**Reflection on Dairy Council Resources**

As someone who will be married in the coming year, this document is incredibly helpful. New parents are inexperienced and I know when I get to that stage, I’ll be overwhelmed and worried about appropriate nutrient consumption as infants are very fragile during the first years of their life. Several things will cross my mind such as “what foods would be the best for my child” and “should I be feeding my child this food yet or not” etc.

One thing that stood out to me and which I appreciated, was the emphasis on introducing iron and zinc-fortified cereals to babies when they are ready to try a variety of baby cereals. Both of these micronutrients are vital for proper growth and development. It has been shown that consuming micronutrient-fortified baby cereals promotes better iron status while reducing the risk of anemia and is associated with superior neurodevelopmental scores.1

This resource is very handy in terms of giving a basic but thorough description of how to feed your baby in the first 2 years of their life. Infants are unique and sometimes they will eat more or less depending on several factors, including the environment they grow up in. This document gives standard guidelines on what kinds of foods to introduce across different age groups of a baby, feeding tips and tricks, including what foods to avoid and why, as well as observing if there are any negative reactions to new foods introduced to the infant. I would consider this a useful handout or brochure for parents that are expecting or planning to have children.

**Source Material**

*Typical Portion Sizes and Daily Servings for Children 0-24 Months*. <https://www.americandairy.com/wp-content/uploads/2021/07/Airplane-Choo-Choo-2021-Final.pdf>

1. Awasthi S, Reddy NU, Mitra M, et al. Micronutrient-fortified infant cereal improves Hb status and reduces iron-deficiency anaemia in Indian infants: an effectiveness study [published correction appears in Br J Nutr. 2021 Sep 28;126(6):960]. Br J Nutr. 2020;123(7):780-791. doi:10.1017/S0007114519003386