NUTRITION GUIDE
By Happy Family’s Happy Mama Mentors, our team of Registered Dietitians and Lactation Counselors

Infant nutrition
- Introducing solids 3
- Moving beyond first foods 4
- Typical daily diet at different ages and stages 5
- Guide to new foods & new food textures 7
- Foods to avoid or delay 8

Toddler nutrition
- Good nutrition for growing bodies 9
- Picky eating 101 10
- Get snack savvy 11

Additional info
- Whole grains at every age 12
- Serving suggestions 13
- Healthy mama, happy baby 13
- Fish: brain food for happy babies 14
- Happy ingredients, explained 15
- Why organic? 16

“WE ARE REAL MOMS, PEDIATRICIANS & NUTRITIONISTS
on a mission to bring happiness and health to our little ones and the planet. Our team creates nutritious meals and snacks that make eating enlightened, effortless, and delicious. From our Happy Family to yours!”

Shazi
Founder & ChairMom
INTRODUCING SOLIDS

Breastfeeding is best for babies and provides the best start in life. It is important that, in preparation for and during breastfeeding, you eat a healthy, balanced diet. Combined breast and bottle-feeding in the first weeks of life may reduce the supply of your own breastmilk, and reversing the decision not to breastfeed is difficult. Always consult your healthcare professional for advice about feeding your baby. If you use infant formula, you should carefully follow the manufacturer’s instructions for use.

When is Baby ready for solids?
Many pediatricians recommend starting solid food sometime around 6 months. Before this age, breast milk or infant formula provides all the nutrition your baby requires. By 6 months, most breastfed babies need additional iron and zinc, and all babies benefit from exposure to more flavors, textures and eating skills.

Baby may be physically ready to eat solid foods when:

• She no longer has the reflex that causes her to push out with her tongue. Instead, she can take food from a spoon and swallow.
• She can sit with little or no support.
• She holds her head straight up when sitting.
• She can turn her head toward or away from food.
• She appears interested in food when other people are eating.
• She opens her mouth when offered a spoonful of food.
• She is big enough. Generally, when infants double their birth weight and top the scale at 13 pounds or more, they are ready for solids.

Consult your pediatrician when deciding when and which types of foods to introduce.

For first-timers — getting started
While many pediatricians and other health professionals recommend starting baby with a single grain, or introducing vegetables before fruit, there is no evidence that solids should be started in any specific order. Rather than focusing on the order of foods, the primary goal is to introduce many flavors and textures to set your infant up for successful eating both now and in the future.

Current research indicates that there is no need to wait to introduce potentially allergenic foods such as dairy, wheat, eggs, fish, soy, shellfish, and nuts / nut butters. In fact, studies show that waiting too long to feed these foods may increase risk of allergies rather than prevent them. If your family has a history of food allergies, or your baby is showing potential signs of one such as eczema, speak with your pediatrician about the best time and method to introduce these foods.

Preparation suggestions
If you’re starting with cereal, prepare it by mixing one or two teaspoons with expressed breast milk or infant formula. This will give it a familiar flavor. The first time you give cereal, mix it to be the consistency of a slightly thickened liquid (a creamed soup like consistency). Fruits, vegetables and meats should be pureed to a very smooth texture. As Baby gets used to swallowing and can tolerate thicker textures, you’ll add less fluid when mixing her cereal or preparing her fruits and vegetables.

In addition to cereal, other age appropriate first foods include: Ripe and soft, or cooked and blended / mashed vegetables and fruit; well-cooked and blended, or finely chopped chicken, fish, or turkey; cooked and mashed or blended beans (add a little water or low sodium broth if baby needs a thinner consistency); cooked and blended grains, or infant grains, such as oats, quinoa, amaranth, and barley; well-cooked scrambled eggs; whole milk yogurt blended with pumpkin puree, banana, or avocado; or a smoothie made with breastmilk, formula, or unsweetened nut milk, fruit such as banana and berries, baby spinach, and a bit of nut butter. Leave out the added sugar and salt when preparing meals for baby.

How much will Baby take?
For the first few days, give Baby her first food once a day. She will probably take less than 1 tablespoon at first, but soon she should be easily accepting it and may take up to 1-2 tablespoons per feeding. After a few days, add another meal and work up to two meals of approximately 2-4 tablespoons each.

Timing and technique
For the first feedings, choose a time of day when Baby is alert, happy and not too hungry. It may work best to take the edge off of her hunger by giving half a bottle or breastfeeding for a few minutes before trying to feed her solids. Then, after the solids, Baby can finish her feeding of breastmilk or formula.

