

Chapter 1

Little Meals for Little Folks, from Applesauce to Zucchini

In This Chapter

- ▶ Getting schooled in the ways of baby and toddler meals
 - ▶ Understanding the basics of feeding your child
 - ▶ Facing the tough times: Common obstacles
 - ▶ Putting your nutrition knowledge to the test
-

The glorious day finally arrives. You're a new parent, and when you look at this new bundle of joy in your arms, you're filled with a sense of wonder and amazement — this new child is actually yours! You've spent months preparing, anticipating, and studying to be the best parent possible.

Parenthood is an important journey, and you may be fretting over taking in every glorious moment of your baby's life. Don't worry; many parents feel the exact same way during the first few days of parenthood. You want to raise your child in the right way to grow up to be healthy. And yet, what you quickly find is that every day is a discovery — minute details reveal themselves every second (or so it seems). Many answers aren't found in a book or magazine.

One of those details is feeding — it's one of the issues you need to address. After all, you want the best for your baby, and as he grows, nutrition plays a large part in his overall health. As a new parent, do everything you can to give your child a healthy diet through the homemade meals laid out in this book. Use this resource as the means to accomplish your goals.

The authors of this book are all parents — we've been and are in your shoes. That's why we've written this book. Find out the answers to how you feed your infant through toddlerhood. What foods are best? Is homemade food truly better? How can you control portions and keep a balanced diet?

Understanding the Importance of First Meals

All firsts for your baby seem important. First steps, first words, and of course, that first smile. First meals are no different. They hold vital importance as your baby starts life outside of the womb and as her body grows. First meals, as life fuel, support your baby's mind, growth, and development. The human body is highly complex and comes with complex nutritional needs. Your baby's first meals must support these complex needs as your baby grows and develops.

But meals aren't simply about nutrition. Mealtime provides a strong time of bonding between Mom and Baby through breastfeeding, and between other members of the family and the baby through bottle feeding. (See Chapter 4 for information on breastfeeding and formula feeding.) As your baby grows and starts eating other foods, mealtime becomes a time of socialization and training. Your child collects more verbal skills, manners, listening skills, and general communication skills at the dinner table.

Why intuition isn't enough

No matter what you may think you know, your basic intuition about food may not be enough. Nutrition can be a complicated matter — children have different nutritional needs than adults. The typical wisdom you have about food may not be nutritionally sound, and although you may not spend much time thinking about your own nutrition, you certainly need to consider your child's.



If you really want to beef up your general nutrition knowledge, check with your local hospital or community center for classes taught by registered dietitians who can really help you get some fundamentals of nutrition under your belt.

For starters, take into account some basic nutritional facts about babies and children that every parent needs to know. Commit these morsels to memory as you feed your tyke:

✓ **Breast milk or formula is your baby's first drink.** Milk remains a vital part of your child's diet for several years, and children need the calcium, along with the vitamins, minerals, and fat that milk provides.

Your child shouldn't have cow's milk until one year of age and should only be given full-fat cow's milk (read that: whole milk) or a cow's milk substitute (such as soy or goat's milk) at that point. See Chapter 4 to discover more about milk.



- ✔ **Foods need to be dense in calories, fat, and nutrition.** Because children don't eat as much as adults, their foods need to be more focused. We'll give you plenty of pointers to accomplish this goal throughout the book.
- ✔ **Babies don't have the ability to digest high fiber foods.** Although higher fiber foods are healthy for older children and adults, your baby needs less fiber. Also, most high fiber foods are low in calories, which is the opposite of the previous bullet.
- ✔ **Children need three square meals a day along with healthy snacks in-between.** Of course, babies 4 months old or younger need to be fed breast milk or formula on demand, but as your child begins eating solids and nears age 1, she needs to eat every few hours, and every meal and snack should be seen as a time to offer solid nutrition. Don't worry; we'll help you along the way!

