



FEEDING INFANTS AND TODDLERS

For Sudanese Families

Based on the Dietary Guidelines for Americans

N EXTENSION
Food, Nutrition & Health

NACCHOSM
National Association of County & City Health Officials



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English Language

RECOMMENDATIONS FOR INFANT FEEDING: BIRTH TO AGE 2



Natural is Best

Children consume small quantities of food, so it's important each bite and drink is nutritious.



Introducing Allergen Foods

Introduce potentially allergenic foods in the first 6-12 months of age to reduce future food allergies.



Incorporating Food groups

Incorporate foods from all five food groups throughout the day. Infants need different amounts of food than adults.



Importance of Vitamin D

Vitamin D is essential for brain and body development. Breastfed babies need a supplement.



Feed Iron and Zinc Rich Foods

At 6 months of age, infants need meats, beans, seafood, and fortified cereals for healthy development.



Choking Hazards

Infants and toddler are more likely to choke on food. Cut foods into small, bite-sized pieces.



Toddler Challenges

Establish mealtime routines and offer healthy foods multiple times to address mealtime challenges.



Food Safety

Infants are more likely to get sick from food-borne illnesses. Prevent illness with proper food safety.



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Feeding Infants and Toddlers

NATURAL IS BEST

Starting at 6 months of age, incorporate a variety of natural foods from all five food groups without added sugar, salt, or fat.

Introducing food at 6 months of age ensures adequate nutrition and exposure to flavors, textures, and different types of foods.



Fruits

Offer whole fruit, not juice. Fresh, canned, pureed, or frozen are all healthy.



Grains

Offer mostly whole grains.



Dairy

Provide human milk, unflavored yogurt, cheese and cows milk after 1 year of age.



Human Milk:

Feed only human milk for the first 6 months. Continue to feed human milk with food for 2 years or beyond. When human milk is not possible, feed iron-fortified commercial milk formula until age 1.



Vegetables

Choose a variety of dark green, red, and orange. Fresh, frozen, & canned are all healthy.



Protein

Include fish, lean meats, poultry, eggs. Nut, seed, and soy products. Beans, peas, and lentils.



Infants and toddlers do not have the same taste as adults. Do not add sugar, salt, or fat to their foods. Never give honey to children under 1 year of age.



Do Not Add Sugar



Do Not Add Salt



Do Not Add Fat



Do Not Add Honey (under 1 year of age)



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Feeding Infants and Toddlers

BEVERAGES

Offer natural beverages. Sugary and caffeinated beverages can harm babies teeth and health. Infants and toddlers have no room in their diet for added sugars due to their high nutrient needs.

Before age 12 months, juice should not be given to infants. In the second year of life, juice is not necessary, and most nutrients should come from eating whole foods. If 100% fruit juice is provided, limit to 4 ounces per day.

0-24 Months or Beyond

Breastfeeding

*If human milk is not possible, feed infants iron-fortified commercial infant formula from 0-12 months



6-12 Months

Breastfeeding and small amounts of water



1-2 Years

Continue breastfeeding or if using infant formula switch to Vitamin D Whole cow's milk



2 Years and Beyond

Switch from whole to skim, 1%, or 2% cow's milk



Avoid Sugary and Caffeinated Beverages

Sugar-sweetened beverages and caffeinated beverages such as flavored milk, commercial toddler drinks, soda, and sports drinks should be avoided.

If offering juice, choose 100% fruit or vegetable juice.



