

# The First 6 Months



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**The first three months after birth are increasingly being termed the fourth trimester. At birth, your baby's whole world is suddenly changed and there is much adapting to be done.**

Baby's brain needs to take in so much at this time and they are totally dependent on others to care for their every need. Over the first three months they learn to respond to the outside world. Breathing becomes more regulated and baby has more physical control over their body. Social interaction starts and by four months baby can even start to self-soothe.

For mum (and dad) the first three months can also be seen as the fourth trimester as mum copes with the change both physically and emotionally. Hormones are yet again changing, sleep is disrupted and fatigue is common. It is also useful to consider this as the next stage of pregnancy in terms of mum and baby's diet. When breastfeeding, food still needs to be safe as potentially harmful agents can be transferred to baby via breast milk. Baby's physical development is rapid and the right nutrients are needed just as they were pre-birth.



## Breast or bottle

The ideal food for baby is breast milk as it is custom made. There are situations however where breastfeeding is not possible. There may be structural problems, babies can be unable to digest the sugar in breast milk, the mum may be taking medications which could affect baby, or baby may be fostered or adopted. There are a range of options when it comes to choosing formula so look at the ingredients to help choose the most comprehensive nutrient provider. Also ensure bottles and storage containers for taking formula powder out and about are BPA free.

Even if you plan to breastfeed, the first couple of weeks may be daunting and challenging so prepare for this and focus on the fact that usually it quickly becomes easier. Pre-natal breastfeeding courses are very helpful not only because they teach parents what to expect but they also open up a support network to access help where needed. Also consider looking up a local pregnancy specific reflexologist or acupuncturist before the birth as these therapies can help to stimulate milk flow if needed. This can be especially helpful if your baby was born by caesarean section.

Below we will focus on breastfeeding, if you are not breastfeeding the dietary advice would still help mum get all she needs in the first 6 months.

## Breastfeeding

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### **Why breastfeed?**

Where possible, breast milk really is best. It is custom made and provides all the nutrients baby needs. Breastfed babies have been shown to have better immune systems and so fewer illnesses, fewer digestive problems, lower likelihood of allergies and even higher IQ's. The UK Government recommends exclusively breastfeeding for at least the first six months and the World Health Organisation recommends that breastfeeding continues for two years of age or beyond.



# Best for baby...

1

Breast milk not only contains vital ingredients for your baby's health and development but it is also ready on demand at just the right temperature.

2

Breast milk contains optimal amounts of vitamins; C, D, E and folic acid and minerals; calcium, iron, zinc, manganese, selenium and chromium. It is not just the range and quantity of these nutrients which is important but also the quality as many have been shown to be easier to absorb than those in formula milk.

3

Breast milk provides essential fats including the omega-3 fat DHA which is vital for the development of baby's brain and nervous system.

4

Breast milk provides beneficial bifidobacteria to support the bacterial balance of your baby's gut, boosts immunity and helps prevent the development of colic and eczema. It also has factors which help your baby's gut develop and mature.

5

Breast milk has enzymes making it is easier to digest and release vital nutrients.

6

Breast milk has antibacterial, anti-viral, anti-parasitic, anti-allergenic factors and growth factors.

7

Breastfed babies are more likely to get just the right amount of milk and are less likely to be overweight.

8

Breastfeeding helps with baby's jaw development getting it into practice for eating and developing speech.

9

Breastfeeding may reduce the risk of some chronic diseases such as juvenile diabetes, childhood cancers, allergies and asthma.

10

Breastfed babies with mothers who have a varied diet may be more likely to accept unfamiliar flavours when weaned and be more willing to try new flavours and so get a better variety of nutrients.

## Best for mum...

1

Breastfeeding saves time as there is no mixing, sterilizing or heating of milk needed. With a good breast pump feeding can also be delegated to give mum a break.