Your child also needs a wide variety of vitamins and minerals for healthy growth that your instincts may not trigger. The following list highlights some of the major players, but we tell you everything you need to know about important vitamins and minerals in Chapter 2, including what foods you can find them in.

We begin with the vitamin superstars:

- ✔ **Vitamin A:** Aids the immune system; helps form some hormones and helps in cell reproduction; helps with the growth of bones, teeth, and healthy skin, hair, and mucus membranes
- ✔ **Vitamin B2 (also called riboflavin):** Aids in general growth and red cell production; helps with energy conversion from carbohydrates
- ✔ **Vitamin B12:** Helps the body's metabolism; aids in the formation of red blood cells; maintains the central nervous system
- ✔ **Vitamin C:** Acts as an antioxidant, which prevents the body from tissue damage by free radicals (which can cause cardiovascular disease and cancer); is an effective antiviral agent, meaning it helps your body defeat viruses you come into contact with
- ✔ **Vitamin E:** Helps with antioxidants and the creation of red blood cells

Continuing on, the big wigs in the mineral category are as follows:

- ✔ **Calcium:** Builds strong bones and teeth; helps nerve function and blood clotting when you're wounded
- ✔ **Iron:** Essential part of hemoglobin, which delivers oxygen to the body's muscles through the blood cells. Iron is what gives blood its red color and it's necessary for energy production.

- ✔ **Zinc:** Promotes cell reproduction, tissue growth, and wound healing; works with other body enzymes and helps the body use carbohydrates, protein, and fat; an important mineral for general health
- ✔ **Potassium:** Regulates fluids and mineral balance; helps maintain blood pressure

Why homemade foods are best

If you walk through your favorite grocery store, you'll find plenty of manufactured baby foods and products. You may look at the foods and prices and think, "Are these products nutritious, and is the price worth it? Is this the way to go? Is there a better method?"

Let us say this upfront: We aren't anti-prepackaged baby food. Each of us, as parents, has used it, and in many cases, prepackaged baby food provides a quick solution. If you must use prepackaged foods, the iron-fortified cereals and basic purees are all good choices. Yet, as a general rule, homemade food is simply better for the following reasons:

- ✔ **Freshness:** When you make your baby's food, you can use the freshest ingredients and prepare the food in a way that harbors the vitamins and minerals. Fresh is best.
- ✔ **Control:** With homemade foods, you're in complete control of what your baby eats and you have more flexibility with options.
- ✔ **Preservatives:** Well, the *lack* of preservatives to be exact. Home-cooked food avoids preservatives. Most store-bought baby foods are careful to eliminate excess preservatives and salt. Yet, homemade meals are always going to be preservative free *if* you use fresh ingredients.
- ✔ **Cost:** For \$3, you can buy a whole squash or a package of green beans that feeds your baby for a week or more. To the contrary, you can feed your baby the prepackaged stuff for only two days with the same amount of dough! The reason for the price difference is that when you make your own food, you avoid all the materials and marketing costs that heighten the cost of store-bought food. Pocket your money and use it in other ways for your family, such as paying a sitter so you can have a night out with your partner!
- ✔ **Bonding:** You'll feel better about your role as a parent when you prepare food yourself. And the love that goes into your meals creates closeness to your child. That spoonful of love doesn't come prepackaged.

Need more convincing? See Chapter 16 where you'll find ten quick reasons why homemade baby food is best.

What mealtime teaches your child

Mealtime is about more than food; it enhances moments of bonding and sharing, especially as your baby turns into a toddler and begins interacting with the world around him. We assert that mealtime is one of the most important family times of the day. In fact, family mealtime is important enough that we've devoted an entire chapter to family meals; see Chapter 12 for an enlightening discussion and some hard-to-beat recipes (if we do say so ourselves).

