

## Nutrition in Early Infancy

- **Infancy** is a period of rapid change and development, with babies **tripling their body weight** in the first year.
- The **first 1,000 days of life**, from conception through toddlerhood, are **crucial for brain development** and establishing neural networks for cognitive, motor, and social-emotional skills.
- Sensitive caregiving, a safe home environment, and a healthy diet are essential for supporting these developmental processes.
- Nutrient requirements per kilogram of body weight are highest during infancy compared to any other stage of life.

## Early Infancy: Meeting Nutrient Needs Through Milk

- Breast milk, infant formula, or a combination of both should be the sole source of nutrition for infants from birth to 4 to 6 months.
- Young infants' gastrointestinal tracts are not ready for complex foods, and they lack the oral motor skills for solid foods.
- Breast milk and infant formula are specifically designed to meet infants' nutrient needs and ensure safety.
- Avoid substitutes like cow's milk, goat's milk, plant-based beverages, homemade formula, or diluted formula, as they do not provide the necessary nutrients and can lead to serious health issues.

## Choosing breastfeeding or formula-feeding

- The World Health Organization and the American Academy of Pediatrics recommend exclusive **breastfeeding** for about the **first 6 months of life**.
- **Breast milk** is considered the optimal source of nutrition for infants and contains various bioactive molecules like antibodies (immunoglobins), hormones, enzymes, growth factors, and protective proteins.
- **Human milk oligosaccharides** in breast milk support the development of a healthy gut microbiome by serving as food for beneficial bacteria and binding harmful bacteria.
- **Breastfeeding** benefits babies by reducing the risk of gastrointestinal, respiratory, and ear infections, as well as protecting against SIDS, eczema, asthma, and obesity.
- **Breastfeeding** is associated with a small increase in IQ and a reduced risk of obesity in childhood.
- Breastfeeding also benefits mothers by reducing the risk of hypertension, type 2 diabetes, and breast and ovarian cancer.

# Nutrition Pregnancy And Early Infancy

**B Lingard**



## **Nutrition Pregnancy And Early Infancy:**

## Enjoying the Track of Term: An Mental Symphony within **Nutrition Pregnancy And Early Infancy**

In a global eaten by monitors and the ceaseless chatter of immediate transmission, the melodic beauty and emotional symphony produced by the published term often disappear into the backdrop, eclipsed by the relentless sound and interruptions that permeate our lives. Nevertheless, situated within the pages of **Nutrition Pregnancy And Early Infancy** a charming fictional value brimming with fresh thoughts, lies an immersive symphony waiting to be embraced. Constructed by a masterful musician of language, this charming masterpiece conducts readers on an emotional trip, well unraveling the concealed tunes and profound affect resonating within each cautiously constructed phrase. Within the depths with this touching evaluation, we shall examine the book is central harmonies, analyze their enthralling publishing model, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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