



**Healthy Eating  
for the Mom-to-Be  
& Baby's First Foods**



*A'ishinabek*

---

# Healthy Eating During Pregnancy

## HEALTHY EATING BASICS

“During pregnancy a woman must make healthy food choices to provide her and her baby with enough nutrition for growth and development.”

### THE FACTS:

#### What is healthy eating?

- Healthy eating means eating a variety of foods from each of the four food groups. This will provide a pregnant woman with a balanced diet. A balanced diet provides the energy and nutrition needed for mom and her growing baby.

#### What are nutrients?

- Nutrients are substances that are essential for growth and development. **Our bodies cannot make nutrients—we get them from food.**
- We need **more than 50 nutrients** every day for good health! No one food provides all of the nutrients we require, therefore we must eat a variety of foods. Eating a variety of foods from all four food groups will help us eat a diet that contains all of the essential nutrients.

#### What about supplements?

If you eat a variety of foods from the four food groups, you will get all of the nutrients you need. A prenatal multi-vitamin is often recommended during pregnancy because pregnant women have a greater demand for nutrients that they may have difficulty getting from food alone. Nutrient supplements can help a woman get enough nutrients but they cannot replace a healthy diet.

---

## The Food Groups

- **Food Guides** help people build a healthy diet. There are a number of different food guides available. While they may look different – they have the same message.
- **Food guides divide foods into four food groups based on the nutrients they provide.** Foods classified in a group provide similar nutrition. It is important to eat foods from all four food groups every day.
- Food guides also tell us how much of each food to eat to get enough energy and nutrients.
- In each food group there are choices that provide more nutrients with less fat. Because most of us eat too much fat, it is important to choose foods that are lower in fat. For example, 2% milk versus ice cream.
- Traditional foods fit in each food group. **Traditional foods are often very high in nutrients.**
- Foods that do not fit into the four food groups are called “other foods”. They are very low in nutrition. These foods should be avoided. They are high in fat, sugar, and salt.
- **“Other foods”** include foods that are:

**mostly fat:** butter, margarine, lard, cream, oil, sour cream

**mostly sugar:** jam, jelly, honey, syrup, jello, popsicles, candies, marshmallows

**high fat snack foods:** chips, cheezies

**drinks:** pop, tang, kool aid

<b>FOOD GROUP</b>	<b>SERVINGS PER DAY</b>
Grain Products	5-12
Vegetables/Fruit	5-10
Calcium	3-4
Meat, Fish, Birds & Alternatives	2-3

## **What is a serving?**

### **Grain products:**

- 1 slice bread
- ½ hamburger roll
- ½ cup cooked pasta or rice

### **Vegetables and Fruit:**

- 1 piece fruit or vegetable
- ½ cup cooked vegetable
- ½ cup juice
- 1 cup tossed salad

### **Calcium Foods:**

- 1 cup milk
- ¾ cup yogurt
- 1.5 ounce cheese
- 2-3 tbsp sesame seeds
- 1 ½ cups dark leafy greens
- 4 oz canned salmon

### **Meat, Fish, Birds, Alternates**

- 1-2 eggs
- 3 oz meat, fish, bird
- 2 tbsp peanut butter
- ½ cup beans, peas, lentils

---

## Vitamins and Minerals

The vitamins and minerals that are important during pregnancy are: **iron, calcium, zinc, folic acid and Vitamin A.**

These nutrients are important for the growth and development of the baby and for the health of the mother. However, research indicates that many Anishinabek women do not consume enough of these nutrients.

If a woman does not consume enough of these nutrients, the baby may not grow or develop normally. Depleted nutrients from the mother's body can cause lack of nourishment to the baby.

To make sure they are getting adequate amounts of these important nutrients, pregnant women must eat a healthy diet and should take a vitamin/mineral supplement.

### What about water?

Pregnant women need to drink at least 8 cups of fluids every day. Water is very important. Water carries nutrients to your body's cells, carries waste products away, keeps you cool and helps prevent constipation.

