

Dear Parents;

Babies' nutrition in the first year is essential for their life-long health and efficiency. In the first six months only breast milk must be given to the baby and later other complementary foods should be started in adequate types and quantities. Breast feeding should continue in the first two years.

- Breast milk is the irreplaceable food for all new-born babies.
- Breast feeding must begin in the first half hour, as soon as the mother regains her consciousness after giving birth.
- Colostrum is the milk secreted in the first three or five days after giving birth. It is crucial that babies drink this milk.
- Breast feeding meets all nutrient needs of babies except for vitamin D. The babies do not need extra liquids, complementary foods, and vitamins.
- Solely breastfeeding for the first six months maintains healthy growth and development of the babies. Breast milk reduces the risk of mainly diarrhea and other diseases and this continues in later life as well.
- Any healthy mother can produce enough milk for her baby.

Breast milk does not meet babies' nutritional needs after the first six months. Therefore, complementary foods should be given to babies following this period. Every new kind of food should be given to the baby only one teaspoon a day and also only one new kind of food should be given every one or two days.

0 - 6 MONTHS	BREAST MILK		
7. MONTHS	BREAST MILK	milk, yogurt, fresh fruit juice and pureed vegetables and fruits, concentrated grape juice (pekmez), eggs, soups such as tarhana, yogurt, lentil and vegetable.	
8-12 MONTHS	BREAST MILK	milk, yogurt, fresh fruit juice and pureed vegetables and fruits, concentrated grape juice (pekmez) egg, soups such as tarhana, yogurt, lentil, and vegetable.	pureed legumes , meatballs, chicken, fish
UP TO 1 YEAR	BREAST MILK	All foods cooked at home	

RECOMMENDATIONS

- Do not add salt, tomato paste, sugar, and spices to babies' foods.
- Do not only give the juice of the meal, but also the pieces in it after mashing.
- Against common knowledge, boiling water of meat and poultries is not nutritious. Instead, meat and poultry should be given to the babies in the recommended months.
- Babies should be held in an upright position while feeding.
- The complementary foods should start to be given to the babies in small amounts when they are hungry and the amount of foods should be increased gradually.
- You should give only one new kind of food to your baby a day.



RECOMMENDATIONS

- Babies' foods should be boiled or cooked in the oven, not fried.
- All foods should be washed before preparing meals.
- Babies should drink boiled and warmish water after the sixth month.
- You should wash your hands with soap before preparing babies' foods and meals.
- All foods should be freshly made for babies before each meal. Babies should not eat offal such as brain, kidney, etc.



MONITORING GROWTH

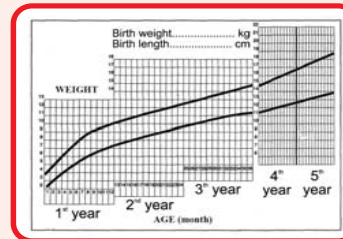
The best signs of the nutritional status of the babies are how well they grow and develop in line with the growth charts. For this;

All babies should be monitored by parameters such as height, body weight, and head circumference. The parameters should be compared with the standards.

Until the age of one, babies' parameters should be checked in the first 48 hours, on the 15th day, 2nd, 3rd, 4th, 6th, and 9th months. Children, one to three years old should be monitored every six months and the four to six year-olds should be monitored once a year.

ATTENTION!

If there is no weight gain between two monitoring periods, it means that growth has stopped. These babies should be taken to a physician their nutritional status should be closely followed.



THE MINISTRY OF HEALTH
General Directorate of Primary Health Care
Department of Nutrition and Physical Activity

Healthy Nutrition
Series Number: 08

INFANT NUTRITION

