MONTANA EXTENSION SERVICE IN
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F. S. COOLEY, Director


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DIET FOR MOTHER AND CHILD

By Martha Mae Hunter, State Nutrition Specialist
Bozeman, Montana
FOREWORD.

During the last few years science has made many important discoveries in nutrition thru laboratory feeding experiments with animals. The results of these experiments are confirmed by human experiences in the use of inadequate diets.

With a knowledge of the newer nutrition too much emphasis cannot be placed on an adequate diet for the mother during pregnancy, for the mother during the nursing period, and for the child during the period of growth. The purpose of this bulletin is then to help mothers to avoid the unnecessary ills, and thus render their children less subject to disease by proper diet from infancy.

For the scientific facts mentioned in this bulletin, use has been made of recent publications by E. V. McCollum, Johns Hopkins University; Mary Swartz Rose, Columbia University; Dr. Clifford G. Grulee, Rush Medical College, Chicago; Dr. C. Ulysses Moore, University of Oregon, Medical School; also material has been compiled from current issues of medical and scientific journals.

TABLE OF CONTENTS.

I. Diet for the Expectant Mother.
II. Diet for the Nursing Mother.
III. Diet for the Pre-school Child.
   (a) Breast Feeding.
   (b) Artificial Feeding.

TABLE OF WEIGHTS AND MEASURES.

3 teaspoons (tsp.) = 1 tablespoon (tbsp.)
16 tablespoons = 1 cup (c.)
2 cups = 1 pint (pt.)
2 pints = 1 quart (qt.)
2 tablespoons liquid = 1 ounce (oz.)
2 tablespoons granulated sugar = 1 ounce (oz.)
Every Normal Healthy Child Should:

1. Weigh enough for his height.
2. Have good solid flesh.
3. Have good posture (full chest, straight back, straight legs.)
4. Have a sound abdomen (no ruptures; abdomen should not be prominent.)
5. Have normal air passages (no adnoids, no enlarged or enflamed tonsils. Should breathe with mouth closed.)
6. Have a clear skin and good healthy color (pink ear lobes; no dark circles under the eyes.)
7. Have straight, sound, clean teeth (there should be good approximation—upper and lower teeth meeting.)
8. Have bright, clear eyes—good vision.
9. Have good hearing (no infection; no wax in ears. Should be able to hear a whispered voice at a distance of 6 feet.)
10. Have normal genitals—no inflammation.
11. Have good nervous balance (no tantrums or night terrors.)

### Table of Average Weights of Children at Various Heights—Also Showing Weights 7% and 10% Underweight for Height.

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*Without Clothing.

(Other weights with indoor clothing but without shoes.)
THE EXPECTANT MOTHER.

General Rules for the Diet:

The diet must be adequate in every way to meet the needs of the mother's own body as well as that of the developing embryo. To meet these needs, the diet should include every day:

1. At least three cups of milk or its equivalent in cheese, cottage cheese, cocoa, custards, cream soups, etc.

2. Two vegetables (besides potato.)

Some raw fruit or vegetables should be included in the diet each day. Vegetables that may be eaten raw—cabbage, carrots, lettuce, celery, radishes, cucumbers, tomatoes, onions, dandelions, water cress, asparagus, green peppers, etc.

A large serving of cooked green vegetable should be included in the diet each day such as beet or turnip tops, spinach, Swiss chard, wild greens, such as dandelions, Russian thistle, lamb's quarter, etc., green beans, cabbage, celery, asparagus, green onions.

3. Fruit—preferably laxative fruits, such as oranges, grapefruit, prunes, rhubarb, lemons, apples, tomatoes, figs, raisins.

4. Whole grain products in bread or in cereal, such as whole wheat, cracked or crushed wheat, rolled or cracked oats, rye, barley, unrefined cornmeal, unpolished rice.

5. Some meat or meat equivalent—as fish, cheese, egg, dried beans, peas, lentils, or nuts.

6. Six to eight glasses of water.

The following should be avoided:

Meat or eggs in excess (small serving of meat and one egg each day is adequate.)

Sweets in excess.

Highly seasoned foods.

Foods difficult to digest as large amounts of fried foods, very rich food, etc.

Tea or coffee (except in moderate amounts.)

Irregular meals.

Eating too fast.

Washing down food.

Amount of Food Necessary:

The amount need not vary from the normal diet until after the sixth month when the amount of food is slightly increased. During the last six weeks of pregnancy the amount should be increased about 20% (Mrs. Rose). There is danger in over-eating and as a result the digestive and eliminating organs are apt to be overtaxed and there may be more than a normal increase in weight with less tendency to take the proper amount of exercise which is so essential to the health of the expectant mother.