So what can be learned from? Valuable lessons can be reinforced each day during meals, but here are a few of the most important:

- ✔ **Togetherness:** Family meals can be a great way for all members of the family to share their time and day together. These family bonding moments become a normal part of the routine and a healthy part of your family's.
- ✔ **Dexterity:** As your child begins to use a spoon and fork, she begins to manipulate and use tools and items.
- ✔ **Manners:** Use this time to teach “please” and “thank you” and phrasing for passing dinner dishes. Also use other table manners like excusing yourself from the table when finished. Many of these manners are taught by example. Make sure to explain table manners to your children for any social setting as well.
- ✔ **Balanced diet:** If you eat healthy meals together, your child begins understanding the importance of proper health and food from a young age. Your child witnesses his family eating in a healthy way, and he begins to understand which foods are healthy and which are occasional treats. What better place to gather these life skills than in your kitchen?!
- ✔ **Conversation:** As you watch your child grow and his language skills develop, you'll find that the family table is a great place to practice and reinforce conversation skills. Eating and visiting at the same time is an age-old practice, but make sure to pass on the tricks of the trade to your little ones. Such skills like not interrupting when others are talking and not screaming to get what you want can be emphasized at the dinner table. Your child also discovers new words about foods, utensils, and other objects in the kitchen. Mealtime is a powerful learning tool, so keep the conversation positive and upbeat!

Weaning Baby and Introducing New Foods

Breast milk is a starter food, but your baby can't drink it as his only source of nutrition forever! In fact, by the time your baby reaches 4 months old, he'll be

almost ready for real food, but you have to start out simply — with a small amount of cereal — and transition gradually. And although your infant will eat different foods before his first birthday, breast milk remains an important part of his diet until at least that point.

Because your child isn't born eating a smorgasbord of food, you'll need to introduce new foods as he grows. Naturally, certain foods are better at certain ages than others, and you can find out more about what foods to introduce at what ages in the various age-related chapters in this book. To whet your appetite for all you'll discover in this book, though, the following list gives you a brief global look at feeding your child:

- ✔ **0–4 Months:** Feed breast milk or formula only, fed on demand.
- ✔ **4–6 Months:** Add small amounts of rice, oat, or barley cereal. If you begin serving cereal at 4 months, you may begin serving pureed veggies at 5 months and pureed fruits at 6 months.
- ✔ **6–8 Months:** Add pureed fruits and veggies, such as bananas, pears, applesauce, peaches, avocado, cooked carrots, squash, and sweet potatoes.
- ✔ **8–10 Months:** Continue with previous foods, and add
 - Small amounts of soft pasteurized cheese, yogurt, cottage cheese (but no cow's milk until age 1)
 - Cereals (wheat and mixed cereals)
 - Mashed (versus pureed) fruits and vegetables (such as bananas, peaches, pears, avocados, cooked carrots, squash, potatoes, sweet potatoes)
 - Finger foods (such as lightly toasted bagels, cut up; small pieces of ripe banana; well-cooked spiral pasta; teething crackers; low-sugar O-shaped cereal)
 - Small amounts of protein (such as pureed meats and poultry; tofu; well-cooked and mashed beans like lentils with soft skins, split peas, pintos, black beans)
 - Noncitrus juice (apple or pear)
- ✔ **10–12 Months:** At this stage, add
 - Fruit cut into cubes or strips, or mashed
 - Bite-size, soft-cooked vegetables (peas, carrots)
 - Combo foods (macaroni and cheese, casseroles)
- ✔ **12–18 Months:** Switch to whole milk. You can feed everything you've been feeding, but you can now feed these foods as well:
 - Honey
 - Any other dairy products

- Same food as family, mashed or chopped into bite-size pieces
- Other grains (whole-wheat bread, pasta, rice)
- New fruits: melon, papaya, apricot, grapefruit (citrus is now okay)
- New vegetables: broccoli and cauliflower — essentially any veggie is okay now
- Protein (eggs; cut-up or ground meat, poultry, boneless fish)

✓ **18–24 months:** Everything you've been feeding plus

- Other grains (whole-wheat crackers, pretzels, rice cakes, ready-to-eat cereals)
- Fruit (cooked, canned or fresh, cut up or sliced, or even dried)
- Fruit and vegetable juices

✓ **24 months and on:** Everything you've been feeding. At this stage, you can continue to introduce new foods as desired, including nuts and peanut butter. Be careful of choking hazards — make sure that items are cut in small bites and carefully continue to supervise mealtimes.



