

BabyTime

Healthy Eating for New Moms and Babies!



Cornell University
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Great Beginnings with Calcium

Start healthy eating habits – breastfeed your baby!
Breastfed your baby for the first 12 months of life.

How can you be sure
your baby gets enough calcium?

- ♥ **Breastfed your baby on demand.** Breastfed babies will nurse 8 to 12 times or more during the 4 months, 6 to 10 times or more during 4 to 6 months of age, and 4 to 6 times or more during 6 to 12 months of age.
Let your baby decide how often to breastfeed.
- ♥ **If you don't breastfeed, use infant formula.**
- ♥ **Limit juice.** Babies do not need to have juice every day. If you do use juice, limit juice to 4 ounces or less each day.
- ♥ **Introduce solid foods at 6 months of age.**

Life changes as your baby turns 1 year old!

Wean your baby from the bottle
at 12 to 14 months of age.

He may start to drink less milk and eat more
solid foods. That's okay.

Don't forget the milk!

Be sure that your toddler drinks enough milk to get
the calcium he needs for his growing body.

Toddlers between the ages
of 1 to 3 years old need
500 mg calcium each day.

How much milk is that?

14 ounces of milk
has 500 mg calcium



Can your toddler drink too much milk?

Yes, it can happen.

If your toddler is drinking
more than 24 ounces of milk each day,
it may be too much.

Why is this a problem?

- ♥ **It may cause a poor appetite.** Your toddler could fill his small tummy with milk. He may not be hungry for other foods. You may think he is fussy, but maybe he is not hungry!
- ♥ **It may cause iron deficiency anemia.** Milk does not have iron. Your toddler needs good sources of iron such as meats, iron fortified cereals and green vegetables. If he is filling his tummy with milk, he may not be able to eat the variety of healthy foods that he needs.

If your toddler is thirsty between meals
and snacks, offer water in a cup.

The easiest way
to get enough calcium
is to drink milk
at meal times.

Not enough milk?

What if my toddler refuses to drink enough milk?

- ♥ **Continue to offer milk to drink at meals.**
Your toddler can change his mind.
- ♥ **Drink milk yourself.** Your toddler likes to copy what he sees you and others doing.
- ♥ **Never force your toddler to drink milk.**
He may learn to hate milk if forced to drink it.
- ♥ **Offer milk at other times during the day such as snack times.** Offer a glass of milk before he goes to bed.
- ♥ **Put the milk in a small fun cup.**
Buy a cup with a cute cartoon or animal on it. He will like having his own special cup.
- ♥ **Offer yogurt for a snack.** Try flavored yogurts. Add finely chopped fruit to yogurt – strawberries, peaches and bananas.
- ♥ **Offer cheese for a snack.** Offer cheese and crackers, or string cheese.

Yogurt is a great source of calcium.

4 ounces of yogurt have as much calcium as 4 ounces of milk.

Cheese is a great source of calcium.

1 ounce of cheese has as much calcium as 4 ounces of milk.

1 string cheese weighs about 1 ounce.

Yogurt and cheese make great snacks for toddlers!



Does caffeine affect my breastfed baby?

Yes, caffeine does come through your breastmilk and can affect your baby. Your baby may become wide-eyed, active, alert and fussy if you have too much caffeine in your diet.

Small amounts of caffeine do not affect most babies. **However, caffeine can affect your baby differently than it affects you.** Babies may not be able to get rid of caffeine in their bodies until they are 3 to 4 months old.



If you think your baby may be reacting to the caffeine in your diet, try avoiding caffeine for 2 to 3 weeks. If caffeine has caused your baby to be fussy or unable to sleep, he should begin to settle down to normal sleeping between a few days and 2 weeks.

If you are pregnant, you have heard this before! You and your baby need calcium!

What if you never drank much milk?

- ♥ **Try it!** You may be surprised. Foods often taste different when you are pregnant.
- ♥ **Try skim milk.** Skim milk has all the calcium found in 2% or whole milk, without the extra fat and calories. Skim milk may be easier to drink than other milks.
- ♥ **Drink cold milk.** Add ice cubes if you want your milk to be colder.
- ♥ **Add your own chocolate or strawberry flavoring to milk.** Add small amounts - these flavorings can have extra calories and sugar.
- ♥ **Eat other foods that have calcium.**
Eat more yogurt and cheese.

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