—5—
The Need for Minerals in the Diet (Calcium, Phosphorus, Iron):

1. Calcium and phosphorus are most essential in the expectant mother's diet as protection for her own teeth, bones, hair, etc., and for the development of the bones, teeth, etc., of the unborn child. When the diet has an adequacy of these minerals (in the proper ratio to each other) there is less danger of tendencies toward rickets after the child is born. (Hess and Unger), (McCollum). For this reason we have emphasized the need for milk and milk products, the vegetables, and the whole grains in the mother's diet.

The latter months of pregnancy are the bone and brain forming period. One-third of the weight is acquired during these last six weeks of uterine life. All the teeth the child will ever have are under construction. The first or temporary teeth, which are already formed at the sixth month, are pretty well enameled at this time, but without the proper minerals in the mother's diet, the enamel will be thin, the teeth will decay easily, and the permanent teeth will not begin to develop as they should. This early decay of teeth in the child is due to insufficient minerals (calcium and phosphorus) and also to the lack of vitamin C in the mother's diet during pregnancy.

2. Iron is most important to prevent the mother from becoming anemic. The supply of iron in the mother's body is being drawn upon to supply iron in the body of the unborn infant. A sufficient amount of iron is stored in the baby's body before birth to last up to the seventh or ninth month.

The Importance of Vitamins:

At present there are three known vitamins, (probably a fourth, vitamin D). These vitamins are recognized as necessary for health, proper growth and normal development. The demand upon the system of the expectant mother, both for her own sake as well as for the child, are too great to risk a deficiency in the vitamin content of her food.

1. Vitamin A is very important for growth and is a cure for the eye disease xerophthalmia and also for night blindness (found particularly among adults in northern lumber camps). Milk, butter, eggs yolks and green vegetables are important sources of this vitamin.

2. Vitamin B is also important for growth; stimulates the appetite; prevents beri beri, disorders of the nerves, digestive system, etc. There is less danger of abortion during the early period of pregnancy if there is an adequate supply of this vitamin in the diet. (Dr. Moore). The germ of grains and legumes, vegetables, (particularly the greens), and citrous fruits contain this vitamin in abundance.

3. Vitamin C prevents scurvy and also degenerate tooth changes (Howe). Early decay of teeth in children may be due partly to the lack of vitamin C in the diet of the expectant mother. There is an abundance of vitamin C in raw fruits and vegetables and for this reason we have emphasized these foods in the diet.

4. An organic substance which is more abundant in cod liver oil than in any other food and which prevents rickets, may be a fourth vitamin (Dr. McCollum).
THE NURSING MOTHER.

A mother's responsibility has only begun when she brings a new life into the world. In order to complete the cycle of motherhood she must nurse her child. The baby has a right to its mother's arms, for this love between baby and mother helps to build the baby soul. A mother is always a finer and better woman for having nursed her child.

General Rules for the Diet:

The principles of diet are the same for the nursing mother as for the expectant mother except the amount of liquid and food is increased. It is most important to have a well balanced diet and to avoid excesses of any class of nutrients.

Too much food may cause digestive disturbances and will therefore affect the milk supply. A simple diet of easily digested foods is necessary. The foods that usually agree with the mother, agree with the child (after the first few days). There must be an abundance of fruit and vegetables in the diet to prevent constipation. Because of absorption of toxins or poisons, as a result of constipation in the mother, the health of the baby may be affected.

Milk protein is one of the best proteins for making milk and for protecting the mother's tissue, (preventing loss of weight). However, an excess of any protein food may reduce the milk supply or even cause the mammary glands to cease to function. (Hartwell), Hoobler). Meat or eggs used in excess, overworks the kidneys, causing albumin in the urine with attendant dangerous complications.

The Need for Minerals:

1. Calcium and Phosphorus.

The permanent teeth which are formed before birth should have the crowns pretty well formed at six months, but if the proper minerals (calcium and phosphorus) are lacking in the mother's diet, these teeth are apt to be poor in the child. Then too, when there is an adequate supply of calcium or phosphorus, or an improper ratio of calcium and phosphorus, the child is very apt to have rachitic tendencies (even though there may be an increase in weight).

2. Iron is needed in sufficient quantities to keep the mother from being anemic and to prevent the early deterioration of the milk supply.