2

May reduce the risk of osteoporosis

3

Helps with post-pregnancy weight loss due to the approximate 500 calories a day it burns and as it triggers hormones which help the womb contract back to its normal size

## Milk Supply

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Babies are born with a store of sugar to see them through the first three or four days when they are learning to feed. It is in these first days that baby receives colostrum which is rich in amino acids, vitamins, minerals and antibodies and gets them prepared for the outside world. Around day four or five of breastfeeding mum starts to make milk rather than colostrum and this is all baby needs for the first six months.

The most common reason babies are supplemented with formula is the concern that they are not getting enough milk. The easiest way to check baby is getting enough, and alleviate this concern, is regular weighing. Babies lose the fluids stored before they are born in the first couple of days after birth and so have a slight drop in weight. After that their weight should steadily increase. When having baby weighed do check your healthcare practitioner is using a breastfed rather than formula-fed growth chart. Checking that baby is having regular wet nappies and bowel movements also helps to tell if baby is getting enough milk. After the first week there are generally about six to eight wet nappies in a 24 hour period and the urine should be clear and not noticeably smelly. There should also be at least two to five yellow soft bowel movements a day.

As long as baby feeds regularly mum should automatically produce enough milk. Insufficient calories can reduce milk levels so this is not a time for significant calorie restriction to lose weight, especially not in the first six weeks of feeding. It is also however not always necessary to replace the 500 calories a day breastfeeding can burn. Some of this need may be met by fat stores laid down in pregnancy, along with mums more efficient metabolism at this time.

It is not just the quantity of calories that matter but also the quality. Pages 23-24 give tips on which foods and drinks give mum and baby the nutrients they need whilst helping mum get back her pre-pregnancy body. Breastfeeding also uses mums water stores so it is important to drink enough to prevent dehydration which, like lack of calories, can reduce milk supplies. An easy habit to get into is to have a drink of water handy for when breastfeeding as it triggers the release of the hormone oxytocin which can make you feel thirsty.

Milk supplies can also drop if mum is anaemic so if you are consistently feeling tired check with your GP. Fennel tea is also reputed to boost milk supply, choose organic teas to avoid pesticides.

## How often to feed

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There is much debate about whether babies should be fed at set times or on demand, which is whenever they show signs of wanting to feed and allowing them to feed as long as they like. But the experts in this field, including The WHO and La Leche League are clear that feeding on demand gives baby the best start. Babies fed on demand appear to have fewer digestive problems and have also been shown to have increased IQ and SAT scores when they are older (Avon Longitudinal Study of Parents and Children, a study of more than 10,000 children). On demand feeding is most effective when the parents learn to recognise their baby's signals that they want a feed, rather than waiting until they cry, as this makes it difficult to feed. Common signals include making rooting motions, making sucking sounds and being more active.

A new born should feed at least 8, and often 10-12 times in a 24 hour period. For the first few weeks babies don't always wake when hungry so at first they may need waking to feed if they sleep longer than four hours. For many of these feeds baby should feed enthusiastically for about 10-15 minutes on each breast and is likely to nap when full. Babies get better at letting you know when they are hungry as they get older.

Expressing milk is something to consider as it means milk can be safely stored for times when mum may not be available. It can also help a sleep-deprived mum get some sleep if dad can bottle-feed baby expressed milk. Expressed milk can be stored in the fridge for up to eight days if below 4°C or three days if 5-10°C. Freezing milk may lead to a reduction of immune-boosting properties but it can be stored for four months so is a valuable back up.



# Common diet-related concerns

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## Colic

One in ten babies suffer with colic, which usually starts in the first few months and typically goes away by the time the baby is three to four months old. It is a distressing condition which usually occurs in the evening with the baby crying loudly and continuously and frequently drawing the legs upwards and towards the chest. The stomach is usually bloated and tense and passing wind or stools usually helps.

