



My Baby eats healthily

Nutritional recommendations
from the Nutrition Commission
of the Austrian Association for
Child and Youth Medicine for children
in their first year of life



**Medical specialist
for children & adolescents
aged 0-18**



Dear parents!

Congratulations on the birth of your baby!

Of course you want to see your child grow up healthily. As paediatricians, we are here to support you. This brochure tells you what you need to know about breastfeeding and your baby's diet in the first year of life.

Optimal nutrition is one of the pillars of health. During the first six months, breastfeeding alone provides the best nutrition for your baby. Alternatively, or as a supplement, a commercial starter formula is recommended in the first 6 months. In the second 6 months, a protein-reduced stage 2 follow-on formula is a beneficial alternative.

When solid food is introduced, your baby will also begin to recognise other foods in addition to breast milk or starter formula. Breastfeeding should continue for as long as the mother and child want it to.

Eating together as a family is not just fun, it is also a chance for older babies and young children to learn from their parents' example. It is important to recognise and accept the signs that your baby is hungry or full.

A balanced diet can prevent many disorders, e.g. obesity and its consequences.

This brochure is designed to help you give your baby a healthy diet and in doing so to take an important step towards helping them lead a healthy life.

Please don't hesitate to contact us if you have any questions!

**The right diet
from the outset is
important for
overall health**



**Breast milk is
the best nutrition
for infants**

Breastfeeding and nutrition provided by breast milk

Breastfeeding is the optimal natural form of nutrition for healthy infants. For premature and sick infants, breast milk is important for their recovery.

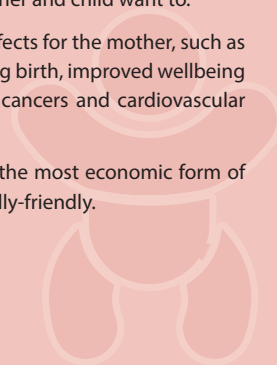
Breast milk contains everything a baby needs in their first six months of life and so the Österreichische Gesellschaft für Kinder- und Jugendheilkunde recommends breastfeeding babies only for around six months. Even breastfeeding for a shorter time is helpful. Only vitamin D3 (daily) and Vitamin K (after birth and at 4-6 weeks by the paediatrician) should be given in addition.

Breast milk is easily digestible, always available, the right temperature and germ-free. The more often you breastfeed (or express milk using a pump), the more milk is freshly formed as you breastfeed. Breast milk is a valuable nutrient, contains pre- and probiotic components as well antibodies and support the child's health.

Solid food should never be offered before the 17th week. It is better to start with solid food when the baby is ready for it – usually at around the age of six months. Your baby should be offered solid food at six months at the latest. You should continue with breastfeeding in addition to solid food as long as the mother and child want to.

Breastfeeding also has positive health effects for the mother, such as faster re-forming of the uterus after giving birth, improved wellbeing and a subsequent lower risk of certain cancers and cardiovascular diseases.

Last but not least, breastfeeding is also the most economic form of nutrition for babies and is environmentally-friendly.



The path to successful breastfeeding

The start of breastfeeding

A healthy baby will generally begin to look for the breast and start suckling within the first hour. Some babies need a little longer. It is normal for a baby to lose weight in the first few days. Get the maternity ward to help you and show you the best way to latch your baby onto your breast!

You can generally still also breastfeed if you have had a Caesarean or have given birth to twins (or even triplets). There are only very few reasons to prevent a mother from breastfeeding – such as a few medications that the mother needs to take and certain infectious diseases or some congenital metabolic disorders. Ask your paediatrician. The first milk is very rich in protein and contains a lot of antibodies. It is known as COLOSTRUM.

Over the next few days, more milk is formed ("lactogenesis"); your milk will appear more watery and "thinner" – that is normal.

Breastfeeding works on the principle of supply and demand. The more often your baby drinks, the more milk is formed." A newborn baby should be considered hungry when "awake." – Newborn babies need to be breastfed around 8-12 times or more in a 24 hour period. Searching, sighing, lip-smacking and putting the hand to the mouth are feeding cues particularly in the first few days.

Breastfeeding aids are generally unnecessary and should be used only with professional support (e.g. from a breastfeeding adviser or a midwife) and they should be used for the shortest time possible: bottle feeding, dummies and suction caps can disrupt breastfeeding.