Baby should be in a sitting position to prevent choking. Use a spoon made especially for babies that fits easily in her tiny mouth. (Don’t feed Baby cereal from a bottle unless instructed by her doctor.) During the feeding, offer her the spoon with a tiny amount of the food on the tip. Let her open her mouth to accept the food instead of forcing it between her lips. Be enthusiastic — encourage her with “Mmmm!” and “Yummy!” exclamations.

Watch for Baby’s cues to help make feeding times a nice experience for both of you. “Feed me!” signs include waving arms and legs excitedly when food is offered, smiling during the feeding, cooing, opening her mouth, and moving toward the spoon. “No more, please” signs include getting sleepy or fussy, spitting out the food, pushing away the spoon, closing her mouth or turning her head when the spoon approaches.

Some babies enthusiastically take to solids, but others need more time. If Baby simply refuses to take any food the first time give her another week or so and then try again.
MOVING BEYOND FIRST FOODS

Adding more foods and more texture
After a few days of her first food, begin to introduce more new flavors --thickened cereals, pureed fruits, pureed vegetables and texture appropriate meats. As for the texture of the foods, the younger your baby is when you start solids, the smoother and thinner the texture of her first foods should be.

By the time she’s around 7 months or so, she will likely be used to taking smoothly pureed foods and will probably be ready for more variety of textures, including lumpy purees or mashed foods. Gradually adding new textures will help her development of mouth skills like moving food around the mouth, chewing motions, and safely swallowing. By 8 or 9 months you can likely introduce chopped soft foods and finger foods. And, before long she’ll be feeding herself!

For tips and ideas, refer to our month-by-month guide to new foods, as well as our chart on nutritional needs at Baby’s different ages and stages.

What should Baby drink?
Most babies don’t need extra fluids in addition to their breast milk or formula. However, around 7 or 8 months old it's a good time to introduce a cup (e.g. a sippy cup) so that Baby will begin to learn how to drink. Parents often find that Baby is skeptical about drinking her beloved breast milk or formula out of this new cup. If that's the case, offer water instead. During baby’s first year, fruit juice is not recommended. Once she starts accepting the cup, offer a cup with water at mealtime. Baby can wash down her food and will hopefully develop a taste for the water.

Checking for allergies and intolerances
Discuss with your doctor but many will recommend introducing foods one at a time and waiting 2 to 4 days before starting another new food and aim to have introduced a variety of foods from all food groups by 8-9 months. This will let you see how the baby reacts to each food and will help identify any allergies or intolerances. Don’t be overly concerned if the color and texture of your baby’s stool varies slightly during this time. These changes may be normal and don’t indicate a problem. If you are concerned, however, consult with your pediatrician.

Signs of allergy or intolerance should be taken very seriously. They include a new skin rash, vomiting, upper airway congestion and wheezing, or diarrhea. If you think Baby is allergic to a food, eliminate it from her diet and see if the symptoms also disappear. Check with your pediatrician if you suspect a food allergy.

Talk to your doctor about whether your child is at an increased risk for developing a food allergy – typically if she has a sibling or parent with a food allergy or other allergic condition, such as eczema.

If you’re delaying or avoiding a particular food due to allergy or intolerance, check out our Allergy Chart on happyfamilybrands.com

If you have any questions about starting solid foods chat with the Happy Mama Mentors at happyfamilybrands.com/support
Typical daily diet at different ages & stages
The “How many times per day” column explains during how many meals or feedings to include that food. Please note that breast milk (or infant formula) is the main source of nutrition for babies under age 1 so don’t worry if your baby doesn’t take the amounts suggested here. These are guidelines so you can decide how much to offer your baby, not required amounts that she needs for good nutrition.

We like to say: “Under One, Just for Fun.” Our job as parents is to provide a variety of foods in advancing textures and flavors, while baby’s job is to decide what to eat and how much. Even if that means much of the meal ends up on the floor!

6 months old: Depending on when you started solid food, Baby may be eating one, two, or three solid meals per day at this age. All food should be pureed and strained. Start slowly and work up to the approximate amounts given here. A typical serving size for a baby this age is 1 to 2 tablespoons of a food. Remember, though, that all babies are different and some will take more, while others will take less.

Be sure to pay attention to baby’s fullness cues such as closing her mouth, turning her head away, or becoming distracted. Babies are good at knowing when they are satisfied, and honoring this self-regulation will allow them to build their intuitive eating skills from an early age.