It can take ten or more attempts before children feel comfortable eating an unfamiliar food. So, don't give up or get discouraged.

Leaving the nipple and grabbing a spoon

As your child nears age 1, you may want to begin weaning him from formula and move him to cow's milk. Breastfed babies are typically breastfed a bit longer, depending on what works best for Baby and Mom. Remember, though, that you should only give your tot whole cow's milk or a cow's milk substitute until he's 3 or so. At that point, you can cut some of the fat and move to 2 percent milk.

Honey is for bumblebees, not babies

Perhaps you've heard that you never give honey to an infant, and indeed, if you look on honey containers at the supermarket, the labels tell you the same. Why? Honey may contain bacterial spores that produce the bacterium, *Clostridium botulinum*. This bacterium creates a toxin that can give your baby botulism, which makes your child sick and, in rare cases, affects

the central nervous system, resulting in death. Honey is safe for older children and adults, but babies haven't yet developed the bacteria in their digestive tracts that can control the spores and prevent the production of the toxins. So, never give honey to a child under age 1 for any reason.



The transition from milk to solids is an exciting time for both the baby and the parent, but the progression is slow as molasses. Typically, the transition from milk to simple solids and then to more complex solids takes months, even years, to develop fully.

Your baby's first solid food should be rice cereal, typically during 4 to 6 months of age. Make the cereal watery, and your baby will eat only a few bites at a time. You can then slowly mix in other watery cereals, such as barley and oatmeal. In fact, you can make these cereals from scratch with little fuss, and we show you how in Chapter 5.

As your baby's appetite grows, you'll begin introducing pureed and watery veggies. We recommend yellow veggies, such as corn, potatoes, sweet potatoes, and the like. These veggies are bland and easy to digest but still pack that nutritious punch.

As your baby continues to grow, you'll also introduce basic and bland fruits, such as apple, pear, and banana. Find out more about feeding your 4- to 6-month-old in Chapter 5.

Moving from bland to beautiful, from purees to well-crafted dishes

As your child moves past the 6-month stage, you'll continue to see more changes in her eating needs and habits. Her digestive system gets stronger, and as she gets teeth, her food options expand greatly. You'll begin mixing in other veggies, fruits, and then meats, with progressively chunkier textures as Baby gets older, and on to combination meals that'll start to look more and more like real food instead of mush!

To help you navigate the changing needs of your child, you'll find a chapter addressing each age range with advice, tips, pitfalls, and of course, practical recipes to put to work in your kitchen (see Chapters 6 through 10).

Observing basic rules when feeding your tyke

So you have this hungry child and you need to feed him. What are the rules? What should you watch out for? What are the common difficulties?



Relax! Feeding your child takes a mix of common sense and some specific rules. We expand on the following topics throughout the book, but to get started, keep these issues in mind:

✔ **Your child's eating needs aren't like yours.** You may worry about things like calories and fat and try to eat foods with lower calorie and fat contents. Your baby's needs are the complete opposite. Because your youngster eats lower volume, she needs food that has

- Dense calories and good fat
- Low sugar
- High vitamins and minerals
- Low fiber (especially for children under 1)

You don't need to know countless rules, but remember that your child needs a dense calorie, higher fat diet for proper growth and brain development. Children aren't little adults, so don't get in the habit of thinking that way. Check out Chapter 2 to find out more about childhood nutrition.