Cross-cradle hold



**From the time of birth:
breastfeed soon - often - properly!
Putting your baby to breast on demand increases milk production**



Cradle hold

The right way to position your baby – the way to success

The right way to position your baby:

Ear, shoulder and hip in a line, baby turned towards the mother

Lips at nipple height

Tip of the nose, cheek and chin against the breast – there should be a lot of breast in the baby's mouth!

Bring the child to the breast rather than the breast to the child.

Breastfeeding has to be learned. Correct and frequent positioning of the baby will ensure breastfeeding goes well, and avoid a lot of difficulties.

If you have any questions, your maternity ward, paediatricians, midwives, children's nurses or breastfeeding advisers will be happy to help you.

There are many positions for you to breastfeed in – what they all have in common is that the baby should be fully turned towards the mother and lies close to her. The baby's head is not twisted and the baby has as much of the breast in its mouth as possible. The baby should be well supported.

The baby's mouth opens wide when the lips touch the nipple and must then QUICKLY be attached to the breast so that the nipple can get to the baby's palate. The baby will then begin to suckle.

To remove the baby from the breast, place your fingers between the baby's jaw to relieve the negative pressure – this will prevent damage to the nipple.



Modified cradle position

As a mother, you should be as comfortable as possible when breastfeeding. Sit up properly and support yourself with pillows. A footstool helps to support your feet when breastfeeding.

Some feeding positions



Cradle position

The baby lies with its head on the mother's forearm close to the crook of the arm. The mother supports her breast with the other hand (around 3-4 cm back from the nipple) and offers the baby her breast.



The **"modified cradle position"** sometimes works better. Here, the baby's back is supported on the mother's forearm with her hand supporting the baby's neck. The mother's thumb and index finger are close to the child's ears. The baby is thus very stable and can easily drink from the breast.



Breastfeeding while laid back in a reclined position may also be a comfortable alternative.

There are lots of breastfeeding positions that work well – experiment to find out what is easiest for you and your baby.

You will find lots of information in the "Breastfeeding, starting well" brochure published by the ministry and on websites such as www.stillen.at

When breastfeeding

Milk is produced on demand →

Latch your baby onto your breast as often as the baby is hungry.

How do you know if your baby is getting enough?

(after the first few days)

In the beginning, most babies want to be fed often and for long periods of time. Signs that your baby is getting enough milk: 5-6 wet nappies, 3 or more stools/day in the first weeks, good weight gain.

Milk is produced according to how frequently you breastfeed, and how long you do it for. Most babies want repeated feeding at short intervals in the evenings (cluster feeding), until they are full and tired. Children often fall asleep while being breastfed and ask for the breast again after a short time. That is normal behaviour and promotes changes to the amount of milk produced (breastfeeding on demand! – "the baby orders milk for the next day"). At the age of around 4-6 weeks, many babies become unsettled and want their mother's breast more frequently. That is normal too: the baby has "growth spurts" when it wants to be fed more often. After 1-2 days, your body will have adjusted the breast milk to the new requirement and it contains everything your baby needs.

Healthy babies have at least 5-6 very wet nappies and at least 3 stools/day in the first 4-6 weeks approximately. After this time, healthy babies should pass a stool only when their nappy is changed or even just 1x/week (and even less often). Stools from breastfed babies are usually very thin, often watery, generally yellowy/orange, and may also be green.

After the first few days, a weight gain of 170-330 g/week in the first 2 months is normal; your baby will gain weight less quickly after this. After a certain time, your breasts will also feel softer again. When you are breastfeeding, milk is produced continuously! – Expressing your milk does NOT tell you "how much milk is there" – your breasts are never "empty".

Expressed milk can be stored in a *** freezer for a minimum of 3 months. Defrost the milk slowly (in the fridge) and give it to your baby on the same day – do not heat up in the microwave! It is best to warm the bottle in a bain-marie – mix well before feeding.

Tea or water are not necessary for children who are breastfed exclusively!

Tips for every day

The mother's wellbeing is important – accept help!

The mother's wellbeing is important in what is often a demanding time with a new born baby – so make sure you have support!

It is perfectly normal for you to experience mood swings in the first few days.

If your anxiety, depression, sleeplessness or the feeling that you cannot be happy increases in the first few weeks, it is important to seek professional help.