### Teaching Tips:

Use a food guide to explain healthy eating and balanced meals for pregnancy.

Go over the four food groups. Ask the woman to name some of the foods she enjoys from each food group.

### Why is Iron Important?

Iron is important for healthy blood. The iron in blood carries oxygen to the different parts of our body.

A pregnant woman's blood volume increases by 50%, therefore she requires extra iron.

---

A baby stores iron (in the liver) while in the womb to last the first 6 months of life.

## Is She Consuming Enough Iron?

Does she eat at least 2 foods that are high in iron every day? Does she eat foods that contain Vitamin C along with iron rich foods? Vitamin C helps with the absorption of iron. Good sources of Vitamin C include: oranges and orange juice, tomatoes and tomato juice, and berries.

## What Foods Are High in Iron?

Meat	liver
Lentils, Beans	Oysters, Mussels
Molasses	Dark Leafy Greens
Whole Grain Cereals, Breads	Enriched Pasta Cereal, Breads

## Folic Acid

### Why is Folic Acid Important?

Folate, Folacin and Folic Acid are the three different names for the same B vitamin. Folic Acid is important for making new cells in the body (blood, muscle etc.)

Research shows that taking folate before pregnancy or early in pregnancy can prevent neural tube defects (NTD's) like spina bifida.

## Is She Getting Enough Folic Acid?

Does she eat foods that contain folic acid every day?

## What Foods Are High in Folic Acid?

Beans (i.e. kidney, navy)	Dark green leafy vegetables
Sunflower seeds	Whole grain bread
Fruit	Wheat germ
Bran cereal	Lentils

---

## Calcium

### Why is Calcium Important?

Calcium is important for strong bones and teeth.

During pregnancy a woman requires enough calcium to build the baby's skeleton and teeth.

If she does not get enough calcium, in her diet, her body will take calcium from her bones in order to meet the baby's needs. This can make the mother's bones weak and brittle later in life. Osteoporosis is the name given to this condition.

### Is She Getting Enough Calcium?

Does she eat at least 3-4 servings of food that are high in calcium every day?

### What Foods Are High in Calcium?

All dairy products	Soft animal bones
Sesame & sunflower seeds	Baked goods with milk (eg pancakes)
Almonds	Indian corn
Dark leafy greens	Beans (eg kidney, navy, lima)

## Vitamin A

### Why is Vitamin A Important?

Vitamin A is important for healthy skin, healthy eyes, and to fight infection.

Too much or too little Vitamin A is not healthy for a pregnant woman and her baby. If a woman eats liver more than twice a week she should not take a supplement with Vitamin A.

---

## Is She Consuming a Healthy Amount of Vitamin A?

### TOO LITTLE

Does she eat at least 2 servings of foods that contain Vitamin A each day?

### TOO MUCH

Does she eat liver more than twice a week and take a vitamin supplement with Vitamin A?

## What Foods Are High in Vitamin A?

Liver, Kidney	Dark Green or Orange Vegetables
Eggs	Milk

## Ideas...

**If a woman is not eating enough foods with Calcium, Iron, Folate or Vitamin A:** help her identify foods that she likes that are high in these nutrients and help her find ways to incorporate foods high in these nutrients into meals and snacks.

## Did You Know?

Calcium needs Vitamin D to keep bones and teeth healthy. Without Vitamin D, bones become soft and deformed. This condition is called Rickets. Our bodies make Vitamin D when our skin is exposed to sunlight. During the winter months and in the north it may be difficult to get enough Vitamin D by sunlight. Traditional sources of Vitamin D were liver, fish, eggs and fish oil. Today Vitamin D is added to milk.

## Healthy Weight Gain

Gaining too much or too little weight is not healthy for mother or baby. Women need to gain a healthy amount of weight when pregnant.

## The Facts:

The amount of weight a woman gains during pregnancy is dependent on her pre-pregnancy weight.