Colic is probably caused by a combination of various factors including an immature nervous system in the gut, over-feeding, or the wrong feeding posture, or it may be due to a cow's milk or lactose intolerance or sensitivity to something else in the mum's diet such as gas-forming foods.

Common culprit foods to watch include: dairy, chocolate, caffeine, melons, cucumbers, peppers, citrus fruits, juices and spicy foods. In addition reducing gas-forming foods such as cauliflower, broccoli, Brussels sprouts, cucumbers, red and green peppers, onions, beans and legumes may help. Discuss with your healthcare practitioner before avoiding these foods as these are healthy foods which should only be avoided if needed. Your practitioner can also check for potential problems such as lactose intolerance. Soothing herb teas may also be worth a try for mum as they may calm baby's digestive system. Camomile, fennel, peppermint and ginger can have a soothing and relaxing effect. Baby massage may also help.

## Lack of beneficial bacteria

Baby's sterile gut is first populated with bacteria when they are born. They pick up beneficial bacteria from mum's birth canal on their journey and this provides a key immune support to the gut. If mum has low levels of good bacteria and thrush in pregnancy baby picks up less good bacteria but also picks up more yeast. This may lead to fermentation, bloating and irritability in baby. Baby specific probiotics can be given to support baby's gut health and are especially advisable if baby was born via caesarean section and so wasn't as exposed to the beneficial bacteria in the birth process.

## Allergies / intolerance

It is possible that avoiding potentially allergenic foods in pregnancy and babyhood may reduce the chance of the child developing allergies. The UK Department of Health advise that if either parent is atopic (has inherited allergies such as eczema, asthma or hay fever) they consider avoiding peanuts in pregnancy and breastfeeding. Peanuts are however only one of the common allergens. If baby is not feeding well, is getting diarrhoea or vomiting, is not growing well or is getting eczema or skin rashes, and their doctor has ruled out other causes, it may be wise to look at sensitivities to the food mum is eating. Common triggers which may need to be removed from mum's diet are wheat, coffee, tea, chocolate, citrus, soya, nuts and eggs.

Lactose intolerance is different to an allergy or sensitivity to milk as it is the inability to digest the sugar in milk rather than an immune reaction to the protein. This can be a problem in breast and bottle-fed babies and can be tested for.

## Mum's diet

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The body manufactures nourishing breast milk at the expense of the mum so although it is comforting to know that baby's needs are prioritised, if mum doesn't get enough nutrients and gets run down she is less likely to enjoy fulfilling the demands that babies bring.

### **Plan Ahead**

Plan your first couple of weeks of food before baby is born. That way when people offer to help you can be specific about what they can get or prepare for you whilst you focus on getting to know baby. Include foods which are easy to eat whilst feeding, especially meals which can be prepared in advance and frozen. Soups and stews make great meals in a cup. Include potatoes, brown rice or pasta, plenty of vegetables and some meat or beans and keep the chunks small so they can be drunk without the need for cutlery. Stock up on wholegrain crackers such as oatcakes and rye crackers which can be dipped into tubs of houmous, especially ones with added avocado or sun-dried tomato for extra nutrients, for a one-handed meal. Avoid spicy foods which may put baby off at first. Healthy muesli and fruit bars are also easy to snack on when out and about.



## Balance blood sugar levels

When tired and busy it can be all too easy to reach for sugary quick fixes for fast energy. The sugars from processed carbohydrates are however quickly released into the bloodstream where, in excess, they can cause damage. The body tries to regain balance by storing excess fast carbs and turning them into body fat. This leads to weight gain, a slump in energy and mood and cravings for more nutrient-depleted calories.

**Eat at regular intervals** to help keep blood sugar levels balanced. Eat within an hour of waking and include healthy snacks between your main meals. Aim to have something to eat every three to four hours. Also leave a snack and drink by the bed for night feeding.

