



Nutrient's Babies



► **Vitamin B12:** Keeps nerve and blood cells healthy, and makes DNA -the genetic material in every cell- .

► **Vitamin C:** Protects against infections, builds bones and muscles, and helps wounds heal.

► **Vitamin D:** Helps the body absorb calcium from food, and keeps bones and teeth healthy. Breast-fed babies may need a D supplement

► **Vitamin E:** Protects cells from damage, and strengthens the immune system.

► **Vitamin K:** Helps the blood to clot.

► Nutrients in Formula ◀

Most infant formulas today are made from cow's milk. They are fortified to make them as close to breast milk as possible, and to give babies all the nutrients they need to grow and be healthy.

Most cow's milk formulas contain:

► Carbohydrates, in the form of the milk sugar "lactose"

► Iron

► Protein

► Minerals, such as calcium and zinc

► Vitamins, including A, C, D, E, and the B vitamins



► Whole cow's milk is one thing you don't want to give your baby during the first 12 months because it doesn't have enough iron, vitamin E, and essential fatty acids for your baby. In addition, it contains too much protein, sodium, and potassium for child's body to absorb and can cause harm. Wait to introduce cow's milk until your baby is 1 year old.

► You also don't want to give your baby soy milk or homemade formula. These substitutes may not have the balance of nutrition baby needs right now.



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the best source of nutrition for babies during the first 6 months is breast milk, but formula can be a good alternative.

Some of the nutrients that babies need to grow and stay healthy in their first year include:

- ▶ **Calcium:** Helps build strong bones and teeth.
- ▶ **Fat:** Creates energy, helps the brain develop, keeps skin and hair healthy, and protects against infections.
- ▶ **Folate:** Helps cells divide.

▶ **Iron:** Builds blood cells, and helps the brain develop.

Breast-fed babies should receive iron supplements.

▶ **Protein and carbohydrates:** They provide energy and fuel growth.



- Your baby also needs vitamins such as:
- ▶ **Vitamin A:** Keeps skin, hair, vision, and the immune system healthy.
 - ▶ **Vitamin B1 (thiamine):** Helps the body turn food into energy.
 - ▶ **Vitamin B2 (riboflavin):** Helps the body turn food into energy, and protects cells from damage.
 - ▶ **Vitamin B3 (niacin):** Helps the body turn food into energy and use fats and protein.
 - ▶ **Vitamin B6:** Keeps the brain and immune system healthy.

▶ **Zinc:** Helps the cells grow and repair themselves