5 mg of calcium per 100 grams dry weight. Their non-organic counterpart contains 15.5 mg.*
- 100 grams of organic lettuce contains 148.3 mg of potassium compared to 53.7 mg in non-organic*
- Organic spinach contains 1,584 parts per million of iron compared to 19 in non-organic.*

*Source: Firman E. Baer Report, Rutgers University

These figures are only the tip of the iceberg. Buying organic not only means you aren't filling your body with chemicals, but you are consuming food with nutrients your body needs to get to stay healthy. The added bonus is you get better tasting food! What a deal.

To Vaccinate or Not?

For many parents this is the hardest question they will face with their baby. In my husband's practice and for myself as a nutritional consultant we are asked this question often.

Unfortunately, there are valid arguments for both sides. Our advice to parents of babies and older children is to research, research, research and most importantly consider your lifestyle, family structure, and genetic history.

In the last few years controversy and fear has grown: fear of reactions to the immunizations and fear of what could happen if the child is not vaccinated. A recent article at [CBS News in December of 2004](#) is worth reading.

The following is a list of questions that may help with the decision process. I have included resources outlining both sides of the issue.

- Is your child going to be exposed daily to groups of children like in a playgroup, daycare or school setting?
- Has anyone closely related to the child's parents had a negative reaction to a vaccination or has a problem with an autoimmune disorder?
- Has either parent an allergy to egg?
- Will there be strong opposition from in-laws or grandparents if you choose not to vaccinate? or to vaccinate?

Always remember that only you can choose what is best for your baby and family. It may be a difficult decision, especially if there is opposition, but how ever you raise your child, if it is with the best care possible in mind, you are the parent. What fits well in one family may not be right for another and only the parents can really assess that possibility. If you

choose to do the best you are able, with love, compassion and tenderness, that is all your baby needs. My mother always said that you could never give a baby too much love and that is what we should all set out to do. Just love.

Resources You Can Use

[La Leche League](#)-A non-profit organization dedicated to supporting breast feeding. They supply a wealth of information and have support groups worldwide.

[Food Allergy Network](#)-Resources, Informational Pages and Food Contamination Alerts

[Asthma and Allergy Information Association](#)- Canadian information on dealing with allergies and asthma. Strong support network.

[Health Action Network](#)- A support group dedicated to promoting the freedom make your own choices concerning health care. They are a great source of information on the vaccination question.

[mambomoms.com](#)-Source for a unique and fun Latin fitness program that involves both mother and baby.

[Brain Gym](#)-Exercises you can teach your toddler and child to do to enhance learning, de-stress and improve coordination.

[Brainy-Child.com](#)-An intriguing website dedicated to helping you make your baby smarter.

[British Columbia Home Learners' Association](#)-Provides resources, information and support for families in BC who are interested or are homeschooling.

[Life.ca](#)-Information and resources for alternative living, from straw bale homes to homeschooling.

Appendix 1 Common Allergens

Wheat

Check labels for these ingredients if you are avoiding gluten, they may contain traces of it:

- MSG
- Malt
- Graham flour
- Durum flour
- Flour
- Semolina
- High Protein flour
- Gelatinized starch
- Hydrolyzed vegetable protein
- Modified food starch
- Modified starch
- Natural flavouring soy sauce
- Starch
- Vegetable gum

Soy

For a soy-free diet avoid foods with these ingredients:

- Miso
- Shoyu Sauce
- Soy (albumin, flour, grits, nuts, milk, sprouts)
- Soybean (granules or isolate)
- Soy sauce
- Tamari
- Tempeh
- Textured Vegetable Protein (TVP)

Label ingredients that may indicate the presence of soy protein:

- Hydrolyzed plant protein
- Hydrolyzed soy protein
- Hydrolyzed vegetable protein
- Natural flavouring

- Vegetable broth
- Vegetable gum
- Vegetable starch

Peanut

For a peanut-free diet, avoid foods with these ingredients:

