

Nourishing Foods for Babies and Toddlers

- 0-24 months**
1. Breast milk is the ideal food; feed on cue during the first three months.
 2. If unable to breastfeed, consider donor human milk via the Human Milk Banking Association of North America. See their website, www.hmbana.org. The next best option is to make homemade formulas from *Nourishing Tradition*. It is imperative that you pay keen attention to the preparation of homemade formula. It will be worth your effort but you must be precise.
 3. If commercial formula is your only option the only one we recommend is *Baby's Only Organic Dairy Formula*. It is important to add a high quality probiotic, like HMF Natogen Formula (1/4 teaspoon daily), as well as 1/2 teaspoon fermented cod liver oil.
 4. The following babies should be given a high quality probiotic like HMF Natogen (for breast fed babies) or HMF Natogen Formula (for formula fed babies): those given antibiotics at birth; those whose mothers have been given antibiotics prior to or during birth; those whose mothers have a history of yeast or urinary tract infections; those whose mothers have a history of prior use of birth control pills or antibiotics.
- 4 months**
- Those babies on commercial formula should be given the following: egg yolk from organic pastured chickens (egg yolk should be soft cooked and a pinch of Celtic sea salt added); 1/4 teaspoon of fermented high vitamin cod liver oil (use eyedropper to feed); 1/8 teaspoon X-Factor butter oil; liver. After 8 months of age fermented cod liver oil may add to small amount of fresh organic orange juice.
- Breastfed babies of vegetarian mothers should be given liver.
- 6 months**
- Egg yolk, grated frozen liver, meat stock, pureed meats (organic grass fed)
- 6 1/2 months**
- Avocado, banana, cooked carrots, ghee, kidneys and other organ meats, cooked sweet potato (lacto-fermented); Delay introducing fruits if GAPS symptoms such as eczema are present.
- 7 months**
- Cooked apples, pears (to break down pectin), mango, papaya, kiwi, fish roe, marrow, lacto-fermented vegetables
- 8 months**
- Coconut milk and coconut kefir, cooked vegetables, olive oil, lard, cooked peaches, apricots and cherries (cooked to break down pectin)
- 9 months**
- Raw yogurt, raw butter, raw cheese, oily fish, cooked berries, fermented pickles; pineapple
- 10 months**
- Purified water, coconut water, beets and beet kvaas and well-steamed leafy greens (spinach, chard, kale)
- 11 months**
- Wild fish and fish stocks or soups

12-15 months	Whole eggs, liverwurst, raw milk, raw berries, honey (raw, unfiltered), tomato, potato, eggplant, peppers, citrus, arrowroot powder, most spices and herbs, beets, celery and radishes
15-18 months	Soaked brown rice, raw vegetables, carob, soaked nuts and nut butters (no peanuts)
18-21 months	Properly prepared gluten-free grains, raw greens, occasional pasteurized cheese (okay but not ideal)
21-24 months	Properly prepared gluten grains, properly prepared legumes (which includes peanuts) and shellfish
2 years +	Limited: pasteurized dairy products; dried fruit, fermented soy products, nitrate-free lunch meat, peanut butter.

Synthetic vitamins and minerals, and especially fluoride, should be avoided. For those with concerns of dental weakness or decay we use Schussler cell salts such as Calcarea Phosphoricum 6X and Calcarea Fluorica 6X or Original Quinton Isotonic minerals.

Resource:

Erlich, M.D., Katherine and Genzlinger, Kelly. *Super Nutrition for Babies*. Beverly, MA: Fair Winds Press, 2012.