3. The need for Vitamins.

The quantity of vitamins in the milk is determined by the amount of vitamin A, B, and C in the mother's diet. (Kennedy and Dutcher), (Hart, Steenback and Ellis). For this reason, the nursing mother must have milk, whole grains, green vegetables and fruits in the diet.

General Rules for the Nursing Mother to Follow So That She May Be Able to Nurse the Child the Full Period.

1. Have an adequate diet (see General Rules for Diet) of simple, easily digested foods, to improve the general health.

2. Take plenty of exercise in the open air, but avoid too much exercise.
3. Avoid worry, chill, fright, fatigue, anger, or any great excitement or emotion.

4. Take sufficient rest and sleep.

5. Take a sufficient amount of water.

6. Have definite hours for nursing the baby. (The nipple should be bathed with plain (sterilized) cold water. Boric acid is apt to be irritating. (Dr. Moore).

7. Be sure that each breast is emptied after each nursing. This will increase the milk supply. If the child does not take all the milk, express it from the breasts by hand. Certain mechanical methods may be used to increase the milk supply:

   (a) Massage (manual or electrical) hot and cold applications followed by suction with the breast pump.

   (b) Manual expression (milk expressed by hand). Dr. Sedgwick, University of Minn.; Dr. Moore, University of Oregon.

(Menstruation is not a cause for weaning the baby. Usually the milk is not affected at this time. The milk supply, however, is lower four to seven days before the menstrual period). (Dr. Grulee).
**Common Sources of the Minerals—Calcium, Phosphorus, and Iron.**

### Calcium
- Cheese
- Milk
- Buttermilk
- Dried figs
- Dried figs and peas
- Celery
- Beet and turnip tops
- Egg yolk
- String beans
- Cauliflower
- Oatmeal
- Walnuts, peanuts
- Spinach, Swiss chard
- Raisins
- Carrots
- Cabbage
- Whole wheat flour
- Prunes
- Oranges

### Phosphorus
- Wheat bran
- Cheese
- Dried beans
- Egg yolk
- Dried peas
- Milk and buttermilk
- Whole wheat flour
- Peanuts
- Rolled Oats
- Walnuts
- Meat
- Codfish
- Cornmeal
- Raisins
- String beans
- Green peas
- Greens

### Iron
- Egg yolk
- Dried beans
- Whole wheat flour
- Raisins
- Meat
- Rolled oats
- Turnip and beet tops
- Spinach, Swiss chard
- Figs
- Dates
- Walnuts
- Peanuts
- String beans
- Potatoes
- Cabbage
- Lettuce
- Asparagus

**Common Sources of Vitamins.**

### Vitamin A
- Dried or fresh greens (spinach, etc.)
- Egg yolk
- Butter
- Milk
- Glandular organs, liver
  - sweet breads, etc.

### Vitamin B
- Spinach or any green leaves
- Cabbage
- Juice of oranges, rhubarb, lemons, tomato
- Germ of cereals
- Germ of legumes
- Whole grains
- Oranges
- Nuts
- Young, immature vegetables and legumes
- Milk

### Vitamin C
- Lemon, orange, tomato and rhubarb juice
- Cabbage and turnip juice
- Spinach, Swiss chard
- Beet and turnip tops
- Cabbage
- Green beans
- Tender young carrots
- Turnips, beets, etc.
- Glandular organs
- Potatoes
- Milk, fresh
- Milk, dried
- Raw fresh meat
- Apples
- Bananas
(Cod liver oil and spinach oil are two of the richest sources of vitamin A. Cod liver oil is also one of the best substances for cure of rickets, probably due to a fourth vitamin D. Babies are often given from two to five drops of cod liver oil at each feeding as an extra source of vitamin A, particularly if they are not gaining as they should. Yeast is one of the richest sources of vitamin B, but it is best to derive this vitamin from food sources. Germinated seeds (peas, beans, lentils, etc.) and grains are the richest sources of vitamin C and are valuable in the prevention and treatment of scurvy. (Chick and Delf).

Suggested Menus for the Expectant and for the Nursing Mother.

Breakfast:

Fruit—Grapefruit, oranges, prunes, rhubarb, stewed figs, or stewed raisins.
Cereal—Oatmeal, whole wheat, or unpolished rice—with milk.
(Dates, figs or raisins may be cooked in the cereal to take the place of the fruit).
Bread—Toast or graham or corn muffins with butter, conserve, marmalade or jelly.
Eggs—Scrambled, poached, coddled, creamed, or in omelet (bacon, spinach, asparagus, or jelly omelet).
Beverage—Milk, cocoa, postum, or weak coffee.

