

## CERTIFIED CHILDREN'S HEALTH COUNSELOR ONLINE COURSE SESSION 2:

- **Breastfeeding or Formula, Types of Formula, Mother's Diet, and Supplements**

### Breastfeeding Basics

Breastfeeding is widely recommended because of its many health benefits. In fact, breastfed babies have a lower risk of developing illnesses like stomach viruses and ear infections. Children who are breastfed are also less likely to develop allergies or become obese, and it also appears to have a positive impact on a child's intelligence. Moms can benefit too - those who breastfeed reduce their risk of breast and ovarian cancer and have a lower risk of postpartum depression.



All of these benefits lead most moms to choose breastfeeding despite the fact that it can be inconvenient, time-consuming or painful in some cases. And, it's certainly not as easy to breastfeed in public as it is to simply pull out a bottle of formula. But many moms choose to make this sacrifice for their little ones, including the dietary sacrifices they'll have to make.

### Foods to Avoid

There are certain foods that should be avoided by women who are breastfeeding including:

1. **Spicy foods:** Spices like curry and cinnamon, and foods like onions, chili and peppers may upset an infant's stomach, so eat them in limited amounts. Watch for abdominal pain, diarrhea or vomiting, which may indicate that the baby's sensitive digestive system can't handle these foods.
2. **Citrus fruits:** Like spicy foods, some citrus fruits may be rough on a baby's tummy. The acidity and the high vitamin C content in pineapple, oranges, lemons and other citrus fruits could give the baby an upset stomach or even a rash. Limit your intake depending on your baby's reaction to these foods.
3. **Some vegetables:** Moms need to have veggies in their diet, but certain ones should be eaten only in small quantities because they may give the baby gas. These vegetables include cabbage, cauliflower, cucumbers and broccoli. Beans fall under this category as well.
4. **Dairy:** Some babies can develop colic if you are eating too much dairy products. Avoid consuming large amounts of dairy and watch to see how your baby responds to different products.
5. **Mercury-containing fish:** Avoid king mackerel, swordfish, tilefish and shark. These contain high levels of mercury that could be harmful to the baby. Solid white and albacore tuna contain moderate levels of mercury, so limit your intake of those types of fish.

6. **Caffeine:** Caffeine should be limited to small amounts so as to not disturb the baby's sleep patterns. Caffeine could also cause symptoms like nervousness and irritability for the baby.
7. **Alcohol:** If a mother wants to have a drink, she should limit her intake and allow enough time for the alcohol to get out of their system before breastfeeding. It typically takes about two hours for the body to process an average, alcoholic beverage.
8. **Chocolate:** Chocolate contains caffeine and may make a baby gassy, so moms should limit their intake of this food.
9. **Peanuts:** Some studies suggest that a baby who breastfeeds from a mother who eats peanuts may develop a peanut allergy. While there is no conclusive evidence proving this fact, moms should proceed with caution.
10. **Saturated fats and trans-fats:** Foods that contain high levels of these unhealthy fats aren't good for your baby. Saturated and trans-fats can reduce the production of omega 3s, which are critical for proper infant growth and development.
11. **Pesticides:** Obviously this isn't a food, but many varieties of produce could have pesticides or insecticides on them, so wash them thoroughly or peel them before eating. You can also opt for organic produce instead.

## Good Foods to Eat

In general, women who are breastfeeding should focus on eating a healthy, balanced diet. This is usually sufficient for proper nutrition in breast milk. According to [BabyCenter.com](http://BabyCenter.com), moms can add 200 to 500 extra calories into this diet in order to accommodate for breastfeeding. There are some foods that stand out for the great benefits they provide babies through a mother's breast milk, including:

- **Complex carbs:** Complex carbs in whole grains, squash, apples, berries and brown rice are nutritious and provide energy.
- **Healthy fats:** These fats include mono and polyunsaturated fats, like those found in salmon, avocado and nuts, and are great for your diet.
- **Proteins:** Eat lean meats, eggs, nuts and other protein-packed foods for proper growth and development for your baby.
- **Calcium:** Milk, cheese and yogurt are good sources for the calcium a baby needs, just be mindful not to have too much.
- **Fruits and veggies:** Carrots, sweet potatoes, melons, tomatoes and other fruits and veggies provide essential vitamins and nutrients.
- **Water:** Make sure you're getting plenty of water. Light-colored urine is a sign that you are well-hydrated.
- **Vitamins:** Moms can continue taking prenatal vitamins for the first month of breastfeeding. Then, they can switch back to their regular multivitamin.



## Dieting

Many new moms are anxious to lose their pregnancy weight, but those who are breastfeeding should plan to lose weight gradually over time. Moms need those calories not just for the baby, but also for their own stamina when caring for a newborn. In fact, BabyCenter.com explains that losing weight too quickly releases toxins in the body that end up in the breast milk. Simply eat healthy and add in some moderate exercise and the weight should come off at a rate that is healthy for both you and your baby.

## Choosing to Formula-Feed

There are many reasons a mother may decide formula feeding is the best option for providing her child with the basic nutrition requirements needed for proper growth and development. Here are some helpful tips to use when choosing formula for your baby.



### **Nine out of ten mothers use formula.**

According to a recent study, most new mothers (**9 out of 10, actually**) use formula at some point during their baby's first year.