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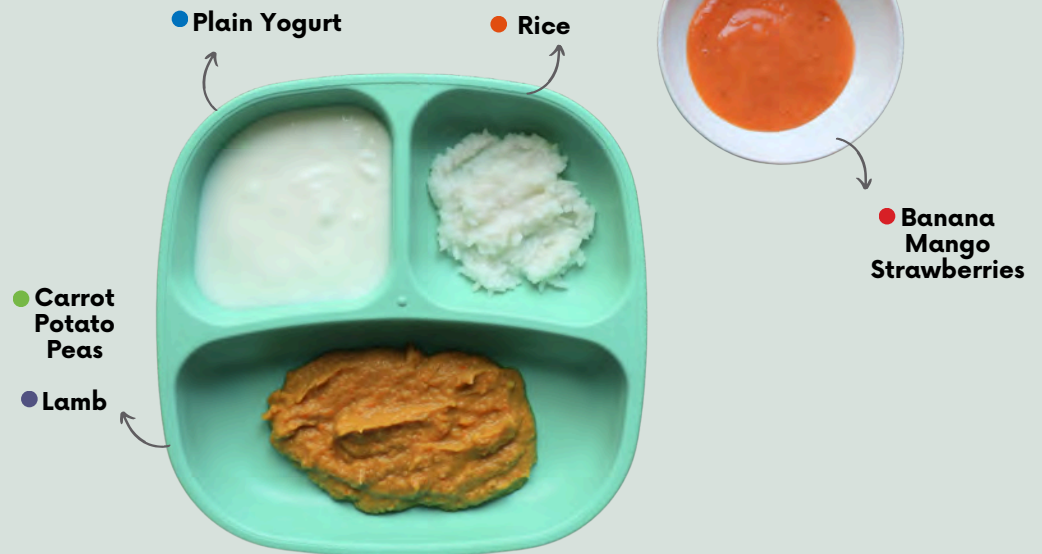


INCORPORATING FOOD GROUPS

At 6 months, introduce one single-ingredient food and work up to combination meals watching for allergic reactions. Start with pureed and soft foods and work up to diced and textured foods.

Focus on incorporating foods from all five food groups throughout the day. Infants need different amounts of food than adults. The below examples show one meal of food. The main source of food for children 12 months or younger is human milk.

6 Months



2 Years



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Encourage toddlers to self-feed with a spoon or fingers. Let children decide how much to eat. Your child might want to eat more or less.

HUNGER CUES

How to feed infants is as important as what to feed them. Children will tell you when they are hungry or full. Parents and caregivers can practice **Responsive Feeding** to build healthy eating habits during this critical age of forming healthy habits.

Responsive Feeding: Paying attention to the child's hunger and fullness cues to determine how much and when to feed children.

Hungry

Birth - 5 Months

Full



Puts hand to mouth



Has clenched hands



Closes mouth



Relaxes hands



Turns head towards breast/bottle



Puckers, smacks, or licks lips



Turns head away from breast/bottle

Hungry

6 - 23 Months

Full



Reaches or points at food



Opens mouth when offered food



Turns away from food



Closes mouth when food is offered



Gets excited for food or makes hand motions or sounds that they are still hungry



Pushes away food or uses hand motions or sounds that they are full



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Feeding Infants and Toddlers

VITAMIN D

Supplement Vitamin D in breastfed infants.



Breastfed infants need a vitamin D supplement daily beginning soon after birth.

Vitamin D is essential for the growth and development of healthy brains, tissues, and organs.

Formula has Vitamin D in it, so infants fed only formula do not need a Vitamin D supplement.



Families who do not wish to provide a supplement directly to their infant should discuss with a healthcare provider the risks and benefits of maternal high-dose supplementation options.



IRON AND ZINC RICH FOODS

At **6 months** of age, infants need meats, beans, seafood, and fortified cereals. These iron-rich foods are needed in an infant's diet to support brain development and immune function. Babies are born with iron stores, but at 6 months infants need extra iron from foods.



6
months



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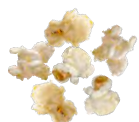
CHOKING HAZARDS

Children under the age of 4 are at a high risk of choking while eating. Offer foods in the appropriate size, consistency, and shape to allow an infant or young child to eat and swallow easily. As an infant's oral skills develop, the thickness and texture of foods can gradually be varied. Always supervise children during meals and snacks.



Avoid Choking Hazards

Do not serve small (marbel-sized), sticky, or hard foods that are difficult to chew and easy to swallow whole.



Blend, mash or puree foods.