Luncheon I:

Soup—Cream of celery, tomato, asparagus, spinach, bean, pea, or carrot.
Sandwiches—(Made preferably from whole wheat or rye bread) peanut butter and lettuce; peanut butter and raisins; cottage cheese, nut and lettuce; bacon and lettuce; chicken, olive and lettuce; cream cheese, olive and lettuce; egg, olive and lettuce; cheese and tomato; or tuna fish and celery.
Salad—(Either vegetable or fruit.)

Luncheon II:

Cheese dishes—Cottage cheese, macaroni and cheese, cheese fondue, cheese souffle, etc., or
Egg dishes—Creamed, scrambled, omelet, etc.
Vegetables—Creamed, escalloped, or buttered, or in salad.
Dessert—Fruit, raw or stewed, in fruit whips, in jello, etc.
Beverage—Milk, cocoa, postum, or weak tea.

Dinner:

Meat or meat equivalent—Such as fish, chicken, beef, lamb, ham, stuffed heart, liver and bacon, macaroni and cheese, creamed lima beans, escalloped corn with cheese, rice and cheese croquettes with tomato sauce, scrambled egg with brains, or omelet (plain, asparagus, spinach, codfish, tomato, jelly).
Vegetables—(In salad or served with butter or cream sauce) as cabbage, carrots, celery, asparagus, onions, brussels sprouts, green beans, spinach, Swiss chard, etc.
Potatoes—Baked, stuffed, escalloped, mashed, or steamed.
Bread—Whole wheat, oatmeal, rye, or corn—with butter.
Dessert—Fruit ice cream, fruit ice, custard, cornstarch or fruit tapioca, junket, fig, date or bread pudding, apple betty, fruit whip, stewed fruit with plain cookies, graham crackers, ginger bread, or plain cake.

Beverage—Milk, cocoa, postum or weak coffee.

The PRE-SCHOOL CHILD.

Importance of Breast Feeding:

All authorities agree that there can be no adequate substitute for good breast milk. (Not all human milk is good milk, however). Proprietary foods usually contain sufficient calories, but may be deficient in minerals and vitamins. The baby may be gaining in weight, but he may not be forming teeth, bones and tissue as he should.

Even cow’s milk which is superior to all artificial food is inferior to breast milk. Breast milk contains protective substances against human diseases. These substances are lacking in cow’s milk. (Morse and Talbot), (Dr. Moore). There is three times as much protein in cow’s milk as in human milk. The protein of cow’s milk is of a different nature and has a tendency to form a tough clot in the stomach and is therefore more difficult to digest than mother’s milk. Properly modified milk is next to breast milk. Eighty to ninety per cent of the deaths between two weeks and one year from all causes, occur among bottle fed babies. (Dr. Lucas, Dr. Jacobi).

Rickets, scurvy, poor teeth, are usually traced to artificial feeding. The properly breast fed baby (with a properly fed mother during period of pregnancy and nursing) rarely needs any extensive dental service on his temporary teeth (unless too much candy or soft foods have been taken).

Many artificially fed babies have large protruding abdomens probably due to improper formulae. This stretching of the abdominal muscles may lead to serious disorders in later life.

It is a question how much the brain and nerves are affected by the fretfulness in the babe and nervousness in older children from improper feeding during infancy and early childhood. Some of our most stubborn cases of malnutrition among school children have been attributed to inadequate or improper feeding during infancy.

The principles of feeding given in this bulletin are for the normal healthy child. Special feeding cases should be under the supervision of a competent physician.

Four hour intervals between feedings are recommended for the first year.

Suggested hours for feeding: 6 a. m., 10 a. m., 2 p. m., 6 p. m., 10 p. m.

Diet for the First Three Months:

In addition to breast feedings—orange or tomato juice as extra source of vitamins B and C particularly, is given as early as the first month. Give a few drops in an equal amount of cool boiled water between the two morning feedings. Increase to 1 tbsp. gradually for each day. Give an abundance of cool boiled water between each feeding. (From 2 to 6 oz. during the first 6 months and then gradually
increase. Two tsp. of oatmeal water may be given twice a day if the baby is constipated. Orange and tomato juice also have laxative properties.

