

What kind of milk?

Toddlers between 1 and 2 years of age need full fat milk and dairy foods which provide energy that toddlers need for healthy growth, development and activity. After 2 years, reduced fat milk is recommended. Whole milk actually provides less than 4% fat!

Toddler Milk

At times, toddlers don't eat well. Heinz Nurture Toddler® and Heinz Nurture Gold Toddler™ are based on cows' milk and enriched with additional nutrients necessary for optimal growth and development. Important minerals like iron and Omega 3 DHA are not found in cows' milk. Simply substitute toddler milk for cows' milk when they need that little extra. You can be sure they're getting key nutrients without spoiling their appetite.

Too much milk and "fussy eaters"!

Milk is very 'filling', so if your toddler drinks too much milk, he won't be hungry for other important foods which provide essential nutrients. Offer milk in a cup after the meal so that it doesn't spoil your toddler's appetite. A hungry toddler is much more likely to eat the meal that you've prepared!



For personal advice on feeding your baby, talk to your child health nurse. General information on baby feeding is available on www.heinzforbaby.com.au

For information on HEINZ Baby Foods call the HEINZ Baby Product Info-line 1800 633 333

This information has been written and produced by the HEINZ Infant Feeding Advisory Service for H.J. Heinz Company Australia Limited. Locked Bag 19057, Southbank Vic 3006, Australia.



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What parents need to know about Dairy Foods

Feeding your baby

Breast milk is the perfect food for your baby and contains all that your baby needs for around the first 6 months of life. Continue to breast feed for at least 12 months or even longer if it suits both you and your baby.

If you don't breastfeed for whatever reason then infant formula, specifically designed for young babies, is the only suitable option.

The importance of cow's milk and other dairy foods

Cow's milk and other dairy foods are important for all the family because they are an excellent source of calcium, protein and riboflavin (Vitamin B2). Calcium and protein are essential for growing healthy teeth and bones so it's important that your toddler enjoys dairy food in their daily diet.

www.heinzforbaby.com.au

When can I introduce dairy foods?

Cow's milk is not suitable as the main milk drink for infants under 12 months of age. Small amounts can be given after 6 months as part of solid food (on baby's cereal or as custard or yoghurt).

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For babies under 12 months, cows' milk:

- Is too high in protein, which puts stress on baby's immature kidneys. The main protein, casein, can be difficult for babies under 6 months to digest.
- Is too low in iron which is essential for healthy brain development
- Is too high in sodium for baby's immature kidneys
- Has too little Vitamin A, C and E

When is my baby ready for cows' milk and other dairy foods?

At around 6 months (but not before 4 months) your baby will be ready for solids. Breastmilk or formula remains the main drink until 12 months of age. Iron enriched cereal, vegetables and fruits are ideal first foods, but once your baby has experienced these tastes, dairy foods can be introduced.

As with all new foods, take your time to introduce dairy foods, offering very little at first and gradually increase the amount as baby's acceptance increases. Try natural yoghurt or yogurt with fruits added, grated cheese on vegetables or custard with fruit. You can use a little cows' milk on baby's breakfast cereal.

How to introduce dairy foods safely

If your baby is drinking formula that is made from cows' milk then you will have no problem giving your baby milk and other dairy foods.

If you are breast feeding, only offer your baby a teaspoon of milk or yogurt when offering it for the first time and gradually increase the amount over a few days.

Cows' milk allergy

Cows' milk allergy is not common but when it occurs it may cause a severe reaction. It is more likely to occur when there is a family history of allergy. If your baby has any sort of reaction like swelling, rash, vomiting, irritability or distress, call your child health nurse or doctor immediately. Discuss any concerns that you may have with your child health nurse or doctor.

Remember that breastmilk or infant formula is the main source of milk and calcium for your baby until he is 12 months old.

How much milk is enough?

At 12 months, your toddler needs to eat a total of 2 serves of dairy foods a day to meet his daily requirements for calcium. This is 2 cups (500mls) of milk a day or the equivalent amount of dairy foods. Please see table below outlining equivalents. Don't expect your toddler to drink 2 cups of milk in addition to other dairy foods.

When your toddler reaches 4 years of age, he will need 3 serves of dairy a day to meet his increased calcium requirements

Remember that if your toddler is thirsty, tap water is the ideal drink.

Dairy food serves equivalent to milk

The foods in the table below are all approximately equivalent to 250ml of milk

- 2 slices of cheese (40g) or $\frac{1}{2}$ cup of grated cheese
- 1 tub of yoghurt (200g)
- 1 cup of custard (250ml)

Guide to total daily dairy intake

Here are some ideas on how you can offer 500mls of dairy foods a day to your toddler aged 1 to 3 years, as part of a healthy diet.

Breakfast

$\frac{1}{2}$ cup of milk on cereal or to drink = 125ml of milk

Mid morning snack

1 slice of cheese = 125ml of milk

Lunch

$\frac{1}{2}$ cup of milk after lunch = 125ml of milk

Dinner

$\frac{1}{2}$ tub of yoghurt (100g) = 125ml of milk