

Proper nutrition in children can be puzzling

By SHANNON GRABER
WTH Correspondent

Providing a child with the best nutrition has become somewhat of a puzzling experience for many parents. But if parents keep their children in focus and follow a few key guidelines, the nutritional puzzle pieces seem to fall together.

Starting off right

Giving a child the proper start is the first step in putting together the nutritional puzzle. Whether to breast feed or formula feed a baby is a big decision for mothers; however, experts agree breastfeeding provides key benefits.

"The American Academy of Pediatrics recommends exclusive breastfeeding for the first six months," said Kelli Barnard, a registered and certified dietician and certified diabetes educator at Daviess Community Hospital.

"Breastfeeding benefits both mom and baby," she said.

Barnard said breastfed babies tend to have fewer ear infections, respiratory problems and diarrhea. Breastfeeding also helps prevent allergies, childhood leukemia and Type 1 diabetes and lowers



Photo By Kelly Overton

Kelli Barnard, a registered and certified dietician at Daviess Community Hospital, strives to also make sure her 2-year-old daughter Ella, gets proper nutrition.

the risk of Sudden Infant Death Syndrome and childhood obesity. It also promotes a higher IQ.

Transitioning to solid foods

As babies grow, their nutritional needs change as well as their diets.

Depending on the development of the baby, rice cereal may be added to the baby's diet at four to six months, vegetables and fruits can be added at six to eight months, and small amounts of protein as well as finger foods like cereal and cut up bananas can be given to the baby between eight and 10 months of age.

Between 10 and 12 months, babies can try cut up or mashed fruit, soft-cooked vegetables, macaroni and cheese and some casseroles.

Some foods should be avoided during this transitional phase to help prevent the development of allergies. Barnard suggests the following foods should be avoided until after age one: citrus and citrus juices, egg whites, peanut butter, nuts, cow's milk and honey.

Potential choking hazards for this age group include popcorn, whole grapes,

See CHILD NUTRITION on Page 7-D

**We build strong kids,
strong families,
strong communities.**

YMCA

Expanded Summer Pool Schedule

"Wellness Center"
Open on Sundays continuing through Summer (12 Noon-4:00 PM)

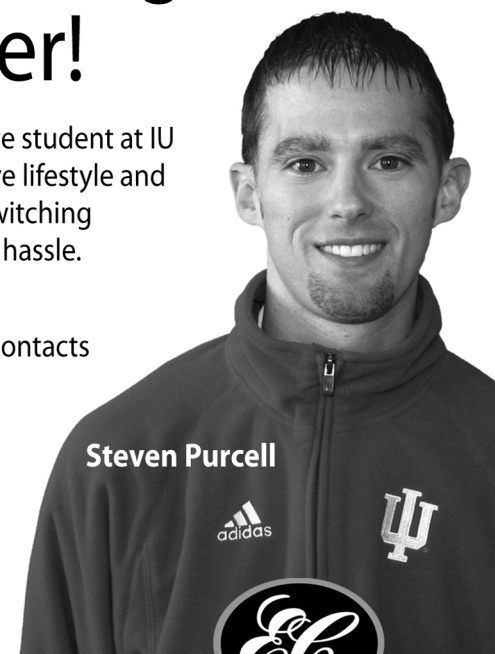
Serving our community for 60 years
812-254-4481

How LASIK changed my life forever!

I am Steven Purcell, and as a graduate student at IU in Athletic Training I lead a very active lifestyle and put in some long days. Constantly switching between glasses and contacts was a hassle. I decided it was time to have LASIK.

Since having LASIK the glasses and contacts are no longer a hassle, but the real surprise was that I can actually see better than before. I am extremely grateful to The Eye Center for the success I have had with LASIK surgery and how it has improved my vision and active lifestyle.

Steven Purcell



When you are ready to change your life forever call us at 334.1213

The Eye Center
OF SOUTHERN INDIANA
Bloomington, Indiana

www.theeyecenter.org • 812.334.1213 • 800.222.7576