- Cold pressed peanut oil
- Ground nuts
- Mixed nuts
- NU-Nuts (trade name)flavoured nuts
- Peanut
- Peanut butter
- Peanut flour

Foods that may indicate the presence of peanut protein:

- African, Chinese, and Thai dishes, and baked goods (pastries, cookies, etc)
- Candy
- Chilli
- Chocolate (candies, candy bars)
- Egg rolls
- Hydrolyzed plant protein
- Hydrolyzed vegetable protein
- Marzipan
- Nougat

Peanuts are very allergenic and can cause a life threatening, anaphylactic reaction. If you are allergic to peanuts, talk to your doctor about your baby's chances of having the same reaction and make sure you carry an Epi Pen or Anakit at all times.

Corn

For a corn free diet avoid foods with these ingredients:

- Alcohol
- Baking powder (may contain corn starch)

If you are puzzled over an ingredient, check the label for a toll free number. Many companies now offer information lines as well as websites where you can get questions answered. Health food stores and grocery store chains are always looking for ways of improving customer service, so don't be afraid to ask questions. If staff don't have the answer immediately, chances are they can find out for you and contact you at a later date.

- Corn-fresh, frozen, creamed
- Corn hominy
- Corn flour
- Corn extract
- Corn syrup
- Corn syrup solids
- Corn sweetener
- Dextrose
- Dextrin
- Dextrates
- Flavourings (may contain corn syrup)
- Food starch
- Fructose (may contain corn, ask at your health food store)
- Glucose
- Gluten
- Hydrolyzed corn
- Hydrolyzed corn protein
- Hominy
- Maize
- Maltodextrin
- Malt syrup
- Modified corn starch
- Popcorn
- Powdered sugar
- Sorbitol
- Vegetable gum
- Vegetable starch
- Vinegar

Foods and products that may indicate the presence of corn:

- Soft drinks, fruit drinks
- Bleached flour
- Iodized salt
- Aspirin
- Lozenges
- Ointments
- Suppositories
- Vitamins
- Laxatives
- Bath powders

- Emollient creams
- Toothpastes
- Texturizer in cosmetics
- Adhesives for envelopes, stamps, stickers
- Plastic wrap
- Paper cups
- Paper plates
- Most solid and liquid medications contain corn starch or corn syrup

Egg

For an egg free diet avoid foods with these ingredients:

- Albumin
- Apovitelin
- Egg (white, yolk, dried, powdered, solids)
- Egg substitutes unless it clearly states egg-free
- Eggnog
- Glovulin
- Livetin
- Lysozyme (used in Europe)
- Mayonnaise
- Meringue
- Ovalbumin
- Ovomucin
- Ovomuroid
- Simples (trade name)

Note: A shiny glaze on yellow baked good usually indicates the presence of eggs.

Dairy

Avoid foods with these ingredient on the label if you are avoiding products made from cow's milk.

- Ammonium caseinate
- Artificial butter flavour
- Butter solids/fat
- Calcium caseinate
- High protein flour
- Dry milk solids

- Lactose
- Lactoferrin
- Lactate
- Lactalbumin
- Hydrolyzed milk protein
- Butter
- Butter oil
- Calcium caseinate
- Casein
- Caseinate
- Cheese
- Cream
- Demineralised whey
- Light cream
- Milk powder
- Milk solids
- Non-fat solids
- Sodium caseinate
- Sweet whey powder
- Whey
- Whey protein concentrate

Appendix 2 Recipes

If you purchased the E-Book many of the recipes are linked back to my website, <http://www.thehealingkitchen.ca/>. However, I have included them here so you can have the complete print version as well.