---

Women who have healthy body weights should gain more weight than women who are overweight.

Overweight women can use some of their stored energy (fat) to help the baby grow and develop.

Weight gain does not just have an effect on the pregnancy. It can also affect the long-term health of mother and baby.

## **HIGH BIRTH WEIGHT:**

Gaining too much weight increases the risk of having a high birth weight baby. If a pregnant woman eats too much food or doesn't get enough exercise, she may gain too much weight and her baby may grow too large. Babies that weigh more than 8.8 lbs (4000 g) have a high birth weight. This can lead to health problems for mother and baby.

## **Did You Know?**

Gaining too much weight during pregnancy increases the risk of having a high birth weight baby. This is linked to:

- a long and difficult labour and delivery
- increased chance of having a Caesarian delivery
- increased risk of mother developing diabetes during pregnancy
- increased risk of baby developing diabetes later in life.

## **LOW BIRTH WEIGHT:**

If a woman does not gain enough weight, her baby may be born with a low birth weight. Babies that weigh less than 5.5 lbs have a low birth weight. Low birth weight babies are more likely to get sick, have serious health problems and/or die. Good nutrition is very important to prevent a low birth weight baby. Other factors that could contribute to a low birth weight baby include: smoking, alcohol, teen pregnancies, physical and emotional stress.

---

## Did you know?

- Not gaining enough weight during pregnancy increases the risk of having a low birth weight baby. This is linked to:
- baby being born prematurely
- increased risk of baby developing health problems
- increased risk of baby dying
- problems with the mental and behavioural development of baby

## How Much Weight is Enough?

Prepregnancy Weight	Recommended Total Weight Gain
healthy	25-35 lbs (11.5 to 16 kg)
underweight	>25 lbs > 11.5 kg
overweight	<25 lbs < 11.5 kg

The amount of weight a woman should gain during her pregnancy depends on how much she weighed before she was pregnant.

Most women with healthy body weights should gain between 25 and 35 lbs (11.5-16 kg) during their pregnancy. A healthy body weight is determined by the Body Mass Index (BMI).

Women who are very thin or underweight need to gain more weight. Women who are overweight before their pregnancy need to gain less weight.

Women should gain about 3-5 lbs or 1.2-2 kg in their first trimester. In the 2nd and 3rd trimesters there should be a slow and steady weight gain of ½ - 1 lb or 0.4 kg per week.

Pregnant teens are at higher risk of having low birth weight babies. They need to gain more weight to support their own bodies which are still growing and developing. Teens should aim for the higher end of the weight range in each weight category.

---

## How Much Food?

A woman doesn't need to eat a lot more food to gain a healthy amount of weight during pregnancy.

### 1st TRIMESTER

100 extra calories every day

This is like eating one of any of the following foods:

- 1 large apple, or large banana,
- 1 glass of milk, or 1 slice of cheese
- 1 slice whole grain bread, or 1 piece of baked bannock
- 1 boiled egg, or 2 tbsp of peanut butter

### 2nd and 3rd TRIMESTERS

300 extra calories every day

This is like eating one of any of the following:

- 1 piece of toast with peanut butter and a small glass of juice, or
- small bowl of vegetable soup, 1 slice of whole grain bread
- 1 bowl of cereal with 2% milk and banana

## TEACHING TIPS

- 1) It is important to keep track of a woman's weight gain during pregnancy. It will tell you if she is eating well and if the baby is growing properly. If you can, use a scale to weigh the woman each time you see her.
- 2) Explain that it is important to gain a healthy amount of weight during pregnancy so that the baby will grow to a healthy size and develop normally.
- 3) If a woman is gaining too much weight, explain the risks of gaining too much weight during pregnancy. Even if she has gained more weight than is recommended, a pregnant woman should never try to lose weight. Rather, she should

---

gain weight at a slower rate. She still needs to eat enough to give her baby and herself the nutrients they need to be healthy.