Try a variety of fruits and vegetables. Besides offering wonderful new tastes, these foods will provide important vitamins like A and C. You may have heard that offering fruits before starting vegetables will encourage a sweet-tooth, but research doesn’t support this theory.

Introduce these foods in whichever order you prefer. You may also offer pureed or strained protein foods at this time. Give full-fat yogurt, pureed meats, or silken tofu a try.

Happy Family Product Suggestions for 6 month old:
• Happy Baby® probiotic cereals
• Happy Baby® pouches

6 months old

<table>
<thead>
<tr>
<th>food</th>
<th>how many times / day</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breast Milk or Formula</td>
<td>4–5 feedings</td>
</tr>
<tr>
<td>Iron Fortified Cereal/Grain</td>
<td>2 meals</td>
</tr>
<tr>
<td>Fruits</td>
<td>2 meals</td>
</tr>
<tr>
<td>Vegetables</td>
<td>2 meals</td>
</tr>
<tr>
<td>Protein Foods</td>
<td>1 meal</td>
</tr>
</tbody>
</table>

* Serving size = 1-2 tbsp

7-9 months old: Now Baby is ready for more variety and different textures. Once baby tolerates purees you can advance the texture to more lumpy purees. A typical serving size for a baby this age is about 2 to 4 tablespoons of a food, though again, some babies may take more or less.

7-9 months old

<table>
<thead>
<tr>
<th>food</th>
<th>how many times / day</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breast Milk or Formula</td>
<td>3–5 feedings</td>
</tr>
<tr>
<td>Iron Fortified Cereal/Grain</td>
<td>2 meals</td>
</tr>
<tr>
<td>Fruits</td>
<td>2 meals</td>
</tr>
<tr>
<td>Vegetables</td>
<td>2 meals</td>
</tr>
<tr>
<td>Protein Foods</td>
<td>1 meal</td>
</tr>
</tbody>
</table>

* Serving size = 2-4 tbsp

Happy Family Product Suggestions for 7-9 month old:
• Happy Baby® probiotic cereals
• Happy Baby® pouches
• Happy Baby® Puffs (for babies who are ready for more solid texture and starting finger-feeding)
• Happy Baby® Yogis (for babies who are ready for more solid texture and starting finger-feeding)
• Happy Baby® Rice Cakes (for babies who are ready for more solid texture and starting finger-feeding)

8-12 months old: When Baby can sit up without help and is good at eating varied textures from a spoon, you can start giving her finger foods so she can learn to feed herself. Finger foods may be soft cooked vegetables cut into bite-sized pieces or other foods that are soft and do not require any chewing. The good news is that babies do not need teeth to eat, their strong gums help them break down the foods we feed them. When baby shows readiness, expand the menu to include soft chopped meats, well-cooked vegetables, pasta, and pieces of soft fruit. But, be sure to note the list of potential choking hazards, on page 7, for foods to avoid until Baby is 2 or older. This stage will probably be messy at first, but letting Baby learn to feed herself is important for her development. Until she is proficient at it, you may find that offering spoonfuls of food in between her self-fed bites works well.

A typical serving for a baby this age is between ¼ and ½ cup of a mashed or chopped food. By age 1 Baby should be eating 3 meals per day, as well as one to two snacks. It’s also best to serve Baby her meals with other members of the family present, so she gets accustomed to the social aspects of mealtime.
8-12 months old

<table>
<thead>
<tr>
<th>food</th>
<th>how many times / day</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breast Milk or Formula</td>
<td>3–4 feedings</td>
</tr>
<tr>
<td>Iron Fortified Cereal/Grain</td>
<td>2 meals</td>
</tr>
<tr>
<td>Fruits</td>
<td>2 meals</td>
</tr>
<tr>
<td>Vegetables</td>
<td>2 meals</td>
</tr>
<tr>
<td>Protein Foods</td>
<td>2 meals</td>
</tr>
</tbody>
</table>

* Serving size = 2-4 tbsp

Happy Family Product Suggestions for 8-12 month old:

- Happy Baby® probiotic cereals
- Happy Baby® pouches
- Happy Baby® Yogis (for babies who are ready for more solid texture and starting finger-feeding)
- Happy Baby® Puffs (for babies who are ready for more solid texture and starting finger-feeding)
- Happy Baby® Munchies baked organic cheese & grain snacks (for babies who are ready for more solid texture and starting finger-feeding)
- Happy Baby® Creamies (for babies who are ready for more solid texture and starting finger-feeding)
Happy Family supports the recommendation to breastfeed exclusively during the first 6 months of Baby’s life and continue breastfeeding along with introducing safe and appropriate solid foods after that. There are few guidelines one should follow about when to introduce new foods. Use this guide to get ideas for every age.

