

# Help your baby grow with the right foods at the right time

Once parents have done their homework and know the ins and outs of feeding their baby solids, they can enjoy the experience of feeding their baby new and exciting foods. Even though parents and their baby can experience hurdles during the introduction of new tastes and textures, mealtimes can be fun and healthy. Dr. Richard Theuer, infant nutritionist and consultant to Beech-Nut Nutrition, suggests the following tips to help parents gain peace of mind at the dinner table:



If they are picky— try, try again  
 Research has shown that you may need to expose your baby to a new food 10 times or more before he or she develops a taste for it. Regular exposure to a new food— even just a tiny bit each day— increases acceptance. When your baby starts to like the new food, he or she will eat more and mealtime will become a more relaxed and pleasant experience for both of you.

**Dinner is just as important as breakfast**  
 Babies grow and develop more when they are resting than when they are active. Feeding them a high quality protein meal in the evening provides them with the essential building blocks needed for growing new muscle. Beech-Nut's Good Evening foods contain whey protein, an easily digested high-quality protein, which provides appropriate amino acids to help give baby a calm evening.

**Plain is best**  
 Parents should avoid feeding their babies foods prepared with added salt or sugar. Also they should not add sugar or salt to foods made at home. Children learn by exposure and experience to expect certain foods to be salted or sweetened. Even very young infants will consume more of a sweetened food and show a preference for sugar water if regularly exposed to it. They can develop a sweet tooth.

What a child eats is as important as when the child eats. As your child moves through the stages of solid foods, you should provide good examples of healthy eating habits. Whole grain foods in the morning promote concentration and better learning. A source of high-quality protein at night provides the building blocks for good growth.

Further information on healthy nutrition for your baby is available toll-free at 1-800-523-6633.

—News Canada

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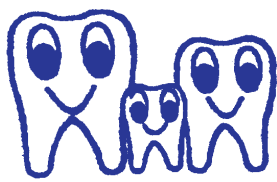
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