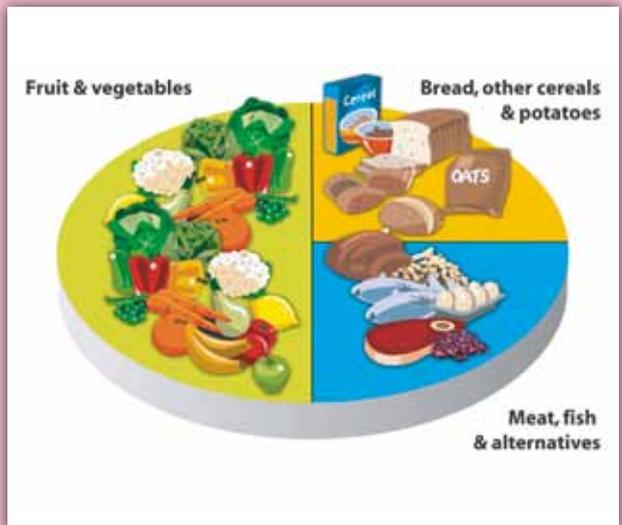
**Add some quality protein** (*meat, fish, eggs, nuts, seeds, beans and pulses*) to each meal as it slows digestion helping you release steady useable energy rather than highs and lows.

**Add vegetables and lower sugar fruits** such as berries to each meal as the fibre helps to slow digestion and keep energy steady.

**Avoid caffeinated drinks** which can lead to a stress hormone release which can trigger the body to release stored sugar leading to a blood sugar high and subsequently low..

If you are not getting much sleep and need a boost at night **try a kids-sized smoothie** but as fruit drinks are high in natural sugars have a handful of nuts or seeds to add sugar balancing protein.

**Structure your meals to fit in** with the following plate ratios to help keep blood sugar levels balanced.



# Healthy mum & baby helpers

## Steady energy carbohydrates

Include fibre-rich complex carbohydrates such as whole grains (brown rice, quinoa, buckwheat, millet, rye, and oats) which support blood sugar balance as well as supplying essential nutrients. Soluble fibre from oats and flax seeds is especially helpful in relieving constipation, which can be a problem post birth. Fibre supports daily detoxification and helps prevent bloating. Beans and pulses are an excellent choice of complex carbohydrates as they provide, in addition to the carbohydrate content, protein and fibre and are also low in saturated fat.



## Nutrient rainbow

Go for 8-a-day vegetables and fruit as this is where the health benefit evidence lies. They provide vital vitamins, minerals, antioxidants and fibre. Focus more on the vegetables than the fruits as they are lower in sugar. Ideally have five to six portions of vegetables a day and two to three of fruit. Include three different vegetables at lunch and dinner and a fruit with breakfast and one of your snacks and you will easily reach 8-a-day. The different colours provide different nutrients so include dark green leafy vegetables for minerals and orange, red and purple for vitamins and protective antioxidants.



## Brain-building fats

Include omega-3 fats from small-sized oily fish, flax and hemp seeds. These fats are essential for baby's brain, nervous system and eye development. When cooking use olive or rapeseed oil for shallow frying and organic coconut oil for baking, and keep the temperature below 180°C. Keep polyunsaturated oils such as sunflower, sesame, flax and hemp for cold use such as salad dressings or drizzling over cooked foods. Buy oils in glass rather than plastic bottles as fat can draw potentially harmful chemicals out of plastic.



## Body building proteins

When pregnant and breastfeeding, mums needs more protein than usual. Protein is a key food group as it forms the building blocks of the body and hence is needed for building and repairing cells, muscles, organs and tissues. Protein building amino acids are needed for the immune system and mood. Protein is also needed for milk production.

Include protein from sources unattached to saturated fats. Vegetable protein is ideal, include, nuts, seeds, beans, pulses and tofu. Omega-3 eggs from seed-fed hens provide protein with brain-building omega-3 fats. Dairy products provide protein; choose the types which are lower in saturated fats. White fish and small sized oily fish are also good protein sources.