Some babies take to solids right away, advancing textures and quantities quickly, while others take more time. Either path is fine! Remember, eating solids at this age is mostly about letting your baby explore new flavors and textures and less about getting in calories. Breastmilk and or formula should remain baby’s primary source of calories through the first year.

Some foods to avoid that could be a choking hazard: chunks of meat or cheese, hot dogs, sausages, popcorn, seeds, nuts, chunks of peanut butter, whole grapes or cherry tomatoes, hard gooey or sticky candy, chewing gum, raw vegetables or fruit chunks. No need to add salt or sugar to baby’s foods.

### MONTH-BY-MONTH GUIDE TO NEW FOODS

<table>
<thead>
<tr>
<th>age</th>
<th>cereals/grains</th>
<th>fruits</th>
<th>vegetables</th>
<th>protein foods</th>
<th>portion sizes</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 months</td>
<td>Iron fortified infant cereals, pureed barley, oatmeal, amaranth, quinoa cereal.</td>
<td>Cooked, pureed single fruits such as peaches, apples, pears, apricots, etc. Raw banana, or avocado.</td>
<td>Cooked, pureed single vegetable such as carrots, peas, green beans, squash, sweet potato, etc.</td>
<td>Pureed meats, fish, poultry, legumes, tofu, whole milk plain yogurt, soft scrambled eggs, mashed slightly, peanut or nut butter, thinned.</td>
<td>Start with 1-2 Tbsp once to twice per day. Work up to 2 to 4 Tbsp 2 to 3 times per day.</td>
</tr>
<tr>
<td>7–9 months</td>
<td>Lumpier oatmeal, iron fortified cereals, dry ‘O’ type cereal, bits of soft whole grain bread, soft cooked pasta.</td>
<td>Peeled mashed cooked fruits.</td>
<td>Peeled mashed cooked veggies.</td>
<td>Soft mashed meats, fish, legumes, tofu Soft scrambled egg Cottage cheese or other pasteurized soft cheeses Peanut or nut butter, thinned</td>
<td>2 to 3 small meals, about the size of baby’s fist. Begin teaching baby how to drink water from a cup. No more than a couple oz per day.</td>
</tr>
<tr>
<td>8–12 months</td>
<td>Whole grain no-added sugar cereal, puffs, pasta, brown rice, quinoa, whole grain tortilla.</td>
<td>Small pieces of cooked or soft fruit, skins removed.</td>
<td>Small pieces of cooked or soft veggies, skins removed.</td>
<td>Small pieces of soft cooked meats, fish, tofu, legumes, egg and soft pasteurized cheese, whole milk plain yogurt, peanut or nut butter on soft toast.</td>
<td>3 to 4 small meals plus nutritious snacks.</td>
</tr>
</tbody>
</table>
FOODS TO AVOID OR DELAY

Choking hazards
Foods that can cause choking are hard foods that require too much chewing for young babies and small round foods that can lodge in the throat. Avoid these foods until age 2 or older: nuts, seeds, popcorn, snack chips, pretzels, raw carrots, raisins, whole grapes, hot dogs or sausage links, hard candy, or large chunks of meat or other tough foods. Soft but sticky foods like chewing gum, marshmallows and jelly candies can also get lodged in the throat and should be avoided.

Cow’s milk
Small amounts of yogurt and cheese are fine to give your baby before the age of one as long as he is tolerating dairy products. Milk in small amounts, such as when cooked in food, is also fine; however, cow’s milk should never substitute formula or breastmilk as babies can’t digest cow’s milk completely. Additionally, the high concentration of proteins and minerals in cow’s milk can stress baby’s immature kidney’s.

Honey
Honey may contain spores of Clostridium botulinum, which can cause botulism. Adults’ immune systems can handle a small amount of these spores but babies under 1 year are susceptible to a life-threatening reaction to the toxins they produce. So, no honey for your honey until she’s at least 12 months old.

Potential Allergens
If you have strong family history of food allergies, ask your pediatrician when to introduce the following foods:

- wheat
- milk
- egg whites
- soy
- fish
- shellfish
- nuts
- peanuts
Good nutrition & special nutrients
As most parents can attest, toddlers are full of boundless energy. To fuel all of their running, laughing and learning toddlers actually need more nutrients per pound of their body weight than they will when they’re older. There’s not a lot of room in their small tummies, though. So that means all the foods they eat need to be packed with good nutrition.