Finely chop foods into thin slices, strips, or small pieces.



Cook foods to soften them.



Remove pits, seeds and tough skins or peels.



Remove all bones from meat before cooking or serving. Grind up tough meats and poultry.



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More information on foods that can present choking hazards is available from USDA at wicworks.fns.usda.gov/resources/reducing-risk-choking-youngchildren-mealtimes.

Feeding Infants and Toddlers

ALLERGEN FOODS

It is important to introduce potentially allergenic foods between 6-12 months along with other foods to reduce the risk of the infant developing a food allergy.

Introduce Peanut-containing Foods between 6-12 Months

Introduce age-appropriate peanut-containing foods between 6-12 months to reduce the risk of peanut allergy. Choose smooth and creamy, not crunchy peanut butter.

6-12 months



Wait to Introduce Cows Milk until 12 Months

Infants younger than 12 months should not consume cow milk or fortified soy beverages.

The proteins and minerals in cow milk are hard for infant kidneys and digestive systems to process. Whole cow milk or unflavored soy beverages can be given at 12 months of age. Avoid flavored milk because they contain added sugar.

12+ months



6-12 months

Other Potentially Allergenic Foods

Potentially allergenic foods should be introduced when other complementary foods are introduced to an infant's diet. Introduce one single-ingredient food at a time at first. Wait 3 to 5 days between each new food to see how the child reacts and watch for allergic reactions.



Crustacean Shellfish



Tree nuts



Fish



Eggs



Wheat



Soy



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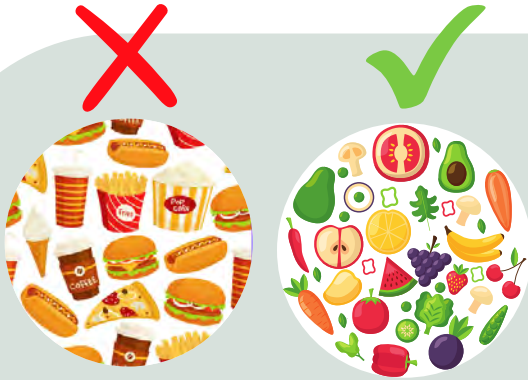


English Language

Feeding Infants and Toddlers

TODDLER CHALLENGES

Encourage foods from all food groups to support nutrient adequacy and foster acceptance of healthy food. Infants are being exposed to new textures and flavors for the first time, so caregivers may need to offer the food 8 to 10 times for an infant to accept a new type of food. Repeated offering of foods such as fruits and vegetables increases the infant's acceptance of the food.



Make the first choice the healthiest choice.

Science shows that early food preferences influence later food choices.

Make the first choice the healthiest choices that set the toddlers on a path of making nutrient-dense choices in the years to come.

Offer healthy foods multiple times.

Very young children are being exposed to new textures and flavors for the first time, it may take up to 8 to 10 exposures for an infant to accept a new type of food. Repeated offering of foods such as fruits and vegetables increases the likelihood of an infant accepting them.

1st time



3rd time



8th time



Try 8-10 times



You are their role model.

Parents, guardians, and caregivers play an important role in nutrition during this life stage because infants and toddlers are fully reliant on them for their needs.



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Separate



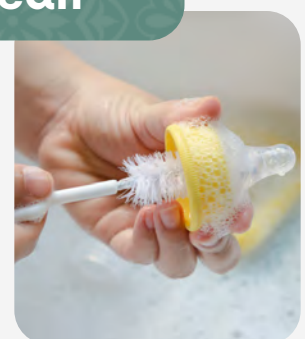
Separate raw meats from other foods.

Clean



Wash hands before:

- handling food
- expressing breast milk
- preparing or feeding human milk or infant formula



Thoroughly wash all infant feeding items, such as bottles and nipples.

Cook



Cook foods to safe internal temperatures, use a food thermometer to check.



