



# Every Baby Matters

## Guidelines for good nutrition for healthy mothers, babies and under-fives in Bradford and Airedale

### Introduction and contents

Improved nutrition is an important factor in addressing some key problems, risks and health inequalities faced by the Bradford district- including infant mortality, child health and development and obesity.

These guidelines have been developed to support Every Baby Matters by assisting those who work with or influence the nutritional wellbeing of our babies, under-fives, mothers (and those who may become mothers).

This includes health, education and social care staff and organisations, child care providers, children's centres, caterers, community and voluntary groups and many others.

The purpose of the guidelines are to ensure that food and nutrition initiatives, information, dietary advice and food provision for these groups are good quality by being consistent, up-to-date, based on current best evidence, safe and taking account of local needs.

The guidelines cover 6 'ages and stages'

- preconception /preparing for a healthy pregnancy
- pregnancy
- diet after pregnancy and when breastfeeding
- infant feeding
- weaning
- children from 1-5 years

Information about **who may be most at risk** is given to help users identify those who would benefit the most.

Key **sources and resources** have been identified at the end of each section.

A full list of evidence and references used in the preparation of these guidelines is available from the authors.

Each of the 6 topics stands alone but all assume a good underlying knowledge of current healthy eating advice for the general population, concentrating only on aspects that are additional or different for the group covered. Key evidence based sources are suggested. Training from a reputable source is recommended for those who advise others on food and health issues, make policy decisions that affect food and nutrition or who cater for these groups.

Bradford District has a diverse population and those using the guidelines in their work are advised to ensure that they are familiar with the cultural, religious, socio-economic and any other particular needs of those they work with, avoiding assumption, so that dietary information given or food provided is appropriate, acceptable and therefore helpful to the recipient(s).

The guidelines concentrate on key issues and practical messages that those working to improve maternal and child health in our district will find helpful, to enable them to give information and answer common questions. Further information can be found in the sources and resources listed, and some of these may be useful to signpost some parents to.

### **Authors**

*The guidelines were prepared for Every Baby Matters by Zakkiya Ansari RD, Susan Haley RD and Jackie Loach RD of Bradford Nutrition and Dietetic Services (Bradford Teaching Hospitals Foundation Trust) in consultation with colleagues of various disciplines and partner organisations locally and nationally.*

*The initial evidence base was researched by Kathy Cowbrough RD, Freelance dietitian. This included consultation with colleagues in other areas of the UK embarking on similar work.*

*Thanks are due to all who have helped in any way-contributing information, discussing content and commenting on many drafts.*

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# Guidelines on Good Nutrition – Contents

## 1. Introduction and Contents

## 2. Preparing for a Healthy pregnancy

- Introduction
- Healthy weight
- Alcohol
- Folic acid
- Iron
- Vitamin D
- Vitamin A
- Fish
- Medicines and supplements
- Pre-conception advice for men
- Who may be at increased nutritional risk?
- Some key sources and resources

## 3. Nutrition and pregnancy

- Introduction
- Energy needs in pregnancy (calories/kcals)
- Protein needs in pregnancy
- Vitamin D (inc Healthy Start vitamins)
- Calcium
- Iron
- Vitamin A
- Alcohol
- Fish
- Caffeine
- Peanuts
- Food borne illnesses and infection
- Weight management during pregnancy
  - Pregnancy related problems
  - Nausea and Vomiting
  - Constipation
  - Indigestion and heartburn
  - Food aversions and cravings
- Who may be at increased nutritional risk?
- Key sources and resources

## 4. Diet after pregnancy and whilst breastfeeding

- Introduction
- Eating well after having a baby
- Additional advice for breastfeeding women
  - Calcium
  - Iron (and vitamin C)
  - Vitamin D (inc Healthy Start vitamins)
  - Fluids
  - Fish

- Vegetarian and vegan diets
- Cultural considerations
- Who may be at increased nutritional risk whilst breastfeeding
- Smoking
- Alcohol and caffeine
- Peanuts
- Infant reaction to maternal diet

- Weight management after childbirth
  - Weight management and breastfeeding
  - Women with a BMI of 30 or more
- Physical activity
- Key sources and resources

## 5. Infant feeding

- Healthy Start Vitamins

- Getting Feeding Right: Avoiding Over or Underfeeding

- Breastfeeding

- How to promote breastfeeding
- Benefits of breastfeeding
- Evidence of breastfeeding practices
- Factors that support breastfeeding
- Establishing and maintaining breastfeeding
- Further support
- Use of dummies and artificial teats
- Use of infant formula milk whilst breastfeeding
- Training for staff and workers in breastfeeding management
- Common breastfeeding problems
- Monitoring weight gain in breastfed infants
- Maternal diet and breastfeeding
- Breastfeeding and alcohol
- Vitamin D
- Healthy Start scheme for Mums
- Returning to work
- Storage of expressed breast milk
- Breastfeeding and medicines
- Breastfeeding and HIV
- Breastfeeding and substance misuse

- Formula feeding

- Suitable infant formula milks
- Where to obtain infant formula
- Safe preparation and storage of feeds
- How to make feeds when away from home
- Transporting feeds
- Resources to support safe bottle feeding
- Water and preparation of infant formula milk
- Other fluids
- Frequency and amount of formula feeds
- Feeding position
- Management of common problems
- Healthy Start

Allergy/intolerance

Next steps in infant feeding

Key sources of information

Appendices

1 a & b Breastfeeding checklist for mothers and assessment tool for health professionals

2 Infant Formula Milks

3 Management of Common Problems in Bottle –fed Babies

## 6. Weaning

What is weaning?

When to start

Signs that an infant is ready to start weaning

How to start weaning at about 6 months

Drinks

Progressing through the stages of weaning

Foods to avoid

Extra /additional advice if weaning is started before 6 months

Food Safety

Vegetarian weaning

Vegan weaning

Commercial baby foods

Iron deficiency anaemia

Vitamin D

Dental health

Low income

Black and ethnic minority infants

Allergy and intolerance

Babies born prematurely

Babies with specific clinical or nutritional need

Summary of weaning recommendations at different stages from 6-12months

Examples of appropriate weaning foods for different ethnic groups

## 7. Food and nutrition for 1-5 yrs

Introduction

Rising to the toddler challenge: Eating well for the family

Healthy Start Vitamins and Vouchers

Nutritional requirements for key nutrients for children aged 1-5 years

Energy

Protein

Fat

Iron

Calcium

Vitamin A

Vitamin D

Fibre

Salts

Mealtimes and Tips for Establishing a Good Mealtime Routine

Drinks

Specific needs of vegetarian and vegan children

Common nutritional problems observed in the under 5's

Food Refusal and Faddy Eating

Overweight and Obesity

Iron Deficiency Anaemia

Vitamin D Deficiency

Constipation

Food Allergy and Intolerance

Diet, behaviour and learning

Food Additives

Food safety considerations in the under 5's

Some Key Sources and Resources

Appendix 1: What is a Portion? A Guide for Children from 1 to 5 Years

Appendix (to all Guidelines for Women)

Weight Management before, during and after pregnancy-additional information