✔ **Texture, appearance, and taste are more important than you may think.** Just because your child is young doesn't mean that his senses don't come into play when he eats. In fact, he's attracted to food by both sight and smell, just like you. In addition, texture is important for safety reasons — babies can choke easily, so you need to make sure that you're serving food at the right consistency at the right age. Naturally, we've provided you with a lot of information and a bunch of recipes. Check out Chapters 5 through 10.

✔ **Start with bite-size portions.** Offering your child just a teaspoon or so of a new food makes it feel less intimidating.

✔ **Team up favorite tastes with new ones.** Pick a food that your child likes and alternate bites between the new food and the favorite food.

✔ **Not all foods are created equal.** Some foods simply have more nutrition than others, and you should have an understanding of what foods provide a stronger source of nutrition. Don't worry; head to Chapter 2.

✔ **Not all foods should be given to children.** Some foods commonly provoke allergies in children, and some foods are simply dangerous. For example, honey contains botulism spores and should never be given to a child under the age of 1. Peanuts are a common allergen and shouldn't be given to children (including peanut butter) until after the age of 2. Shellfish is a common allergen for many people as well. Avoid it until your child is several years old. You can find out more about these issues in Chapter 13.

✔ **Be careful with juice.** Juice is a wholesome drink for your child, but make sure that you give only pure fruit juice that contains no added sugar (look for "100 percent juice" on the label). We recommend apple juice as a first juice because it's easy to digest. As a starter, it's best to dilute juice 50 percent with drinking water (tap water is fine). Too much juice can cause diarrhea until your child ages a bit and can handle its intensity.

- ✔ **Beware of choking hazards.** As your baby ages and becomes a more independent eater, he needs to be very careful of items that pose potential choking hazards. These items include whole grapes, hard candy, popcorn, hotdogs, peanut butter, and any larger items. Think small bites!
- ✔ **Water is a building block of life, but your baby gets all the water he needs from milk.** If you formula feed, the formula is mixed with water (regular tap water) as your child grows. After the age of 1, you can offer more water as a drink, but make sure that you continue feeding milk and juice. See Chapter 4 to find out more about milk.
- ✔ **Use common sense.** Use this book as a guide for when to serve what foods and how much, but be wary of well-meaning relatives and friends who're flippant about what your child can and should eat.

Facing and Hurdling Obstacles

In a perfect world, you'd never have any problems. Of course, none of us get to live in *that* world, and you may experience several common problems when feeding your baby. If you're armed with the right information (which this book provides), you can pinpoint a problem and handle it successfully. The following sections give you a quick introduction to the most common problems.

When Ricky is really picky

Fact #1: The majority of children go through some kind of picky eating phase.

Fact #2: This phase will make you want to run screaming down the street.

Some children seem to be born as picky eaters. Others seem to eat well and then suddenly go through a stage where they'll barely eat anything or eat the same food over and over. This spell can last a few months or even a few years.



Utilize these practical tactics to combat your picky eater, and in fact, you can find more tips and special recipes to help in Chapter 14. Here are a few quick tips to tuck in your hat:

- ✔ **Relax.** Realize that picky-eater syndrome is normal and more children than not go through some variation of this behavior. Although aggravating, realize that the behavior is normal, take a deep breath, or maybe two, and relax.
- ✔ **Vary it.** Don't give in to demands for the same foods over and over. Keep exposing him to new foods and don't let him dictate what he'll eat. Don't worry; your child won't starve.

- ✔ **Watch out for visual appeal.** Children are typically only interested in eating pleasant-looking food. Try to make food more visually appealing and stimulating.
- ✔ **Use a base.** If your child loves cheese, serve dishes that mix other items, such as veggies into the cheese.
- ✔ **Get your children involved in the kitchen.** Use cooking time as discovery time. Teach your little ones about different foods and let them help you prepare some items. This is a great way to break down the pickiness barrier because kids are more likely to try something they've helped create. Check out Chapter 11 for some recipes that just may get you started cooking together and increase your child's knowledge of foods and interest in eating them.