4) If a woman is not gaining enough weight try to find out why:

## **Weight Management Tips**

- Go for whole grains. These foods are very nutritious and the fiber helps fill you up.
- Eat at least five servings of fruit and vegetables every day.
- Choose lower fat milk products.
- Choose lean meats, poultry and fish.
- Go easy on added fats such as butter, lard, margarine, oil.
- Be physically active every day.

## **Is she afraid of gaining too much weight?**

Explain that she is not getting fat. Tell her that she needs to gain weight for her and her baby's health. If appropriate, include her partner in this discussion. Discuss the importance of a healthy, balanced diet and regular physical activity.

## **Does she have enough money to buy food?**

Share ideas for eating better for less money. Refer her to social services or other local resources for help.

---

## Does she feel too sick to eat?

To help reduce nausea and vomiting:

- Eat small amounts of food regularly
- Drink fluids between meals
- Smell a slice of fresh lemon
- Stay away from foods with strong smells.
- Choose cold foods that do not smell
- Get plenty of fresh air and rest

## DIABETES and PREGNANCY

- Pregnant women with diabetes need to take special care of themselves. They require support and guidance from family, friends and community health workers.
- Many women can control their blood sugars and have a healthy baby by choosing healthy foods and staying active. Some women also require insulin to control blood sugars.
- A woman can develop diabetes during pregnancy (gestational diabetes) or a woman may have diabetes before becoming pregnant. These are different situations.

## GESTATIONAL DIABETES

### THE FACTS:

### What is gestational diabetes?

Gestational diabetes is diabetes that a woman develops during pregnancy.

---

## What are the risk factors?

Women are more likely to develop gestational diabetes if they:

- Are **overweight** before becoming pregnant.
- Have **other family members** with diabetes.
- Have had gestational **diabetes in a previous pregnancy**.
- Have had a **baby that weighed over 9 pounds (4 kg)** at birth.
- Are **over 30** years of age.

## What effect does gestational diabetes have on mother or baby?

High blood sugar (not diabetes) may cause health problems:

- The baby may be large – weighing over 9 pounds (4 kg). This delivery is more difficult for both mother and baby.
- The baby may have respiratory problems at birth.
- The baby's blood sugar may be low.
- The mother may feel very tired.
- The baby will not be born with diabetes, but is at increased risk of developing diabetes later in life.

## Testing for gestational diabetes:

**All** women should be tested for gestational diabetes.

- Women at risk should be tested at their 16th week of pregnancy.
- All other women should be tested between 24th and 28th week of pregnancy.

---

The test involves giving the woman a very sweet drink (made of 50g of glucose-sugar). Her blood sugar level is tested one hour after drinking the solution to see how her body handled the sugar.

- If her blood sugars are 7.8 mmol/L or less, she does not have gestational diabetes. This means that her body was able to use the glucose.
- If her blood sugars are 11.1 mmol/L or more, she has gestational diabetes – her body was not able to use the glucose.
- A second test using an even sweeter drink is done if her blood sugars are between 7.8 and 11.1 mmol/L.

## How to control blood sugar:

If a woman with gestational diabetes controls her blood sugars, her baby will be healthy. A woman should test her blood sugar levels regularly. To help control blood sugar levels it is important to follow these guidelines:

- **Eat smaller meals every few hours, throughout the day.** When you have diabetes, very little insulin or ineffective insulin is produced. Big meals may require more insulin than what your body can produce. When this happens, blood sugars go up.
- **Choose lower fat foods.** (lean meats, vegetables, low fat milk, whole grain cereals and breads). A diet high in fat may make a woman gain more weight than is healthy. Gaining weight makes it harder to control blood sugars. The pancreas must supply insulin to all parts of the body. When you are overweight, a lot more insulin is required.
- **Stay physically active.** Physical activity helps control blood sugar.

- 
- **Do not skip meals or snacks.**
  - **Avoid sweet foods that are high in sugar** (cookies, cakes, pop, candy, jam, fruit drinks, pastries).
  - **Avoid alcohol.** Alcohol raises blood sugar and can seriously harm the baby.