Nutrition for the mother when breastfeeding.

A balanced and varied diet is important when breastfeeding!

Generally speaking, you can eat whatever you like when you are breastfeeding, as long as it is good for you. Do not "eat for two": you need only an additional 300-500 kcal/day.

Alcohol consumption is not advisable. A balanced and varied diet is important. Your breast milk always adjusts to your baby's needs and the mother's diet has only a limited impact on this. Breastfeeding does not mean you need to follow a special diet: most children do not react to the food the mother has eaten.

Special diets: A well-planned vegetarian diet can be healthy and meets all you and your baby's needs when you are breastfeeding. The ÖGKJ does not recommend a vegan diet because this could result in a vitamin B12 deficiency with severe neurological disorders and anaemia in your baby. Please talk to your child's paediatrician about your particular diet.

You need to drink enough fluids – around 2 (-3) litres of water per day. Drinks that claim to promote the formation of milk are not necessary. You can continue to drink normal amounts of tea or coffee. Different fruit and herbal teas are also permitted. Soft drinks often contain caffeine and should only be consumed in small amounts.

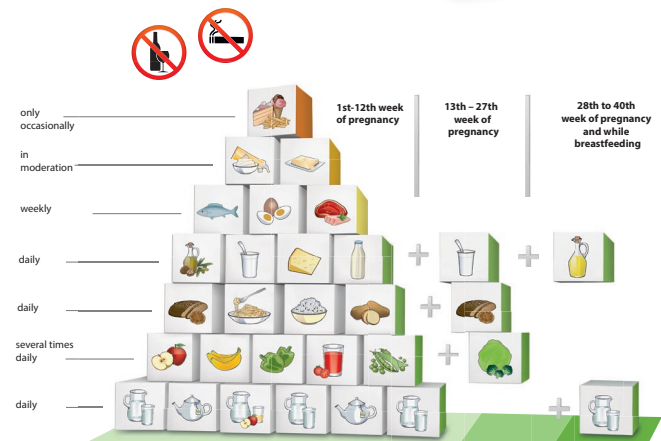
Breastfeeding helps you to lose weight. Do not try to achieve rapid weight reduction when you are breastfeeding by following an extreme or monotonous diet.

Do not smoke. If you really cannot give up smoking, do so only when you have finished breastfeeding. Protect your baby from passive smoking! No one should smoke in a home or in a car when there is a baby or young child present because smoking is shown to harm your baby's health. Perhaps your baby will be a good reason to stop smoking all together?

If you need to take medication, please speak to your doctor. Most medications are permitted when you are breastfeeding. The Charité Berlin website (www.embryotox.de) includes information about taking medications during pregnancy and when breastfeeding.

Physical activity and sport are also beneficial when you are breastfeeding, although high performance sport is not recommended.

Never smoke around your baby or child!



Nutrition pyramid for pregnant and breastfeeding women

Weaning your baby off breastfeeding

Ideally, the final decision to stop breastfeeding will be taken by the mother and child jointly. By offering your baby more options – infant formula (first infant milk), and then solid foods at a later stage – it automatically reduces the amount of milk. The evening and night-time feeds are generally maintained for the longest and provide even larger infants with nutrition and a sense of security. Only in rare cases does a mother have to stop breastfeeding for medical reasons. If you experience pain in your breast when breastfeeding, cooling pads may help.

Ready-to-feed formula – bottle feeding

Babies who are partially or not at all breastfed should be given a starter formula over the first six months.



Babies that are not breastfed, or breastfed in combination should be (additionally) fed with commercially produced **infant starter formula = first infant milk**.

A PRE formula (= starter formula) should be given throughout the first six months. It can be given according to your baby's needs. This product is the most similar to breast milk and does not contain any sugars other than lactose.

The protein content of breastmilk decreases during the second six months of life. Too much protein in the first year can contribute to the development of obesity later in life. Follow-on formulae with a reduced protein content have recently come on the market. Between 6 and 12 months old, it is therefore recommended to offer a protein-reduced formula in addition to age-adequate solid foods.

Special diets: you should always talk to your paediatrician about hypoallergenic nutrition (HA nutrition) and other special diets!