Third to Sixth Month:

Increase gradually the amount of orange or tomato juice to 2 tbsp. If the mother is in good health and her own diet is adequate, no food other than mother's milk, orange or tomato juice need be given. Raw cabbage juice and also raw Swede (turnip) juice, extracted from the crushed pulp and strained, has been given with good results to infants in place of orange or tomato juice. (Delf), (Chick and Dalyell), (Dr. Moore).

Sixth to Seventh Month:

If the milk supply is inadequate or has deteriorated in quality at the sixth month, strained whole grain cereal jelly may be given. (Oatmeal, whole wheat and barley products are best). Start with small amounts and gradually increase to two or three tbsp. a day. Give in two feedings with no milk or sugar. Give with two breast feedings, (morning and afternoon).

Seventh to Eighth Month:

Vegetable juice from cooked vegetables may be given in small amounts, at first 1 tsp. and later increased to 1 tbsp. with one breast feeding. Spinach, Swiss chard or carrot juice may be used. (Cook in small amount of water so juice will be concentrated). The juice is best combined with cereal. The juice of a combination of cooked vegetables (equal parts of carrots, spinach, celery and turnips) may be used in small amount (begin with one tsp. a day) particularly if the baby is constipated. Increase the cereal jelly to four tbsp. (Give in two feedings with no milk or sugar). The whole grains are preferable, but must still be strained. A small piece of dry toast or zwiebach may be given (the toast may be made from whole wheat bread).

Eighth to Tenth Month:

One to two tbsp. of cooked vegetable pulp seasoned with a little salt and a very small amount of butter may now be used. The strained spinach and carrots are still the staple vegetables. An egg yolk may be given in place of a part of the cereal at the ninth month. During the ninth month the afternoon breast feeding is omitted and two tbsp. of vegetable pulp, toast, and egg yolk are given instead. (Two oz. of cow's milk, boiled one minute, is taken with the cereal).

Tenth to Twelfth Month:

Gradually all breast feedings have been discontinued (depending on the time of year and how the baby is digesting solid foods). About one quart of cow's milk is given in addition to cereal, dry toast, vegetable pulp (one-half cup) and fruit juice (three tbsp. a day). Green beans and green peas, put thru a sieve, may be given in addition to the list of vegetables already mentioned.

First to Third Year:

Suggested hours for feeding—First to second year: 7 a. m., breakfast; 12 m., dinner; 5:30 p. m., lunch; 6:00 p. m., supper. (The afternoon lunch should consist of fruit and toast or crackers, or milk and crackers or toast.)
Suggested hours—Second to third year: 7:30 a. m., breakfast; 12 m., dinner; 5:30 p. m., supper.

About one quart of milk a day should still be the staple article of diet, and may be used in cereals, in cream of vegetable soups, in milk toast, in custards, etc.

It is best to give the cereal jelly up to the second year and then the whole cereal may be given. Orange or tomato juice is still the staple fruit. Baked apple pulp or prune pulp may now be given. No sweets are to be given at this age. A graham cracker may be given occasionally instead of toast or zwiebach. The whole egg may be given after the 15th month, but it is best not to give the whole egg more than three times a week.

Third to Fourth Year:

Three feedings a day, 7 a. m., 12 m., 5:30 p. m. Add other vegetables such as asparagus, beets, celery, baked squash, turnips, cabbage, cauliflower, brussels sprouts, dried beans and peas (in purées) gradually, in soups, or creamed or escalloped. However, a green or leafy vegetable should still be given at least once a day. Simple desserts such as custard, junket, tapioca, cornstarch and other simple puddings, stewed fruits and plain cookies, etc., may be given. Give only very small amounts of sugar in any form. Oranges and tomatoes are still the staple fruits. Baked potato with butter may be given occasionally. Crisp bacon may also be given occasionally.

Fourth to Sixth Year:

Suggested hours for feeding: 7:30 a. m., 12 m., 5:30 p. m. Milk and vegetables should be the chief articles of the diet. About one quart of milk should still be taken in some form. One green or leafy vegetable and one raw fruit or vegetable should be included in the diet every day. Raw fruits and vegetables should be thoroughly mashed, and it is best that raw vegetables be chopped fine before they are served. Oranges and tomatoes are still the staple fruits. Dried figs and dates may be added to the cereal or served raw. Some of the best authorities recommend that meat should not be added until the sixth or seventh year. (Mrs. Rose—Dr. Sherman, Columbia University).

Do not give to young children—fried foods, hot breads, pancakes, etc.; rich cakes and pastries, sweets between meals, tea or coffee, heavy salads or desserts, highly seasoned foods, sweet preserves or marmalade, a heavy meal at night, such a variety of foods that the necessary amount of milk will not be taken. Care should be taken not to give too much milk so that other necessary foods will not be taken.