## Vital hydration

Plenty of fluid is needed to prevent dehydration and maintain milk supply. Water is the ideal choice, ideally filtered and alkalised (from a built in system or jug). Have this between meals and drink through the day rather than in large quantities to help prevent stress on the kidneys. Avoid water with meals as it may dilute digestive enzymes, before a meal is ideal. Vegetables juices are a great way to add extra nutrients as well as fluids and they tend to be lower in sugar than fruit juices. Fruit teas and relaxing teas such as camomile can also add variety of flavour. Aim for one and a half to two litres of fluids a day, more if you are exercising or the weather is hot.



# Healthy mum & baby hinderers

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## Fast carbs

In order to help balance blood sugar levels and maintain energy avoid confectionary and simple sugars, particularly 'hidden' sugars in processed foods. Especially watch out for added sugars in reduced-fat foods as it is often added to replace the flavour lost when the fat was removed. Avoid refined carbohydrates such as white rice, white bread and white pasta as refining depletes up to 15 different nutrients. Only have dried fruit in the same quantity as you would have fruit fresh such as, two or three dried apricots as a snack.

Avoid drinks with added sugars such as sweetened soft drinks, squashes and undiluted fruit juices. An average 250ml sized glass of fruit juice has about six or seven teaspoons of sugar and just one glass of fruit juice a day has been shown to increase the odds of developing type 2 diabetes by 18% (Harvard Medical School study on 70,000 female nurses over an 18 year period). Drinks with artificial sweeteners are not ideal as some may also have health risks but stevia is a natural sweetener which does not raise blood sugar levels. Also avoid carbonated drinks as the acidity can deplete calcium stores.



## Empty calories

Choose foods which provide nutrients along with the calories. It is easy to reach for high calorie snacks like biscuits or crisps but they provide a hefty dose of calories, a craving for more and few nutrients. Opt instead for wholegrain crackers or carrot sticks with a mini houmous tub or a piece of fruit and a handful of nuts.



## High saturated fats

Avoid saturated animal fats from intensively reared meat and high-fat dairy products which can hinder essential fats in the body. Choose naturally lower-fat cheeses and organic free range meat where you can. Try stews with just a little quality meat bulked out with beans or lentils and you can add fibre at no extra cost. Red meat is a good source of iron but choose meat from an animal which has run around and eaten plants for full nutritional benefit.

Avoid processed foods which can be high in 'hidden' fats and deep-fried foods.



## Allergens

If you or your family have a history of allergies to foods, especially nuts, then it is recommended that you avoid eating them and foods containing them while you are breastfeeding.



## Caffeine

Caffeine can lead to baby feeling nervous and irritable and can disrupt feeding and sleep. Babies can't process caffeine so it remains in their blood for up to 80 hours, potentially having a negative effect. Coffee can also flavour the milk which can put baby off. Avoid or minimise coffee, tea, energy drinks, colas and chocolate to help keep baby relaxed.



## Alcohol

According to the NHS one or two units (125ml of wine, half a regular strength lager, one 25ml shot of spirits) once or twice a week should not be harmful to your baby. More than this can affect milk flow and affect baby's development. Ideally however avoid alcohol as the effect on individual babies is not known and it can deplete mum's nutrients. If you are having an occasional drink you can time it to have the least effect on baby.

It takes about two hours for a unit of alcohol to clear from mum's blood so plan your alcoholic drink and baby's feeds so you are not feeding for a couple of hours after having a drink. As it can be difficult to always know when baby will want a feed expressing milk before an alcoholic drink may be the safest option. Even if you wait a couple of hours small amounts of alcohol will still remain in the milk and this may make it smell and taste different and put baby off feeding.



## Smoking

Nicotine is a stimulant and, passed on to the baby, can cause nausea and vomiting. It can also reduce milk volume because it inhibits milk hormone production. Babies of mothers who smoke tend to be weaned sooner and have a greater incidence of colic. Passive smoking could trigger respiratory problems and can still expose baby to nicotine, this has been shown by the fact that nicotine is present in babies urine.