## **What about insulin?**

Many women can control their blood sugar by eating healthy foods and staying physically active. They do not require insulin.

When diet and exercise are not enough to control blood sugars, insulin will be prescribed.

**Diabetes pills cannot be used by pregnant women.** They may harm the baby.

## **After the baby is born:**

The mother's blood sugar usually returns to normal and she no longer has diabetes. However, she is at risk of developing diabetes later in life.

To prevent the development of diabetes later in life a woman can:

- maintain a healthy body weight
- eat a healthy, balanced diet
- stay physically active

## **Breastfeeding:**

**It is safe for a woman who has had gestational diabetes to breastfeed.** In fact, breastfeeding should be encouraged because of the many advantages it offers for mother and baby.



---

## Did You Know?

Symptoms of diabetes include:

- excessive thirst
- frequent urination
- tiredness and fatigue
- blurred vision

## Diabetes Before Pregnancy

Being pregnant makes it more difficult to control blood sugars. A woman with diabetes who becomes pregnant should:

- Have regular visits with health care workers
- Check her blood sugars regularly
- Follow a healthy meal plan:
  - small meals and snacks every four or five hours during the day
  - choosing healthy, lower fat foods from the four food groups
  - avoid sweets (sugar, candy, pastries, syrup, pop, etc...)

**If she takes diabetes pills, she must stop taking them.** She will likely have to switch to insulin.

## TEACHING TIPS

- 1) If you think your client has diabetes, make sure she sees a nurse or doctor immediately.

---

2) Help your client understand what gestational diabetes is and the risks it has for her and her baby. Reassure her that she can have a healthy baby by controlling her blood sugar. This means healthy eating and regular exercise.

3) Ask your client what she usually eats and help her make changes to control her blood sugar.

- **If she eats large meals, or skips meals:**

Help her think of how she can spread the foods she eats over the day. The key to controlling blood sugars is spreading meals and snacks over the day.

- **If she eats a lot of sweet, sugary foods:**

Help her think of healthier choices.

- **If she eats a lot of high fat foods:**

Help her think of lower fat foods she could eat instead.

4) Help her think of ways to be more physically active.

## **BABY'S FIRST FOODS**

**Breastmilk is the perfect food for the baby for the first 6 months. Other healthy foods from the four food groups should be introduced one at a time after 6 months.**

### **THE FACTS:**

#### **Breastfeeding**

- **Breastfeeding is the traditional way to feed babies.** Elders say that in the past, many women breastfed their children for as long as five years.

- 
- **Breastmilk is the most nutritious food for babies.**
  - **Breastfed babies get fewer colds and infections.** Breastmilk may lessen the risk of the baby developing allergies and from getting diabetes later in life.
  - **Breastfeeding saves time and money.** Breastmilk does not have to be prepared, warmed or sterilized. It is ready when needed, always clean and at the right temperature. The only cost of breastfeeding is the cost of extra food a mother needs to eat to give her the energy to produce milk. This is less than \$1 per day!
  - **Breastfeeding helps the mother lose weight.** Excess fat stored during pregnancy can be used as energy to produce breastmilk.
  - Mothers who breastfeed have less risk of breast cancer and ovarian cancer.

## Healthy Eating for Breastfeeding

Healthy eating during breastfeeding is as important as healthy eating during pregnancy.

A woman requires about the same amount of energy from food (300 calories) as she did during the third trimester.

A woman requires extra nutrients to produce breastmilk that has proper nutrition to nourish the baby. A healthy diet will prevent the mother's stores from being depleted. In particular, breastfeeding women should be consuming enough calcium and iron.

A woman requires plenty of fluids when she is breastfeeding. Fluids are important in the production of breastmilk. To make sure she is getting enough, a woman should drink a glass of water, milk, fruit juice or other nutritious non-caf-feinated beverage every time she breastfeeds.