FISH 145 °F (62.8 °C)



RED MEAT 145 °F (62.8 °C)



GROUND MEAT 160 °F (71.1 °C)



POULTRY 165 °F (73.9 °C)

Chill



Refrigerate foods within **2 hours.**

Human Milk



Leftover from Feeding

Use within **2 hours** after the baby is finished feeding or discard human milk or formula.



Freshly Pumped

Human milk can be stored at room temperature for up to **4 hours** and in the refrigerator for **4 days.**



Do not use a microwave to warm human milk or infant formula.

Warm safely by placing the sealed container of human milk or infant formula in a bowl of warm water or under warm, running tap water.

RECIPES

JAJIC

Makes 4 cups of Jajic

Ingredients:

- 3-5 Persian cucumbers OR 1 large cucumber, chopped finely (about 2 cups)
- 3 cups (homemade) plain yogurt
- 2 Tablespoons fresh mint, finely chopped OR 2 teaspoons dried mint (optional)
- ¼ cup fresh dill, finely chopped (optional)
- 2 garlic cloves, minced (optional)

Instructions:

- Wash hands with soap and water.
- Rinse produce under cool running water.
- Combine all ingredients in a medium-sized bowl. Refrigerate until serving.
- Store leftovers in a sealed container in the refrigerator for up to four days.



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FRUIT SMOOTHIE

Makes 2 cups of smoothie

Ingredients:

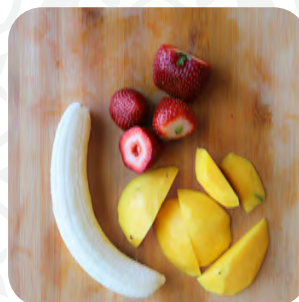
- 1 banana
- 1 mango
- 1 cup strawberries

Instructions:

- Wash fruit under cool running water.
- Combine all ingredients in a blender or food processor.
- Store leftovers in a sealed container in the refrigerator for up to four days.



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CHICKEN BIRYANI

Makes 8 cups of Biryani

Ingredients:

- 1 lbs boneless, skinless chicken breast, trimmed, cut into 1/2-in cubes
- 2 Tablespoons oil, divided
- 1 cup Vermicelli noodles, uncooked
- 1 cup Basmati rice, uncooked
- 3 1/2 cups hot water
- 1 Tablespoon Biryani seasoning, divided
- 1 teaspoon salt (optional)
- 1/2 cup blanched, slivered almonds
- 1/2 bunch parsley, washed, chopped
- 2/3 cups golden raisins

Instructions:

1. Wash hands with soap and water.
2. Heat 1 tablespoon of oil in a large pot over medium heat.
3. Add chicken and 1 teaspoon of Biryani seasoning. Saute for 10 minutes, or until chicken reaches 165°F when measured with a food thermometer. Set aside and cover to keep warm.
4. Return the pot to medium heat and add 1 tablespoon oil. Add vermicelli noodles, basmati rice, and 1/2 tablespoon Biryani seasoning. Cook, stirring constantly until golden brown, about 5 minutes.
5. Add hot water and reduce heat to medium-low. Cook covered for 20 minutes, or until the rice is tender.
6. Heat a medium skillet over medium-high heat. Add almonds and toast for 5 minutes, stirring constantly to prevent burning. Remove from skillet and set aside.
7. Add raisins to a bowl of hot water and soak for 5-10 minutes to soften.
8. Once the rice mixture is cooked, combine with cooked chicken, almonds, raisins and parsley. Season with salt, if desired if serving to adults.
9. Store leftovers in a sealed container in the refrigerator for up to four days.



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LAMB SOUP (SHORBA)

Makes 10 cups of Shorba.