Good Nutrition for Toddlers Ages 1 to 3

<table>
<thead>
<tr>
<th>nutrient</th>
<th>where it’s found</th>
<th>why it’s needed</th>
</tr>
</thead>
<tbody>
<tr>
<td>Iron</td>
<td>Beef, chicken, tofu, beans, lentils, dark green vegetables like spinach and broccoli, fortified breakfast cereals, dried fruit, whole grains</td>
<td>Helps the blood carry oxygen to cells and muscles. Anemia is caused by having an iron deficiency</td>
</tr>
<tr>
<td>Protein</td>
<td>Beef, chicken, fish, turkey, tofu, beans, lentils, quinoa, eggs, milk, yogurt, cheese, nuts and nut butters*</td>
<td>Supports growth and development of bones, muscles, cartilage, skin and blood</td>
</tr>
<tr>
<td>Calcium</td>
<td>Milk, yogurt, cheese, dark green vegetables like collards, tofu</td>
<td>For strong bones and teeth</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>Dark green vegetables like spinach and kale, orange and yellow fruits and vegetables like cantaloupe &amp; squash</td>
<td>Supports vision and a strong immune system</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>Citrus fruits, broccoli, potatoes, bell peppers, strawberries</td>
<td>Helps with iron absorption</td>
</tr>
<tr>
<td>Vitamin D</td>
<td>Eggs, fortified dairy products, fortified foods like Happy Baby® probiotic cereal</td>
<td>Supports bone health</td>
</tr>
<tr>
<td>Choline</td>
<td>Eggs, meat, breastmilk, fortified foods like Happy Baby® probiotic cereal, Happy Baby® Puffs &amp; Happy Tot® Super Smart pouches</td>
<td>Essential nutrient that supports brain development</td>
</tr>
<tr>
<td>DHA and other omega-3 fatty acids</td>
<td>Cold-water fish like salmon, algae, walnuts, canola oil, fortified foods Happy Tot® Super Tot Pouches</td>
<td>Essential nutrient that supports brain development</td>
</tr>
<tr>
<td>Probiotics and Prebiotics</td>
<td>Probiotics: In some fermented foods like yogurt. Breastmilk &amp; fortified infant formula. Foods like Happy Baby® and Happy Tot® whole milk yogurt</td>
<td>Probiotics: Different probiotics have different benefits. Probiotics are friendly bacteria – some have been shown to support immune function while others have been shown to support digestive health Prebiotics: The energy source for good gut bacteria</td>
</tr>
</tbody>
</table>

* if you have strong family history of food allergies, ask your pediatrician when to introduce these foods.
PICKY EATING 101

Toddlers can be picky when it comes to food. It’s common for toddlers to refuse to eat new foods or foods that they once enjoyed. Some are very particular about which plate they use at mealtime. Others dissolve into a weepy mess if their foods touch each other on the plate. It can be frustrating for parents, especially if you feel like your child isn’t eating enough. It may help to understand what’s going on behind the scenes at this age:

• Toddlers may require a lot of nutrients but they may not feel so hungry. Their growth significantly slows down in the second and third year. Consider this: your baby’s weight tripled in the first year but in the second she’ll only gain about 5 pounds.
• The toddler years are a time when kids are becoming more independent. (Does “I do it myself!” sound familiar?) Some picky eating is just the child exerting this independence.
• Toddlers tend to fear new things. If they are given a food that looks unfamiliar it can be scary to them. This is one reason toddlers like to eat the same foods over and over.
• Sometimes teething can make a toddler’s mouth feel sore and can make food seem unappealing.
• Most toddlers are easily distracted and may not have the attention span to last through a long meal.
• Toddlers like to test limits in order to understand them better. They want to see what happens, for example, if they refuse to eat their meal or if they throw their food on the floor.
• Toddlers often eat a lot one day and much less the next. Try to look at your toddler’s diet adequacy over the course of a week rather than as an individual day.

Of course, just because it’s “normal” for toddlers to be picky, it doesn’t mean you should give up and give in to their every whim. Now more than ever it’s important to help shape their healthy eating habits. Here are some strategies for parents and caregivers, starting with what not to do.

The don’ts:
• Don’t punish your child if she doesn’t eat something that you serve her.
• Don’t reward her if she finishes a food or a meal.
• Try not to become your child’s short-order cook.
• Avoid bribes at the dinner table. (For example, “If you finish your vegetables you can ride your tricycle after dinner!”)

