

**Feed Your Baby Properly  
and Also Protect Your  
Baby Against  
Communicable Diseases**

**Diphtheria—**

Give diphtheria toxoid at 9 months of age.

**Smallpox—**

Vaccinate against smallpox by the end of the first year.

**Whooping cough—**

This is a dangerous disease during infancy. Consult your physician in regard to whooping cough immunization.

**PROTECT THE BABY WITH  
COD LIVER OIL DAILY**

**PROTECT THE BABY WITH  
FRUIT JUICE DAILY**

**OFFER THE BABY BOILED  
WATER BETWEEN  
FEEDINGS**

**ALWAYS WASH HANDS  
BEFORE CARING FOR  
BABY**

**ALWAYS PROTECT THE BABY  
FROM FLIES AND OTHER  
INSECTS**

**WHEN WEATHER PERMITS,  
GIVE THE BABY DAILY  
SUN BATHS**

**ALWAYS SEEK THE DOCTOR'S  
ADVICE PROMPTLY WHEN  
BABY IS ILL**

Louisiana, U.S.A. (State)  
Department of Health

**WHAT  
TO  
FEED  
YOUR  
BABY**



ACKNOWLEDGED

Louisiana State Dept. of Health

July, 1941

1270

Box



# FOODS OTHER THAN MILK IN YOUR BABY'S DIET

Step by Step the Child Is

Established on an  
Adequate Diet



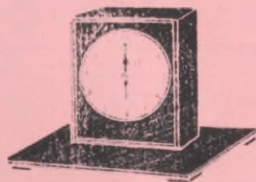
## Breast Feeding—

is the safest and most desirable of all methods of feeding.



## Formulas—

should be prescribed by a physician.



## Regularity

of feeding is important. The infant should be fed at regular intervals and at the same interval each day. The usual interval between feeding is four hours, but during the early months under some conditions, a physician may prescribe a three hour feeding interval.

FIRST MONTH	SECOND MONTH	THIRD MONTH	FOURTH MONTH
Boiled water between feedings. After 2nd week, begin: Cod liver oil— $\frac{1}{2}$ tsp. twice a day. After 3rd week, begin: Orange juice (or substitute)— $\frac{1}{2}$ tsp. to 1 tsp. twice a day. Juice of other citrus fruits or tomato juice may be substituted.	Continue— (1) Boiled water between feedings. (2) Cod liver oil—gradually increasing to 1 tsp. twice a day. (3) Orange juice—gradually increasing to 2 tbsp. twice a day.	Continue— (1) Boiled water between feedings. (2) Cod liver oil—gradually increasing to $1\frac{1}{2}$ tsp. twice a day. (3) Orange juice or substitute. Begin— (1) Cooked strained cereal, 1 tsp. twice daily and gradually increase to 2 tbsp. twice daily. (2) Mashed fully ripe banana, $\frac{1}{2}$ tsp. and gradually increase to 1 tbsp. daily. This may be added to cereal. Whole-grain cereals because of their extra food value should be used from the beginning. Oatmeal, whole barley, whole wheat, brown rice and certain prepared baby cereals, such as pablum. Always give the new food before the breast or bottle feeding.	Continue— (1) Boiled water. (2) Cod liver oil. (3) Orange juice. (4) Cereal. (5) Banana. Begin— (1) Egg yolk, 1-4 tsp. daily and increase gradually to 1 yolk daily. Yolk of a soft-boiled egg or grated yolk of a hard-boiled egg may be given. It may be given alone or added to cereal.

\* Infant's daily vitamin D need is 400-800 International Units.

Three teaspoonfuls of U. S. P. Standard Cod liver oil contains this amount.

Cod liver oil—unless refrigerated becomes strong and loses part of its vitamin value. Buy small size bottles and keep in a cool dark place.

MILK

COD LIVER OIL

FIFTH MONTH	SIXTH MONTH	SEVENTH MONTH	EIGHTH MONTH
Continue— (1) Boiled water. (2) Cod liver oil. (3) Orange juice. (4) Cereal. (5) Banana. (6) Egg yolk. Begin— (1) Strained vegetables, 1 tsp. daily and gradually increase to 2 to 3 tbsp. daily. Give a green leafy vegetable such as spinach, turnip greens, beet greens, and also give carrots, green peas, beets, asparagus and string beans.	Continue— (1) Boiled water. (2) Cod liver oil. (3) Orange juice. (4) Cereal. (5) Banana. (6) Egg yolk. (7) Strained vegetables. Begin— (1) Strained fruits, 1 tsp. and increase to 2 tbsp. Strained prunes, apricots, peaches and apples may be given once a day.	Continue— (1) Boiled water. (2) Cod liver oil. (3) Orange juice. (4) Cereal. (5) Banana. (6) Egg yolk. (7) Strained vegetables. (8) Strained fruits. Begin— (1) Very small amounts of crisp bacon, scraped liver, scraped beef two to three times a week.	Continue— (1) Boiled water. (2) Cod liver oil. (3) Orange juice. (4) Cereal. (5) Banana. (6) Egg yolk. (7) Vegetables. (8) Fruits. (9) Small amounts of meat. Child should now be placed on a four meal a day schedule. Begin one milk feeding with a cup. Mashed or chopped vegetables should be given instead of strained vegetables.

FRUIT JUICE

CEREALS

EGG

VEGETABLES

FRUITS

MEATS

NINTH MONTH
Continue— Items 1 through 9 as in Eighth Month. A wider variety of food is now the aim. Gelatin, junket, custard, jello may be safely added to the diet. If the child is breast fed, weaning should take place during this month and the child should be given at least $1\frac{1}{2}$ pints of boiled whole milk from a cup.
TENTH, ELEVENTH AND TWELFTH MONTHS
During this period, the child should be gradually established on a three meal a day schedule. Custards, gelatins and fruits are the only acceptable desserts at this age. Cookies, crackers, sweetened crackers or any concentrated sweets should be avoided because they tend to satisfy the appetite so that the more valuable foods from the standpoint of growth and development are refused. A baby can learn to like all foods that are good for him. He will not cry for foods that he has never tasted; so, do not give him tastes of foods that you know are not good for him.



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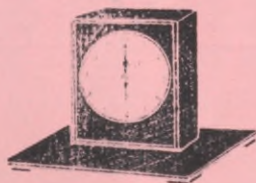
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