## TEACHING TIPS

- Start to talk about breastfeeding early on in pregnancy. Most women have decided if they will breastfeed long before the baby is born.
- Your role is to provide the woman with information. Encourage the woman to breastfeed but never make her feel guilty if she chooses not to.

It is important to emphasize the benefits of breastfeeding beyond the health of the baby. Talk to her about the cost savings, ease of night feedings, and that she may lose weight faster.

Producing breastmilk is a natural thing but breastfeeding is a learned behaviour. Make sure that mom is taught the proper technique and how to care for herself. This is very important for a positive breastfeeding experience.

Most women who stop breastfeeding do so in the first few weeks. This is when she is most likely to have problems. It is very important to provide new breastfeeding mothers with the support she needs. Depending on the woman's needs, this support can be instructional (eg. proper positioning); emotional (eg. someone to talk to); or instrumental (eg. help with housework).

## IDEAS TO ENCOURAGE BREASTFEEDING IN YOUR COMMUNITY:

- 1) **SUPPORT GROUP:** Invite women who are breastfeeding to get together and talk. Have the group meet in a comfortable setting and serve healthy snacks.
- 2) **PEER SUPPORT:** Introduce a pregnant woman who is planning to breastfeed with a woman who is breastfeeding or has breastfed in the past. She can answer questions and be a positive role model.

---

## Introducing New Foods

### The first 6 months

For the first six months of life, a baby requires only breastmilk or iron fortified formula.

Infant formulas are sold in different forms: liquid concentrate, powdered, and ready to serve.

Breastfed babies should be given a Vitamin D supplement. Bottle fed babies do not require any supplements.

#### Did You Know?

A baby is getting enough to eat if he or she:

- Has at least 6 dirty diapers a day
- Is alert
- Is content after feeding
- Is growing

## Feeding Your Baby From Six Months To One Year

Babies should not be fed solid food before 6 months of age. Babies are not physically able to handle anything but breastmilk or formula before six months. Their digestive system and their ability to swallow solids is not fully developed. They are also more likely to develop allergies.

The iron stores the baby has developed are being depleted by 6 months. Therefore, the baby requires iron from food. The first food introduced should be an iron enriched single grain cereal (pablum).

Rice cereal is usually the first cereal introduced. Few babies are allergic to rice. Other cereals (barley, oatmeal...) Should be introduced one at a time with at least two weeks between. This makes it easy to identify which food is causing an allergy if there is a reaction.

Choose plain infant cereals. Cereals with added fruits have extra sugar.

---

Start with cereal once per day. Increase to twice per day according to the baby's appetite. Babies require very small amounts of cereal – about 1-2 tbsp at each meal. Breastmilk or formula provides the rest of the nutrition.

### **Things To Know About Feeding An Infant**

Babies should always be held when feeding because of the risk of choking.

Newborns drink only a ¼ cup or less at each feeding.

Babies do not need feeding schedules. They should be fed at least 8 times in 24 hours. Feeding times get farther apart as baby grows older.

Always burp baby after breastfeeding at one breast or part way through a bottle.

Always feed cereal from a spoon. Never put cereals in baby's bottle.

To protect baby's teeth, do not give him or her a bottle with formula, breastmilk or juice to go to sleep with.

Never feed a baby any leftover formula or breastmilk. Throw out whatever is in the bottle when baby is full.

Use sterilized bottles for the first 3 months. Boil clean bottles, lids, nipples and rings in water for 5 minutes. Air dry on a clean towel.

Babies will eat when they are hungry and stop when they are full. Baby is finished eating when she or he falls asleep, or lets go of breast or bottle. Don't force baby to eat more.

---

## Babies 6-9 months

Pureed vegetables are the next food to introduce. Choose dark green or orange vegetables (squash, green beans, peas). These foods are good sources of Vitamins A and C.

Introduce new vegetables one at a time, to diagnose the offending food in the case of an allergic reaction.