Home-made Infant formula

Self-prepared formula made from cow's milk, or the milk of goats, mares, sheep as well as plant based milk substitutes (rice milk, soy milk, almond milk or others) are not at all recommended. They can lead to severe disturbances of growth and development.

Preparing instant milk formula

Always freshly prepare instant milk formula!

Powdered formula products should be prepared with fresh drinking water. Boil the water first in the first few weeks. Cool the water to drinking temperature BEFORE adding the powder

(wipe the spoon)! It is very important to use precisely the amount of powder specified (according to the package instructions).

Milk formula must be prepared using boiled, cooled water in exactly the right quantity!

Take care to work hygienically when preparing formula and throw any leftover formula away as any bacteria it contains may multiply (keep for max. 1- 2 hours!). Dairy formula feeds should never be heated in the microwave!

If the water has a content high in nitrate (a possibility with water from domestic wells) or a high lead content (possible from lead pipes in old buildings) use prepacked "baby water" mineral water that is suitable for infants.

Carefully clean the bottle and teat and store them in a dry place. You can also put them in the dishwasher. You only need to sterilise the utensils in the beginning, or in special situations (e.g. oral fungal diseases, other infections).

Information about the design and features of suitable bottles and teats can be found in the "Bottles and Teats" brochure provided by the Österreichische Gesellschaft für Kinder- und Jugendheilkunde.

Preventing tooth decay

Water is the best drink! It is best offered in a beaker. Water should be offered as a drink at the earliest when solid food is first introduced.

Breastfeeding also supports healthy teeth.

For older infants and toddlers: Water is the best drink and should be offered from a beaker. Do not allow your child to suck continuously on the bottle. Avoid sweet teas and juices.

Dental care is important from the time the first tooth appears. Small amounts of a fluoride baby toothpaste are suitable for cleaning teeth – the fluorine content in these baby toothpastes is so low that swallowing the toothpaste is harmless.

With respect to using dummies, please consult the "Dummies and Pacifiers" brochure provided by the Österreichische Gesellschaft für Kinder- und Jugendheilkunde.

Introducing solid food

From the age of around 6 months, and at the earliest from the 17th week, you can start to add solid foods to supplement milk.

Your baby is ready for solids when it starts to take an interest in food, can use its hand to lift food to its mouth, can lick from a spoon and swallow and sit upright leaning against something with minimal support.



At around six months, you need to start supplementing milk with other foods to introduce added sources of iron and zinc into the diet. (See also REVAN – “baby’s first little spoon”, “I eat with the grown-ups now!” and ÖGKJ “My child eats healthily”)

The introduction of solid food is subject to cultural, social and family factors. At the age of around six months, your baby should be able to eat at the table with the adults.

Offer solid food as a mush or finger food. Solid food should not be offered in a bottle. Breastfeeding, starter formula or protein-reduced follow-on formula (baby’s age 6-12months) remain the main source of nutrition for babies. After feeding solids, you can continue to breastfeed or offer the usual formula or water.

The first solid food should not be offered before the start of the 5th month (17th week) and not after the end of the 6th month (26th week), depending on your baby’s development. In time, you can also give your child small pieces of food to eat by themselves. It is sensible to gradually add solids to introduce lots of different foods and so encourage acceptance of a wide variety of tastes. Often, you will need to offer a food several times.

After the first six months, you no longer need to avoid foods that may trigger an allergic reaction – so you can also include fish, eggs, citrus fruits etc. in your baby’s diet.

Baby led weaning = BLW: Some children enjoy eating from a spoon from the outset, while others prefer to use their fingers. Ideally, the baby will have the opportunity to eat at the table together with the parents and so learn joyful eating habits. The baby decides for itself how much it wants to eat. Soft pieces of vegetable or fruit or a mush are suitable for this.

Drinks: Water is the best drink and can be offered when solid foods are introduced. The daily intake of water increases slowly to around 600 ml water/day by the baby’s first birthday. Water should be offered in a beaker. To support dental health, sweet drinks and juices should be avoided.

The individual foods:

You can do almost nothing wrong- a healthy baby will enjoy trying to eat and let you know when it has had enough.

Gluten (an elastic protein that comes from wheat, also known as gliadin) can be given when solid food is first introduced. Start with small quantities of mush, bread, noodles etc., which can gradually be increased.

Eating should be fun!