The dos:
• Offer your child foods that are healthy and tasty. Then allow her to decide how much of the food she wants to eat (if at all). Make (healthy) food fun.
• Try cutting foods into different shapes – use cookie cutters for sandwiches, tofu slices, even chicken breasts!
• Find foods that are your child’s favorite color (like blue potatoes and blueberries).
• Arrange the meal on the plate in the shape of a smiley face or other shape.
• Have realistic expectations. For example, toddlers can’t sit still for very long so don’t call your child to the table until her meal is at her place and ready to go.
• Give your toddler reasonable choices at mealtime. For example, let her pick the pasta shape or ask if she would like broccoli or green beans with dinner.
• Have a routine. Try to serve your toddler 3 meals and 2 snacks at the table and at around the same time every day. When they know what to expect, they feel more secure.
SNACK SAVVY

Toddlers are on the go from sun up to sundown. To help them make it through, they need one to three healthy snacks in addition to their meals. Serve your child her snacks at around the same time each day, at the table whenever possible. Snack time is a prime opportunity for getting some of the vitamins and minerals that your child needs.

Here are some ideas:

<table>
<thead>
<tr>
<th>Fruity snacks</th>
<th>Grain snacks</th>
<th>Dairy snacks</th>
<th>Protein-packed snacks</th>
<th>More snacks</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruit, cut into bite-sized pieces to avoid choking: apple, pear, plum, apricot, peach, nectarine, kiwi, pineapple, berries, banana, cantaloupe, watermelon, honeydew melon, papaya, mango, applesauce, Happy Tot® Superfoods, Happy Tot® Plus &amp; Happy Tot® Super Morning pouches</td>
<td>Whole grain crackers, toasted whole grain bread with 100% fruit preserves, pretzels, oatmeal, whole grain cold cereal (dry or with milk), Happy Baby® Munchies baked organic cheese &amp; grain snacks, Happy Baby® Puffs</td>
<td>Happy Baby® Whole Milk Yogurt, Happy Baby® Yogis, Happy Tot® Whole Milk Yogurt, Happy Tot® Super Morning pouches yogurt and fruit smoothie, cheese and whole grain crackers, cheese with apple slices</td>
<td>Hummus or black bean dip with whole grain pita triangles, crackers or sliced veggies; a peanut or nut butter sandwich on whole grain bread, Happy Tot® Fiber and Protein Pouches, Happy Tot® Fiber and Protein Bars</td>
<td>Happy Baby® Creamies non-dairy freeze-dried snacks.</td>
</tr>
</tbody>
</table>
WHOLE GRAINS AT EVERY AGE

Grains are healthiest and best when they are whole, meaning they haven’t been processed to remove any of the grain’s components — the endosperm, germ, or bran. Whole grains generally have more fiber, and more vitamins and minerals than grains that are refined.

Even young babies just starting solid foods can eat their grains whole! Here are some suggestions for whole grains to try at every age:

<table>
<thead>
<tr>
<th>Very First Foods</th>
</tr>
</thead>
<tbody>
<tr>
<td>Multi-grain Happy Baby® probiotic cereal</td>
</tr>
<tr>
<td>Oatmeal Happy Baby® probiotic cereal</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>More Grains for Babies</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amaranth</td>
</tr>
<tr>
<td>Barley, mashed</td>
</tr>
<tr>
<td>Chia (found in Happy Tot® pouches)</td>
</tr>
<tr>
<td>Quinoa</td>
</tr>
<tr>
<td>Kamut, mashed</td>
</tr>
<tr>
<td>Millet</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Whole Grain Finger Foods</th>
</tr>
</thead>
<tbody>
<tr>
<td>Whole grain breads</td>
</tr>
<tr>
<td>Whole grain pasta</td>
</tr>
<tr>
<td>Quinoa patties</td>
</tr>
<tr>
<td>Brown rice balls</td>
</tr>
<tr>
<td>Whole grain pancakes</td>
</tr>
<tr>
<td>Whole grain pizza crust</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>More Whole Grain Side Dishes for the Whole Family</th>
</tr>
</thead>
<tbody>
<tr>
<td>Barley, cooked</td>
</tr>
<tr>
<td>Brown Rice</td>
</tr>
<tr>
<td>Wheatberries</td>
</tr>
<tr>
<td>Farro</td>
</tr>
</tbody>
</table>
SERVING SUGGESTIONS

With an ever-expanding palate, your baby may need time to get used to new tastes, flavors, and textures. Many experts say a baby may need to be introduced to a new food up to 10 different times before she decides whether she likes it.

Mix & match
Give your baby interesting flavor combinations – she’s never too young to appreciate good taste! And, if your baby seems to dislike a particular food, try mixing it with one of her favorites to improve acceptance.