If Grace is intolerant (or allergic)

Children have immature body systems, including their digestive and immune systems. It isn't uncommon for kids to end up with some sort of food allergy or intolerance, but most children outgrow these issues with time. Food intolerance affects the digestive system, while an allergy affects the immune system. Intolerances are more common than allergies.

A food intolerance or allergy reveals itself with a few telltale symptoms:

- ✔ Allergy symptoms:
 - General irritability
 - Problems breathing
 - Rashes, especially around the face or neck
 - Sneezing, wheezing, and a runny nose
- ✔ Intolerance symptoms:
 - Bloating
 - Digestive problems
 - General irritability
 - Vomiting

You'll notice these symptoms typically within 30 minutes of eating the offending foods if the food is intolerance. In the case of an allergy, the symptoms may appear within a few minutes, but can take several hours to appear.

In most cases, food intolerance or allergies are annoyances (for both you and your child), and you simply need to avoid feeding those foods to your kid or adjust serving size in cases of intolerance. Some foods, however, such as peanuts and shellfish, can lead to a swelling of the throat, preventing proper

breathing and anaphylactic shock. *Anaphylactic shock* is a life-threatening reaction characterized by a swelling of the throat tissue and lowered blood pressure. So, it's important not to take intolerance or allergic problems lightly. Naturally, a pediatrician can be an invaluable resource if your child's having these problems, and also check out Chapter 13 for more information on the most common allergies and intolerances as well as a handful of recipes that steer kids clear of trigger foods.

If Charlie is on the chubby side

In most cases, children won't end up chubby. The main contributing factors to overweight children are the consumption of highly processed, high-fat foods (instead of a well-balanced diet), and the lack of physical activity. In rare cases, medical conditions cause a child to be chubby, and you should work with your pediatrician, but in most cases, it's simply an issue of eating poorly and living lazily.

It's important to note that all babies and young children look chubby — this is a normal part of your baby's development. But as your child grows to around age 2, you'll notice that she loses this baby fat and starts to thin out.



If you feel that your child eats too much and is gaining weight, check with your pediatrician who may have some specific suggestions for the situation. Also, check out Chapter 2, where we discuss in detail the basics of proper nutrition. Armed with the right information, you can make changes to your child's diet and activity level that'll likely take care of the chubby problem.

When Father Time gives you a squeeze

You have all the time in the world and are never in a rush. Yeah, right! When you find that world, please let us know, so we can join you.

In many cases, parents want to cook meals for their children, but they rely on prepackaged foods in a fix. We understand, because our lives are hectic, too. With two parents working full time, raising two kids isn't easy! However, with a few tricks up your sleeve, you can keep your nutrition goals even when time isn't on your side. (For more great tips, flip to Chapter 17, near the end of the book.)

- ✓ **Get organized.** Get a calendar and try to plan out your week's meals in advance. This way, you'll know what needs to be cooked and when, and you'll avoid a lot of confusion.
- ✓ **Cook several meals at once.** Try cooking a couple of different recipes at the same time and storing the portions in the freezer. When you don't

have time to cook later, pull out your freezer portions for a quick, healthy meal. Throughout this book, we note the recipes that'll freeze well.

- ✓ **Prepare snacks for the road.** Eating out is a major culprit of poor nutrition, but you can survive this problem by taking healthy food along. It's not as hard as you may think, and in Chapter 15, you'll find plenty of on-the-go recipes to get you started.

What Do You Know? A Nutritional Test

How much do you know about childhood nutrition? Take this simple test to find out. The following 15 questions test your knowledge of childhood feeding issues. If you find that you struggle to get the right answers, don't worry. That's why you have this book! (The answers are at the end of this chapter with references to other chapters in this book for more complete information.)