### **Women are choosing formula feeding for many reasons.**

- Either mom or baby has physical or medical issues.
- She can't pump or breastfeed after returning to work.
- She wants Dad and other family members to be a part of feeding.

### **There are many formula options for your baby.**

You can feel good knowing that there are some excellent formula options out there. Look for the ones that are specially formulated to nourish your baby's brain and eye development and immune health.

### **What to look for in an infant formula:**

- Different brands of formulas have different levels of **DHA, ARA and choline**, key nutrients found in breast milk. Look for a formula with expert-recommended levels of these important building blocks for your baby's brain and eyes.
- Most babies thrive on a formula with **whole proteins**. Breast milk has whole proteins in it, and you want your formula to be as close to breast milk as possible.
- Your formula should satisfy your baby's basic nutrition requirements and provide the **balanced nutrition** your baby needs, including calcium and antioxidants.

### **Whole Proteins: Close to the Breast**

When choosing an infant formula, do the words whole proteins come to mind? They should, and here's why.

### **Breast milk contains whole proteins.**

These are easy-to-digest whey and casein proteins that are not broken down before the baby gets them.

### **Mom has the right idea.**

Experts agree on the nutritional merits of breast milk. So patterning an infant formula after it seems like a good idea.

## **Infant Nutrition No-no's**

One of the most amazing parts of having a baby is watching him change and grow during the first year. And while you want to give him the world, there are a few things you should hold off on. Read the following infant feeding guidelines to see the foods you should avoid giving your baby until at least his first birthday.

### **No cow's milk for the first year**

No type of cow's milk has the right nutrient levels for infants. Mainly, it's too low in iron and vitamin C, and too high in protein, sodium, potassium and chloride for your baby's health and developing kidneys. Also, fat-free and low-fat milk don't have the fat babies need for their rapid weight gain.

### **No solids before four to six months**

So says the American Academy of Pediatrics. Hold off on introducing solids to your infant until around four to six months of age. Most babies automatically push anything solid (other than a nipple) out of their mouths. They can't yet move food to the back of their mouths and swallow it, so stick with infant formula.

### **No falling asleep with a bottle**

This increases his chances of tooth decay and ear infections. Try an hour before bedtime instead.

### **No propping up bottles**

Feeding time is prime bonding time—for both of you.

### **No microwaving bottles**

The uneven heating could seriously burn your little one.

### **No honey in the first year**

Nothing baked with honey either. Honey can cause botulism, a serious type of food poisoning.

### **No tea**

The tannins in tea inhibit your baby's ability to absorb iron, which can put him at risk for anemia. And the caffeine in tea interferes with calcium absorption, which is critical to bone building.

### **Not too much juice**

100% pasteurized fruit juice is okay after six months. The American Academy of Pediatrics recommends limiting fruit juice to 4-6 fl oz a day, in a cup. More than that is just excess calories.

### **No mixing cereal into bottles**

Putting solids into a bottle upsets your baby's nutritional and caloric balance. Start feeding cereal by spoon at around 4-6 months.

### **No solids that can be choking hazards**

Many foods need to be mashed or pureed so your baby can swallow them easily. Whole or chunky foods can get caught in his windpipe, blocking air from his lungs. Avoid giving him foods like:

- Chunks of hot dogs
- Whole grapes
- Nuts
- Popcorn
- Chips
- Thinly spread peanut butter on toast or crackers
- Pieces of hard, raw vegetables
- Hard candy or chewy candy like gummy bears or jelly beans

### **No nitrates**

Processed meats and even some drinking water contain nitrates, which may pose a potential health hazard to your baby. Avoid:

- Nitrate-contaminated drinking water, such as some well water
- Bacon
- Bologna
- Ham
- Hot dogs
- Sausage

### **No added sugar or salt**

The less salt and sugar you add to his diet, the more he'll learn to enjoy the natural flavor of foods.

### **What Brand of Baby Formula is the Best?**

The best brands of baby formulas include Cow and Gate complete nutrition, One first infant milk, Heinz Nurture stage 1, Hipp organic first infant milk, Milupa Aptamil 1 easy digest first milk, and SMA 1 first (previously SMA Gold). There different types of formulas, which are categorized under: cow's milk-based, hydrolyzed protein and soya-based formulas.

**CERTIFIED CHILDREN'S HEALTH COUNSELOR ONLINE COURSE - SESSION 2  
QUESTION & ANSWERS**

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY, STATE, ZIP, PC: \_\_\_\_\_

PHONE: \_\_\_\_\_

FAX: \_\_\_\_\_

E-MAIL: \_\_\_\_\_

Please be sure to fill out the information above, complete the test and e-mail or mail it back to us at [iridology@netzero.net](mailto:iridology@netzero.net) or P.O. Box 485, Weimar, CA, 95736-0485. We will grade your question & answer session and will let you know if we have any questions or concerns. **Please use a separate sheet to do this assignment.**

**All information will be kept private. If you would like comments and suggestions let us know and we will respond to you.**

1. Go on the web and research baby formulas. List the top 10 brands in the United States and explain why you would choose one for your baby.
2. How many children do you have?
3. Have you breast or bottle fed your baby/ies?
4. Were there any complications with your baby/ies? What was the outcome?