

INFANT FEEDING



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BREAST- FEEDING

- Mothers produce milk immediately after delivery.
- The first available milk immediately after delivery is known as “colostrum”
- Colostrum contains disease fighting factors which are referred to as maternal antibodies.
- It is important to establish successful lactation and feeding of colostrum to the baby within ½ hour of the birth.
- According to WHO, exclusive breast feeding for 6 months is very necessary to prevent infections like diarrhoea, acute respiratory infections in early infancy.
- Exclusive breast feeding improves mother’s immune system and also delays next pregnancy.
- Breast feeding helps in the prevention of breast and ovarian cancers.
- Mothers milk contains all the essential nutrients including carbohydrates in the form of proteins and micronutrients such as iron, vitamin A etc. Hence, it is often considered as wholesome food for the infants.
- During pregnancy and lactation additional amounts of calorie requirement (300 Kcal) is essential along with a proper balanced diet which should include fruits and vegetables.



- Pregnant and lactating women require more amounts of calcium and iron. Calcium rich foods such as milk, ragi and iron rich foods like GLVs, should be included in the daily diet.

COMPLEMENTARY FEEDING

- Growing children need extra nutrition and therefore prioritize variety in diet.



- It is essential to initiate complementary feeding immediately after 6 months to meet the requirements of the growing baby.



- Feeding porridge made out of roasted flour of any cereal (rice, wheat) and pulse mix to the six month old babies helps in providing required amounts of energy and protein.



- Millets like ragi, jowar and bajra are rich in both macro & micronutrients. They can be used to prepare complementary foods.

- Complementary foods like idly should be hygienically prepared and stored and fed with clean hands using clean utensils.



GREEN LEAFY VEGETABLES (GLVs)

- Thoroughly washed GLVs cooked with pulses as a gruel should be fed to the babies.
- Leafy vegetables are very important as they provide iron, vitamin A, folic acid and other micronutrients.
- Boiled and mashed leafy vegetables in the form of soup should be given atleast 3 to 5 days a week.



FRUITS

- Ripe fruits like papaya, banana, mango, sapota should be washed, mashed and should be fed to the child.



AMYLASE-RICH FOODS (ARFs)

- The flours of sprouted cereals like wheat, millets including ragi, jowar, bajra etc..are rich in alfa amylase.
- Mothers should include ARFs in complementary feeding as these foods improve digestibility.
- ARFs help in increasing the energy density of complementary gruels and also reduces the bulk of the complimentary foods.

PREPARATION OF AMYLASE RICH FOOD



COMPLEMENTARY FOODS

1. Kichidi

Rice	30 g
Tur dhal/green gram dhal	15 g
Leafy vegetables	2 tbsp
Fat /oil	2 tbsp
Cumin (jeera)	

Method: Clean rice and dhal and cook them in water with salt till the grains are soft and water is absorbed. Leafy vegetables can be added when the cereal/pulse is 3/4th done. Cumin is fried in fat/oil and added towards the end.



2. Malted ragi porridge

Malted ragi	30 g
Roasted groundnut	15 g
Jaggery	20 g

Method : Malted ragi, roasted groundnuts and jaggery are powdered. Sufficient water is added and cooked.



Note:

1. These recipes provide approximately 250 Kcals and 5 g proteins for two servings.
2. Non-vegetarian foods such as soft boiled egg, minced meat may be introduced at the age of 6 months.

This was developed as part of the project: Assessment of nutrition knowledge and impact of nutrition education related maternal health on adolescent girls in urban slums of Hyderabad.

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