Never add salt to baby's food. When making homemade baby food, use fresh or frozen vegetables – not canned. Canned vegetables are too high in salt.

### Did You Know?

It is recommended that babies not be given spinach, turnips, or beets before 6 months of age. These vegetables contain a natural substance called nitrates that babies may have difficulty digesting.

## Introducing Fruits

Pureed fruit (apples, banana) are introduced next. Vegetables are introduced before fruit because babies may not like vegetables after tasting the sweetness of fruit.

Do not add sugar or other sweeteners to baby's food.

Do not give a baby citrus fruits (orange, grapefruit) until the baby is at least 9 months. The sour taste and acidic quality of these foods might also cause an allergy if introduced too soon.

Some fruits and berries have too much fiber and too many seeds for a baby. Wait until baby is at least 12 months before giving him or her raspberries, pineapple etc...

### Did You Know?

Do not give a baby honey or corn syrup before one year of age. These foods may contain bacteria called "botulism" that can make a baby very sick.

---

## 9 Months To One Year

Pureed meat, chicken, fish, and alternatives (beans, egg yolk, lentils, cottage cheese) are introduced next.

**DO NOT GIVE EGG WHITE OR PEANUT BUTTER TO A BABY LESS THAN ONE YEAR OLD.** They might cause an allergic reaction. Peanut butter might cause choking.

Baby is now eating foods from the four food groups every day.

At this age the baby can be given mashed table foods. Do not overly spice or season the foods. Mashed foods (not pureed) will help baby learn to chew.

When babies teeth begin to grow, give him or her slightly stale bread or bagel, crackers, or a breadstick.

Do not give baby hard foods like raw vegetables as they may cause choking.

Baby can now handle finger foods. The best foods are slightly chewy like fruit pieces, cheese or bread.

Choking is a serious threat at this age as the baby is learning to chew while beginning to move around. **NEVER LEAVE A BABY UNATTENDED WHILE EATING.**

### Did You Know?

Avoid the following foods that may cause choking:

- X whole grapes
- X carrot sticks
- X hot dog pieces
- X nuts
- X chips



---

Whole (homogenized) cow's milk can be introduced after 9 months. Low fat milk should not be given to babies less than 2 years of age. Babies require the extra fat and calories for growth and development.

By one year old, your baby should be eating a variety of foods from each food group and drinking liquids from a cup. Babies can go directly from breast feeding to drinking from a cup.

### **Ideas...**

- 1) **Demonstrate how to make homemade baby food:** This could be done with one client or with a group. Have women compare costs and ingredients between home made and the store bought varieties. Demonstrate how to store and freeze homemade baby food.
- 2) **Invite an Elder to talk about traditional infant feeding practices:** Discuss the similarities and differences.
- 3) **Demonstrate the proper way to make formula:** If your client has chosen not to breastfeed. Explain the difference between formulas, show the proper technique for sterilizing bottles, explain why it is important to follow the directions when mixing powder or liquid formulas.

**For more information, contact the Union of Ontario Indians FASD Program office nearest you:**

**Union of Ontario Indians, Nipissing First Nation:**  
Toll-free: 1-877-702-5200 or (705) 497-9127

**Union of Ontario Indians, Fort William First Nation:**  
Toll-free: 1-877-409-6850 or (807) 623-8887

**Union of Ontario Indians, Curve Lake First Nation:**  
(705) 657-9383



**For more information, contact the Union of Ontario Indians  
FASD Program office nearest you:**

**Union of Ontario Indians, Nipissing First Nation:**  
Toll-free: 1-877-702-5200 or (705) 497-9127

**Union of Ontario Indians, Fort William First Nation:**  
Toll-free: 1-877-409-6850 or (807) 623-8887

**Union of Ontario Indians, Curve Lake First Nation:**  
(705) 657-9383

The baby pictured on the cover of our resource is Natalia Fox of  
Wikwemikong Unceded Indian Reserve. Photo by Jodi Fox.