



# HEAT<sup>SM</sup>

## Healthy Eating and Activity Together

### HEAT: Infancy Parent Tips

#### Healthy

- Review your infant's growth charts with your healthcare provider.
- Make healthy eating and activity together a goal for all family members.

#### Eating

- Breastfeed your baby and continue to breastfeed throughout the first year of life:
  - 8–12 times a day from birth until solids are added.
  - 6–10 times a day after solids are added.
- If using formula, use iron-fortified formula until 12 months, but no more than 32 ounces per day.
- Gradually start solids between 4 to 6 months of age:
  - Fruits: 1–3 servings per day.
  - Vegetables: 1–2 servings per day.
  - Meat or other proteins: 1–2 servings per day.
- (1 serving equals 1-2 tablespoons)
- Provide 10-20 feedings to show your baby to see, touch, taste and eventually swallow new foods. Give only 100% fruit juice (not fruit drinks) but only 4–6 ounces maximum per day, and not before 6 months of age.

#### Activity

- Provide tummy time daily when your baby is awake, beginning with brief periods with something to look at.
- Play games that use your baby's large and fine muscles, such as bicycling.
- Read to your baby every day while looking at picture books.
- Avoid TV, video or computer time for your baby; babies learn best from their parents.

#### Together

- Learn the signals your baby sends out that say "I've had enough to eat or drink" (e.g., puts fingers in mouth or turns away from food).
- Stop your baby's nighttime bottle feedings by 6 months of age when solids begin.
- Work with your baby to transition to cup feedings around 9 to 12 months of age.
- Use food to satisfy hunger not as "comfort feeding" and play to help with baby boredom/fussiness

#### Books

- E. Satter, *How to Get Your Kid to Eat... But Not Too Much* (Boulder, CO: Bull Publishing Company, 1987).  
E. Satter, *Child of Mine. Feeding with Love and Good Sense* (Boulder, CO: Bull Publishing Company, 2000).  
C. Olson, *Simply Natural Baby Food: Easy Recipes for Delicious Meals Your Infant and Toddler Will Love* (Nipomo, CA: GOCO Publishing, 1 January 2003).

#### Websites

- [www.nccc.org/Nutrition/make.babyfd.html](http://www.nccc.org/Nutrition/make.babyfd.html)  
[www.gerber.com/starthealthy](http://www.gerber.com/starthealthy)  
[www.ellynsatter.com](http://www.ellynsatter.com)