Ingredients:

- 1 Tablespoon olive oil
- 1 medium onion, peeled and chopped
- 1 lb bone-in lamb, trimmed, and chopped into large chunks
- 1 teaspoon salt (optional)
- 2 small chicken bouillon cubes (optional)
- 4 cups water
- 4 white or yellow potatoes, washed, peeled and quartered
- 3 large carrots, washed, peeled, and chopped into ½ inch cubes
- 1 cup peas

Instructions:

1. Wash hands with soap and water.
2. Heat oil in a large saucepan over medium-high heat.
3. Add onion and cook, until golden brown, about 5 minutes.
4. Add lamb and saute for 5 minutes, until no longer pink.
5. Add water, stir and bring to a boil. Once boiling, reduce heat to a simmer, cover, and cook until onion is dissolved, about 20 minutes.
6. Add potatoes, carrots, and peas. Simmer covered until vegetables are tender, about 20 minutes.
7. Blend if serving to small children.
8. Season with chicken bullion cubes, salt and pepper if desired before serving to adults.
9. Store leftovers in a sealed container in the refrigerator for up to four days.



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CHICKEN & RICE

Makes 8 cups

Ingredients:

- 2 Tablespoons vegetable oil
- 1 cup onion, washed, peeled and chopped
- 2 Roma tomatoes, washed and chopped
- 1 lb chicken breast, skinless, boneless, cut in half
- 1/2 Tablespoon caraway seed
- 1 teaspoon salt (optional)
- 1 chicken bouillon cube (optional)
- 2 1/2 cups water
- 1 cup uncooked Basmati rice, soaked for 1 hour and drained
- 2/3 cup pre-cooked pinto beans
- 1 Russet potatoes, washed, peeled and quartered

Instructions:

- Wash hands with soap and water.
- Wash and prepare vegetables.
- Heat 1 tablespoon of oil in a large pot over medium heat. Add onions and cook until soft and caramelized. Add tomato, chicken, and caraway seed. Season with salt and bouillon cube if desired. Stir.
- Add water, rice, beans and potatoes. Bring to a boil. Once boiling, reduce heat to medium-low and cook covered for 45 minutes, or until the rice and potatoes are tender.*
- Shred the chicken before serving to infants and toddlers.
- Store leftovers in a sealed container in the refrigerator for up to four days.

Note: *Make this recipe in a pressure cooker. Cook on high for 8-10 minutes.



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BUILD YOUR OWN SOUP (SHORBA)

Ingredients:

- 1 cup vegetables of choice (such as zucchini, winter squash, tomatoes, carrots)
- 1 cup lean protein of choice (such as chicken breast, trimmed lamb, lentils, mung beans)
- 1 cup grains of choice (such as rice, barley, bulgur, vermicelli noodles)
- water
- Spices of choice (such as cumin, turmeric, coriander, cinnamon, cloves)

Instructions:

- Wash hands with soap and water.
- Wash and prepare vegetables.
- Combine ingredients in a medium sized saucepan over medium-high heat.
- Bring to a boil, reduce heat and cook until vegetables and grains are tender, about 15-30 minutes.
- Blend before serving to your infant.
- Store leftovers in a sealed container in the refrigerator for up to four days.



1 vegetable

+

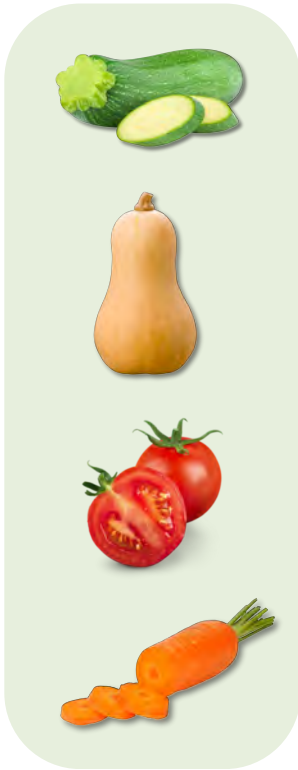
1 protein

+

1 grain

+

spices



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Resources:

- Dietary Guidelines for Americans: <https://www.dietaryguidelines.gov>
- MyPlate Nutrition by Ages: <https://www.myplate.gov/life-stages>
- Reducing the Risk of Choking: <https://wicworks.fns.usda.gov/resources/reducing-risk-choking-young-children-mealtimes>
- Recipes: <https://food.unl.edu/nutrition-education-program/recipes>

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