

Mommy and Baby Wellness Services

Our registered dietitians and life coaches can help develop a plan to emphasize and promote wellness through all stages of life.

Nutrition counseling can help you...

Prepare for Pregnancy:

- Get healthy before conception
- Prepare for the high nutrition demands of pregnancy

During Pregnancy:

- Learn how to eat to support a healthy pregnancy for single or multiple babies
- Gain weight appropriately
- Manage gestational diabetes or other diet-related conditions

After Childbirth:

- Diet for optimal milk production and breastfeeding
- Maintain proper postnatal nutrition
- Lose excess baby weight

With Your Newborn:

- Learn how to feed your new baby
- Learn about breastfeeding, bottle-feeding, introducing solids, and the ages and stages of appropriate foods
- Maintain proper nutrition for children with special dietary needs
- Overcome feeding difficulties and failure to thrive

With Toddlers and Young Children:

- Provide guidance for young children's needs
- Create meal plans for picky eaters or those with food allergies
- Address slow or rapid weight gain

With Adolescents:

- Nutrition counseling and weight management
- Emphasize proper nutrition, positive body image and self-esteem

Mommy Coaching can help you...

- Prioritize your life and new demands while still keeping your health and wellness needs in mind
- Utilize stress management skills
- Find your inner motivation
- Set goals for personal and professional growth
- Discover your confidence and self-esteem
- Learn how to help your adolescent with their self-image or planning for homework and after-school activities
- Plan time in your day for exercise
- Find self-control and break down barriers

For More Options and Information:
Schedule a nutrition consultation, individual or group grocery store tours and more with one of our registered dietitians.

Contact us at 924-8313 or eat.right@womans.org.

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Making Your Own Baby Food

How to Make Baby Food:

1. Wash your hands and equipment thoroughly before you begin.
2. Scrub and peel fresh fruits and vegetables and remove any pits or seeds. Remove all bones, skin and fat from meats. *Do not use your own leftovers to make baby food.*
3. Use a small amount of water to cook the food until tender. Do not discard cooking liquid. Foods may also be steamed or baked.
4. Don't add salt or seasonings; baby's first foods should be bland.

5. Don't add sugar, honey or any other form of sweetener. Babies do not need the added sweetness. The fruits are sweet enough just the way they are. *Honey and corn syrup are not safe for infants under 12 months because they may carry botulism spores.*
6. Puree or mash cooked food to a smooth consistency, similar to applesauce, using a food mill or food grinder. Reuse the cooking liquid to thin the food as needed. Mash soft foods, such as ripe bananas or avocados, without cooking.
7. Package and label for refrigerator or freezer storage.

Infants do not need complimentary foods for the first 6 months of life. From this age until about 11 months, infants should have only smooth, pureed foods that do not require chewing.

Follow these guidelines for introducing solid foods:

- 6 months:** Smooth cereals, thin rice cereal and oatmeal
- 7 months:** Pureed vegetables
- 8 months:** Pureed fruits
- 10 months:** Pureed meats and mashed egg yolks
- 10-12 months:** Yogurt and cheese
- 11-12 months:** Soft table foods
- 12 months:** Whole milk

Why should I make my own baby food?

Homemade baby food is not necessarily healthier than store-bought baby food. However, when you make it at home, you know exactly what you are feeding your baby. Making baby food also can save you money. Making baby food is fun and can be a great idea, but you need to prepare, store and reheat baby food safely to prevent foodborne illnesses.

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References

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