Power Plus Breakfast Cereal

4 cups rolled grain (rice*, rye, oat, barley)

2 cups oat bran (rice* bran)

½ cup dried fruit (raisins, dates, cranberries, blueberries, etc)

1 cup ground sunflower seeds and/or ground pumpkin seeds

1 cup ground milk thistle seed

1 cup nuts (almonds, walnut, pecan, hazelnut)

1 cup lecithin granules (if sensitive to soy please avoid)

1 cup ground flax seed

1 teaspoon each of cinnamon, cloves, and stevia

Mix the dried ingredients together and store in the freezer. Take as much as you need for one meal and soak overnight or for at least 30 minutes in either water, nut milk, or apple juice (enough to just cover). Add more liquid as desired. If you prefer to cook it, put all ingredients in liquid. Bring to a boil. Cook until liquid is gone.

* gluten free alternative

Kamut Granola

Great for a mid-morning or mid-afternoon snack for mom, or for a quick pick-me-up on the go. Carry a bag with you for those unexpected emergencies.

1 cup kamut flakes

¼ cup slivered almonds

¼ cup pumpkin seeds

¼ cup whole grain kamut flour

1/8 teaspoon cinnamon

1/8 teaspoon cloves

Salt to taste

¼ cup honey, rice syrup or maple syrup or 1 ripe mashed banana + ¼

teaspoon stevia

¼ cup canola, safflower, or sunflower oil

1 teaspoon vanilla extract

Dried fruit to taste-apricots, figs or raisins are great for their iron content.

Preheat oven to 350 degrees. Mix all ingredients well except fruit and spread on a lightly greased cookie sheet. Bake for about 30 minutes or until granola is brown. Stir a few times to prevent burning. Add fruit and mix. Store in glass jars in the fridge.

If you used the banana and stevia, blend banana, oil, and extract until smooth. Fold into dry ingredients. Mix well and continue as above.

Rice Pancakes

1 cup organic brown rice flour

½ cup tapioca flour

1 tablespoon gluten free baking powder

¼ teaspoon salt

1 ¼ cups water, rice milk, soymilk or nut milk

canola oil for frying

Mix all these ingredients together into a smooth batter. Heat your frying pan and oil before pouring batter in. I have found that a safflower or canola oil works best at preventing sticking. Keep the frying pan at a lower than medium setting-on my stove it is set at 3. Because there is no sugar in this recipe, the pancakes will not turn very dark in colour. If you have added any other kind of liquid other than water they will turn a golden colour. Cook for about 2 minutes on each side.

Variation:

- Instead of water, try mixing 1 egg in a 1 cup container, ½ tablespoon rice vinegar, ½ tablespoon vanilla extract, and fill to 1 cup measure with plain or flavoured soymilk. Cook as above for a delicious buttermilk pancake or crepe.
- If you want to create dessert crepes, simply add more liquid to make a runnier batter. Cook as above. Let cool for a couple of minutes, then roll loosely, set aside until you are ready to use.
- Use as a roll up for lunch. Stuff with your favourite sandwich fillings, wrap, and enjoy.
- Cut in strips and let your older baby snack on these.

Breaded Tofu Sticks

- 1 block firm tofu
- 2 tablespoons tamari (wheat free if needed)
- 1 tablespoon rice vinegar
- 1 heaping teaspoon powdered ginger
- 2 slices high fibre EnerG Rice Bread
- 2 teaspoons poultry seasoning
- 2 teaspoons chilli powder
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt or substitute

Cut the tofu into about sixteen sticks. Arrange them in a baking dish so they aren't touching.

Mix together the tamari, rice vinegar, and ginger. Drizzle over tofu, making sure each piece gets some sauce.

Let sit for about 30 minutes, flipping the tofu sticks so the sauce is soaked up.

Preheat the oven to 400 degrees and lightly oil a baking tray.

Mix the bread crumbs, seasonings, and salt in a bowl. When the tofu has marinated enough dip each piece in the bread crumbs. Make sure all sides are coated. Lay the sticks on the oiled baking tray without touching each other. Bake for 30 minutes.

Let cool and store in freezer or fridge. They will keep for about three days in the fridge.