Cow’s milk can be added in small quantities to the food from the age of six months (max.100 ml/day), but is not essential. Up to the first birthday, this amount can be increased to a maximum of 200 ml/day. Cow’s milk should not be offered as a drink until after the first birthday. This is due to cow’s milk containing, among others, considerably more protein than formula.

Meat should be included in the diet soon after starting to introduce solids so that your child gets enough iron and zinc easily and effi-



ciently. Meat should be offered approx. 3-4x/week. Fish, eggs and high-quality oils (rapeseed, linseed and others) contain the necessary polyunsaturated omega 3 fatty acids.

You don't need to introduce foods in a particular order.

A balanced diet provides all the nutrients and vitamins your baby needs and does not require any nutritional supplements. (Only vitamin D3 is needed in addition).

Portion sizes: Most children make it very clear when they have had enough. A normal portion is no larger than a child's handful – even if the baby eats very little initially, that is fine; forcing a child to eat or constantly feeding is not productive.

Your baby should be offered at least three main meals and two snacks each day, and you can also continue to breastfeed as required.

Avoid added sugar, added salt, very salty meals, honey, small grains and nuts (unless they are very finely ground).

The Austrian Food Pyramid applies equally to babies and young children.

Vegetarian/vegan diet?

A well-planned vegetarian diet provides all your child's nutritional requirements, but please include eggs, milk and pulses to ensure your child gets enough protein, vitamins, iron and zinc. Vitamin C increases the uptake of iron.

A strict **vegan diet** and other restrictive forms of diet can lead to a serious vitamin B12 deficiency and are not recommended. Development disorders, seizures and changes to the blood count may result.



Solid food from a jar or freshly prepared is a matter of choice

Freshly cooked or from a jar?

If you prepare your own food, please ensure that you maintain good hygiene and use a range of balanced ingredients. The best option is fresh food from a controlled source, where possible, using regional and seasonal ingredients. Baby food in jars is practical and time-saving, and the quality is strictly controlled.

They also allow you to easily offer your baby different foods.

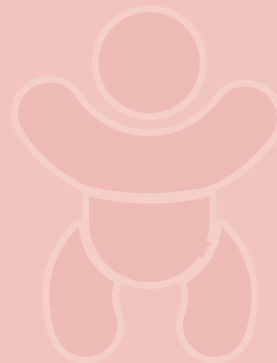
We hope you can enjoy a wonderful and happy time with your baby, and are happy to help you with any questions you may have,

Your paediatric team

Publication details:

Publisher: Österreichische Gesellschaft für Kinder- und Jugendheilkunde (ÖGKJ); Responsible for content: ÖGKJ Commission for Nutrition
Version: April 2020

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Further information, who else can help?

In the first place your paediatrician, maternity ward, midwife, gynaecologist, paediatric nurse, as well as parental advisory agencies, family midwife, IBCLC-certified breastfeeding adviser (**www.stillen.at**), self-help groups such as La Leche Liga (**www.lalecheliga.at**) or nanaya (**www.nanaya.at**) and many more.

There are a lot of very good, non-promotional sources of information and brochures available for download

Brochures provided by the Österreichische Gesellschaft für Kinder- und Jugendheilkunde: **<https://www.paediatric.at>**

- My child eats healthily
- "Bottles and Teats" brochure from the Österreichische Gesellschaft für Kinder- und Jugendheilkunde.
- "Dummies and Pacifiers" brochure from the Österreichische Gesellschaft für Kinder- und Jugendheilkunde

Brochures from the Ministry for Health are available at:
<https://www.sozialministerium.at>

Information from the Agency for Food Safety (ministry) about breastfeeding and nutrition can be found at:
<https://www.richtigessenvonanfangen.at>

For example, breastfeeding information and advice can be found at: **www.hebammen.at**, **www.stillen.at**, **www.nanaya.at**, **www.lalecheliga.at** and from many other sites.

In the event of possible post-natal depression, please see the addresses provided in the "I am supposed to be happy" brochure.
(**www.sozialministerium.at**)

Literature:

Brochures are free to download from the ÖGKJ (My baby eats healthily, My child eats healthily, and any more), from the ministry (Breastfeeding, starting well), and from the REVAN projects.

There is an almost unimaginable number of good books and brochures about breastfeeding available from bookshops and specialist online book providers.