# Environmental contaminants

Avoid pollutants where you can. Babies are exposed to chemicals through breast milk. Almost all mothers carry contaminants such as PCBs and dioxins. The former is a pesticide, now banned, the latter, a by-product of chemical manufacturing and incineration. Both are non-degradable and they accumulate in fat. No one really knows what the long-term effects will be. Losing weight too fast post birth can release these chemicals from mum's fats stores and make them available to baby through the milk. So stick to losing no more than about 1lb a week, if you need to lose weight post birth. To minimise your exposure to contaminants:



- Buy food in season, which can mean fewer chemicals have been needed as the growing conditions are right
- Choose naturally lower fat dairy products such as lower fat cheeses
- Choose lean organic free-range meat where possible and trim off visible fat
- Avoid eating poultry skin which is high in fat
- Choose small-sized oily fish to minimise toxicity, have tuna just once a week and avoid shark, swordfish, king mackerel and marlin. These fish are potentially too high in mercury which could affect baby's nervous system development
- Eat 8-a-day of, ideally organic, vegetables and fruits as they have protective benefits. Wash non-organic in a wash such as 'Veggie Wash' or with a tablespoon of vinegar in a litre of water
- Where possible try and buy environmentally healthy household products such as 'Ecover', especially washing up liquid and washing powder as they come into direct contact with the body.
- Try and use natural body products, especially when choosing those designed to stay on the body such as creams, lotions and conditioners

# Nutrient needs for mum & baby

The table below shows the key nutrients baby and mum need at this stage. Many nutrients are prioritised in favour of baby, partly through more efficient processes in the mum and partly by using up mums supplies. For mum to stay healthy and prevent getting run down it is best to eat a range of healthy foods covering the nutrient needs.

Nutrient	What it does	Food sources
<b>Vitamin A and beta-carotene</b>	<p><b>Baby</b> Contributes to the maintenance of normal vision and immune system functioning.</p> <p><b>Mum</b> Too high a level can be toxic so eating foods rich in beta-carotene helps safely top up levels. Contributes to normal iron metabolism</p>	Beta-carotene rich foods are converted to vitamin A in the body: yellow and orange fruit and vegetables such as carrots, pumpkin and squashes, red and yellow peppers, sweet potatoes, mangoes, melon, dried apricots, strawberries, and tomatoes. Watercress, spinach and chard. Vitamin A is found in milk, butter, cheese, fish and eggs.
<b>B Vitamins</b>	<p><b>Mum</b> Vitamin B6 and B12 contribute to the reduction of tiredness and fatigue.</p> <p>Women have a higher need for B vitamins when breastfeeding.</p>	Wholegrain cereals, rice, nuts, milk, eggs, meat, fish and leafy green vegetables. A B12 supplement is recommended if mum is vegetarian or vegan.
<b>Vitamin C</b>	<p><b>Mum</b> Supports iron absorption.</p>	Many fruits and vegetables: citrus fruits, green vegetables, broccoli, cabbage, cauliflower, kale, peas, berries, currants, lettuce, red, green and yellow peppers, potatoes, tomatoes, parsley and sprouted alfalfa seeds. Tropical fruits: guava, mango, kiwi fruit and pineapple.
<b>Vitamin D</b>	<p><b>Baby and mum</b> Needed for normal growth and development of children's bones.</p>	Mostly made by the action of sunlight on the skin. Levels are generally too low in the UK. Food sources include oily fish, fortified margarine, egg yolk and dairy products.
<b>Vitamin E</b>	<p><b>Baby and mum</b> Contributes to the protection of cells from oxidative stress.</p>	Olives, nuts and seeds and their oils. Some fruits and vegetables: avocados, broccoli, spinach, chard, asparagus and peppers.