• Squash + apple
• Green beans + pear
• Peas + carrots
• Mashed avocado + pureed apple or pear
• Mashed banana + pureed green beans or peas
• Mashed banana + Happy Baby® probiotic cereal
• Plain whole milk organic yogurt + pears or apples
• Plain whole milk organic yogurt + Happy Baby® probiotic cereal

For recipes & recommended cookbooks, visit happyfamilybrands.com

HEALTHY MAMA, HAPPY BABY

After Baby arrives, it’s only natural to turn all your attention to her needs and well-being. But new moms mustn’t forget their own nutritional needs. Good nutrition will help with your recovery after childbirth, and will also help your mood, level of fatigue and overall health.

If you are exclusively breastfeeding your baby, you need an additional 500 calories each day for the first 6 months and then 400 calories after 5 months, and plenty of added fluids. Aim for 13 (8oz) glasses per day of fluids, mostly water. Here are some snack ideas to add nutrients and the extra calories you need:

• all natural granola or cereal bars
• fig bars, graham cracker squares
• peanut or sunflower seed butter and jelly sandwich on whole grain bread
• lowfat cheese and whole grain crackers
• baked tortilla chips with salsa, bean dip, or guacamole.
• hummus with whole wheat pita and sliced vegetables
• whole fruit like apples, pears, bananas, etc.
• handheld snacks like Shine Organics™ pouches (or make your own smoothie with yogurt and fresh or frozen fruit)
• lowfat yogurt, bottled yogurt drinks, plain or flavored lowfat milk
• Happy Mama® Breastfeeding bars
• homemade snack mix—make up little snack bags of mixed nuts and add a few raisins or chocolate chips if you like
• Whole grain toast topped with avocado

Here are six tips on how to manage a diet that is balanced and will help you on your post-pregnancy journey:

1. For most meals aim for the following proportion of proteins, fats, and carbohydrates: your plate should be half vegetables, one quarter protein (lean meats, poultry, fish, tofu), and one quarter starch.
2. Accept help! If friends or family offer to prepare meals for you, let them. It’s a nice (and usually healthier) alternative to take-out or restaurant food.
3. When you do have the time (and energy) to cook, make 2 batches and freeze one for a later time.
4. Try not to skip meals. If you do, you’re likely to become too hungry later and overeat or choose less healthy foods.
5. Before you go food shopping make a shopping list so that you don’t forget anything and to avoid impulse purchases of not-so-good-for-you foods like junky snacks, desserts, etc. When making your list plan each meal and also include a variety of fruits and other healthy snacks.
6. Stock your kitchen with healthy grab-and-go snacks. See above for ideas. These can be good for taking with you on an outing with Baby, or grabbing from the pantry to eat while breastfeeding or cuddling with your little one.
FISH: BRAIN FOOD FOR HAPPY BABIES

Fish contain essential omega-3 fats, which serve as building blocks for the brain and for the eyes, crucial for early brain and visual development. You can use supplements to get these healthy fats into your baby’s diet (in fact we’ve added a supplemental omega-3 fat, DHA, to Happy Tot® Super Smart pouches) but fish provides more benefits than just the fat. Fish also gives Baby protein and important minerals like magnesium, phosphorus, and selenium.

Most babies can start eating fish after 6 months, when other protein foods are being introduced. If your baby is at high-risk for a food allergy, work with your pediatrician on when and how to introduce this and other higher allergen foods. When serving your baby fish, be very careful to remove all bones and skin, which can cause choking. You can puree, mash, or chop fish, depending on your baby’s stage of development.

Avoid these fish that tend to be highest in mercury, and if you eat locally caught fish, you may contact your local environmental agency to inquire about potential contaminants in your local waterways.

- Tuna, Bigeye
- King Mackerel
- Orange Roughy
- Tilefish (gulf of Mexico)
- Shark
- Swordfish

Try these kinds of fish which are often sustainably caught, and are also often low in potential contaminants like mercury, a toxin that can cause neurological damage:

- Arctic Char (farmed)
- Catfish (farmed)
- Cod (Pacific)
- Sardines (Pacific US) (canned)
- Tilapia (US farmed)
- Tuna, canned light
- Salmon (Alaska wild)
HAPPY INGREDIENTS, EXPLAINED

As makers of organic foods, Happy Family is very focused on what’s NOT in our foods: no toxic persistent pesticides, no synthetic hormones, no synthetic colors or flavors. But, we’re even more focused on what IS in our foods: organic fruits and vegetables, organic meats, organic grains, organic milk. If you read food labels (which we certainly recommend) you may notice additional ingredients in some Happy Family products. We have carefully chosen ingredients that add gut benefits like pre and probiotics or make them “superfoods” by adding supplemental vitamins and minerals, chia or DHA.