The questions

- 1. At what age should a baby start drinking cow's milk?**
 - A. 6 months
 - B. 1 year
 - C. 18 months
 - D. 2 years
- 2. Which food poses a common, but potentially dangerous, allergy for young children?**
 - A. Apples
 - B. Bananas
 - C. Nuts
 - D. Lettuce
- 3. Which food presents a botulism danger in children under 1 year old and should be avoided?**
 - A. Pears
 - B. Honey
 - C. Beef
 - D. Cauliflower

4. **What is the fluid a newborn sucks from the mother's breasts before actual breast milk comes in?**
 - A. Colostrum
 - B. Antibody
 - C. Sweet milk
 - D. Vitamins
5. **What is the first solid food that you should offer to your child?**
 - A. Chicken
 - B. Veggies
 - C. Fruit
 - D. Rice cereal
6. **In terms of serving *first* veggies, which veggie isn't a good choice?**
 - A. Sweet potato
 - B. Squash
 - C. Corn
 - D. Broccoli
7. **Which is a common symptom of a food allergy?**
 - A. Rashes
 - B. Headaches
 - C. Aching joints
 - D. Fatigue
8. **Which food isn't a part of the B. R. A. T. diet for sick children?**
 - A. Bananas
 - B. Rice
 - C. Apples
 - D. Tomatoes
9. **What number of calories does the USDA recommend that the average 2-year-old consume per day?**
 - A. 500
 - B. 1,000
 - C. 1,500
 - D. 2,000

- 10. According to the USDA, what food group should have the most servings per day for a 2-year-old?**
 - A. Grains
 - B. Milk
 - C. Veggies
 - D. Fruit
- 11. Which food helps build strong bones and teeth?**
 - A. Zucchini
 - B. Sweet potatoes
 - C. Whole wheat
 - D. Milk
- 12. Which of the following options isn't a benefit of breastfeeding?**
 - A. Tailor-made nutrition
 - B. Important vitamins and minerals
 - C. Additional antibodies for your baby
 - D. None of the above
- 13. When you start feeding your baby purees, which food group should be served first?**
 - A. Meat
 - B. Fruits
 - C. Veggies
 - D. Nuts
- 14. Which food is considered a dense source of calories, fat, and vitamins and is recommended for babies?**
 - A. Corn
 - B. Potato
 - C. Carrot
 - D. Avocado
- 15. What eating problem in children can lead to Esophagitis?**
 - A. Reflux
 - B. Allergies
 - C. Lactose intolerance
 - D. Diabetes

The answers

1. B

A baby should transition to cow's milk at 1 year of age. See Chapter 4.

2. C

Nuts are a common allergen and should be avoided until after 2 years of age, when they can be slowly introduced into the diet. See Chapter 2.

3. B

Honey should never be given to infants (under 1-year-old) because of the danger of botulism. See Chapter 2.

4. A

Colostrum is a fluid that contains antibodies and basic nutrition for the newborn. See Chapter 4.

5. D

Babies should start with a rice cereal. See Chapter 5.

6. D

Broccoli is hard to digest and not a good choice for a *first* veggie. See Chapter 5.

7. A

Rashes are a common sign of a food allergy. See Chapter 13.

8. D

Tomatoes aren't a part of the B. R. A. T. diet. Instead, toast is the final food. See Chapter 1.

9. B

The USDA recommends 1,000 calories for a 2-year-old with moderate activity. See Chapter 2.

10. A

Your child needs more servings of grains than foods from any other group. See Chapter 2.

11. D

Milk and other dairy products help build strong bones and teeth. See Chapter 4.

12. D

Breastfeeding is best for your baby. All the answers are positive benefits! See Chapter 4.

13. C

Pureed veggies should be served before any other foods. See Chapter 5.

14. D

Avocados — the perfect food for a baby — are very rich and easy to digest. See Chapter 2.

15. A

Reflux, in severe cases, can lead to Esophagitis and esophageal cancer. See Chapter 13.