ARTIFICIAL FEEDING.

Every artificially fed baby should be directly under the care of a competent physician; therefore, only the general principles for feeding are given. Every baby is an individual and must be treated as such.

Amounts of milk:
1.5 oz. of milk for each pound of baby for the first 8 months.
1½ to 1¾ oz. a day for each pound of baby after the 8th month.

Mary Swartz Rose.

To modify cow's milk:
Since whole undiluted cow's milk is difficult to digest for
most infants, it should be modified by the addition of a
diluent—water or even better a cereal water. (Cereal
water is usually not added until the third month).

1st Month—Nothing but cooled boiled water given first 24 hours.
1 to 2 oz. every four hours. ½ milk, ½ water or ½ milk
¾ water and milk sugar or dextri maltose to bring up the
carbohydrate to 6 or 7 per cent, (Dr. Lucas) or ¾ oz. to
1/7 oz. of sugar or dextri maltose to each pound of baby
(Flora Rose).

2nd Month—½ milk ½ water and milk sugar or dextri maltose.
After the Third Month—Cereal water may be used instead of
boiled water.

5th Month—¾ milk and ¼ diluent.
9th to 10th Month—½ milk ¾ diluent.
At 1 Year—Approximately 1 quart of milk is given undiluted.

The Diluents:

(a) Boiled water or barley water (usually after 3d month). The
best diluent is made from whole wheat flour (unheated in the milling
process). Dr. Moore.

(b) Oatmeal water as a part of the diluent if baby is constipated.
Two tsp. twice a day may be given.

(c) Vegetable water as part of the diluent after 6th month. At
first 1 tsp. and then the amount is gradually increased to 1 tbsp.

Sugar:

One-eighth to 1/7 of an ounce of sugar for each pound of baby.
Never give more than 2 oz. a day as the maximum. Other foods such as
strained cereals should be used instead of more sugar. (Flora Rose,
Cornell University).

Milk sugar is considered by some authorities better than cane
sugar, however, dextri maltose is considered by most authorities even
better than either cane or milk sugar. It is more laxative, and most
babies will consume larger amounts of this preparation without
nutritional disorders. (Mrs. Rose, Dr. Lucas, Dr. Grulee).

Preparation of the Food:

The amount of milk for the 24 hour period should be boiled
over an asbestos mat. As soon as tiny bubbles appear on the milk,
the heat is turned off and the pan is left on the hot mat for three
minutes; or the milk may be heated in a double boiler (with water
below at boiling point) for 8 minutes, or the milk may be scalded
very quickly over the direct fire. (Daniels and Laughlin). In all
cases the milk must be cooled very quickly by allowing the containel
to stand in cold running water.

The diluents are then mixed with the cooled boiled milk and put
at once into sterilized nursing bottles, one for each feeding. When
ready to use, bring bottles to body temperature by placing the bottle
in a pan of cold water and heating over fire. The temperature of the
milk may be tested by letting a drop fall on the inside of the wrist.
Shake each bottle well before feeding, since the calcium of heated milk
precipitates on standing. (Daum).
Supplementary Diet for the Artificially Fed Infant.

Same as for breast fed infant. Cereal jelly may, however, be given to the artificially fed infant as early as the fifth month. At the sixth month the child should be taught to drink first water, then milk from a cup, and should be gradually weaned from the bottle. At ten months the bottle feedings may be discontinued.

Recipes.

Cereal Water:

Cereal or cereal flour, 1 tbsp.; boiling water, 1 pt.; salt ½ tsp.

Add cereal to boiling water and boil three minutes. If cereal flour is used mix cereal with a little cold water before adding to boiling water. Put into a double boiler and cook for one hour. Strain thru a fine mesh strainer and add enough water to make one pint.

Cereal Jelly:

Cereal or cereal flour, 2 tbsp.; boiling water, 1 pt.; salt, ½ tsp.

Directions for preparation same as above except that additional water need not be added. Thick cereal jelly is made the same way, but 4 tbsp. of cereal or cereal flour is used.

Vegetable Water:

Cook the vegetables until tender. Use a small amount of water so the juice will be concentrated. Strain and season with a few grains of salt.

Vegetable Pulp:

Cook the vegetables in a small amount of water until tender. Press pulp thru a fine sieve. Season with salt and a very small amount of butter. The pulp may be added to hot milk for variety.

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