Here is a sampling of some of the ingredients you may find in Happy Family products, with a brief explanation of why it’s found in our products:

- **Citric Acid** – A naturally derived acid used to balance a food product’s pH to ensure food safety.

- **Ascorbic acid** – Ascorbic acid (also a source of Vitamin C) is found in many fruits and vegetables, especially citrus fruits. The ascorbic acid used in food production, however, is derived from glucose. We use it to help balance the pH of our products to help keep them food safe, and as a source of antioxidant Vitamin C.

- **Choline** – Essential nutrient that supports brain development, particularly in the womb and before age 2. It’s found in breast milk, eggs, meat, and fortified foods like our Happy Baby® probiotic cereal, Happy Baby® Puffs, Happy Tot® Plus pouches. Our supplemental choline is derived from vegetable sources, usually beans and cauliflower.

- **DHA algal oil** – A supplemental source of docosahexanoic acid (DHA), an omega-3 essential fatty acid that aids in brain and eye development. The DHA used in Happy Family Brands products is made from algae. Fish get their high levels of DHA from eating algae, and fish and algae derived DHA are the richest sources of DHA. It’s a vegetarian source and non-GMO, and is sustainably sourced in the USA without the use of hexane.

- **Inulin** – A natural soluble fiber; considered a “prebiotic,” a substance that feeds healthy gut bacteria.

- **Minerals**, e.g., calcium carbonate (calcium), reduced iron (iron) – Added to enhance the nutritional value of the food.

- **Organic glycerol** – Naturally occurring component of fat and oil molecules; helps a product to stay moist.

- **Pectin** – Naturally occurring carbohydrate that forms gels; used to thicken the texture of a food.

- **Probiotics** – Different probiotics have different benefits. Probiotics are “friendly bacteria” that can support immune function or digestive health. They are often added to foods like yogurt, such as Happy Baby® and Happy Tot® Whole Milk Yogurt, but also are found in, breast milk, and other fortified foods.

- **Chia** – is a seed and a source of omega-3 fats and fiber. Chia is, kosher, and gluten-free.

- **Sunflower lecithin** – Used as an emulsifier to keep water and oil parts of food from separating.

- **Vitamins**, e.g., ascorbic acid (vitamin C), mixed tocopherols (vitamin E), choline bitartrate (choline), etc. Added to enhance the nutritional value of the food.

Here are some of the ingredients you’ll never find in Happy Family foods, and you should aim to avoid:

- **Artificial colors**, e.g., Blue 1, Red 40, – Used to add or modify color.

- **Artificial sweeteners**, e.g., sucralose, aspartame, acesulfame K – Added to make a food sweet.

- **High fructose corn syrup** – This concentrated sweetener, like any added sugar is considered detrimental to health.

- **Hydrogenated oils** – Source of unhealthy trans fats. Linked to risk of heart disease.
WHY ORGANIC?

Commitment to organic
From day one we’ve chosen to be certified organic, with good reason. Organic fruits and vegetables are grown without the use of artificial hormones, toxic persistent pesticides and genetically modified organisms (GMOs). Certified organic foods meet strict standards that are legally defined by the USDA and are made in facilities that are audited yearly to ensure compliance with the stringent regulations.

Why organic?
The long-term health effects of pesticide exposure are not fully known. What we do know is that organic fruits, vegetables, and grains are grown without toxic persistent pesticides, genetically modified organisms (GMOs) and most synthetic fertilizers. Organic meat and dairy products come from animals who are raised in conditions that follow their natural behavior, fed 100% organic feed and forage and given no antibiotics or growth hormones. In fact, for cattle, it is required that they graze on grass for a minimum of one third of their lives. Conventional produce, meat and dairy does not guarantee any of those things.

Another main reason to eat organically grown food is to support a sustainable agriculture system that is friendly to the earth. Organic agriculture helps prevent toxic and persistent chemicals from entering the air, water and soil. Organic farms have also been shown to promote healthy, balanced and biodiverse ecosystems1-3. Even further, on average, organic farming methods can help build healthy soils by increasing soil organic matter and trapping carbon from the atmosphere, meaning that organic agriculture can be part of the solution to climate change4,5.

2. http://advances.sciencemag.org/content/3/3/e1602638.full
5. https://lib.dr.iastate.edu/cgi/viewcontent.cgi?referer=&httpsredir=1&article=1451&context=leopold_grantreports