Nutrient	What it does	Food sources
<b>Vitamin K</b>	<p><b>Baby and mum</b> Contributes to normal blood clotting.</p>	Curly kale, spinach, cabbage, parsley, watercress, cauliflower and asparagus.
<b>Calcium</b>	<p><b>Baby</b> Needed for normal growth and development of children's bones.</p> <p><b>Mum</b> Bone health, nervous system and muscle function.</p>	Sesame seeds, tofu, dried figs, oily fish with edible bones, almonds, Brazil nuts, watercress, spring greens and kale.
<b>Zinc</b>	<p><b>Baby and mum</b> Contributes to the normal function of the immune system.</p>	Dried seaweed (in moderation), herring, pumpkin, sesame and sunflower seeds, pine nuts, whole-grains, wholemeal bread, brown rice, lentils, almonds, wheat germ and oats.
<b>Iodine</b>	<p><b>Baby</b> Contributes to the normal growth of children.</p> <p><b>Mum</b> Contributes to normal production of thyroid hormones and function.</p>	Seaweed, fish and shellfish.
<b>Iron</b>	<p><b>Baby and mum</b> Contributes to normal oxygen transport in the body. Breastfeeding can delay the return of menstruation so mum is not losing blood each month but supplies of iron may be low due to bleeding in labour.</p>	Lean red meat and dark poultry meat. Whole-grains, eggs, beans, lentils dark green leafy vegetables and dried fruits. Plant sources are lower in iron than animal but tend to come along with vitamin C which aids absorption.
<b>Selenium</b>	<p><b>Baby</b> Contributes to normal function of the immune system.</p> <p><b>Mum</b> Contributes to normal thyroid function.</p>	Brazil Nuts, sunflower seeds mushrooms and whole-grains. Fish, meat and eggs.
<b>Magnesium</b>	<p><b>Baby</b> Bone and teeth development. Contributes to the maintenance of normal bones and teeth.</p> <p><b>Mum</b> Contributes to normal muscle function.</p>	Nuts and seeds, soya beans, peas, green leafy vegetables and whole-grains
<b>Manganese</b>	<p><b>Baby</b> Contributes to the maintenance of normal bones.</p>	Wholegrains, green leafy vegetables, legumes, nuts, pineapple, seeds and eggs.

Nutrient	What it does	Food sources
<b>Essential Fats</b>	<p><b>Baby</b> Brain, nervous system and eye development.</p> <p><b>Mum</b> Support post birth, skin health and mood.</p>	<p>Omega 3 - small oily fish, walnuts, rapeseed oil, hemp and flax seeds and oil.</p> <p>Omega 6 - sunflower and sesame seeds and their oils.</p>

## The role of supplements for mum & baby

The body manufactures nourishing breast milk at the expense of the mum so although it is comforting to know that baby's needs are prioritised, if mum doesn't get enough nutrients and gets run down she is less likely to enjoy fulfilling the demands that babies bring. Mum may also be lacking in quality sleep and the adapting to challenges a new baby brings can be tiring. Just as a good supplement is recommended in pregnancy the health insurance of a good supplement at this time is also reassuring for parents. Choose a multi vitamin and mineral which is specifically adapted to this time and has the key nutrients mum needs to support. Consider a supplement from the Vitabiotics Pregnacare Range, it includes Pregnacare Breastfeeding and Pregnacare New Mum which provide carefully balanced, comprehensive formulations of micronutrients to help support the nutritional requirements of new mothers throughout the postnatal period.

Vitabiotics Wellkid Baby Drops is ideal for babies aged 1 to 12 months and provides a safe and comprehensive range of 16 nutrients, including essential vitamins and minerals. The formula contains vitamin, A, C and D as recommended by the Department of Health for babies aged six months onwards\*.

*\*Unless they are drinking 500ml (or approx. 1 pint) of infant formula a day, as infant formula has vitamins added to it. (Source: Healthy Start)*