



happy family™

•ORGANIC SUPERFOODS•

Infant & toddler nutrition guide



Nutrition guide

By Happy Family™ & Amy Marlow, MPH RD CDN

Infant nutrition

Introducing solids	3
Moving beyond first foods	4
Typical daily diet at different ages and stages	5
Month-by-month guide to new foods	7
Foods to avoid or delay	7

Toddler nutrition

Good nutrition for growing bodies	8
Picky eating 101	9
Get snack savvy	10

Additional info

Serving suggestions & recipes	11
Healthy mama, happy baby	12
Why organic?	13
Ingredients, explained	14
Fish: brain food for happy babies	15
Whole grains at every age	16
FAQs	17
Our nutrition team	17
Making a difference	18

As moms, we understand the importance of a healthy start. What your baby eats today will shape your child's tastes for life. Working with our nutrition advisor Amy Marlow, we'd like to share these helpful feeding and nutrition tips to help you give your precious little one the very best.

We also believe that every baby in the world deserves to be a healthy, happy baby, so every time you buy a Happy Family™ product, we donate a portion of our proceeds to feed malnourished children in Africa through Project Peanut Butter, our non-profit partner. In the US, Happy Family™ supports Healthy Child Healthy World, FEED Projects, Spoon Foundation and the March of Dimes.

Be happy,
Shazi & Jessica

Introducing solids



When is Baby ready for solids?

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 all babies (breastfed and formula-fed) 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 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.

For first-timers – getting started

A common first food for Baby is a single grain iron-fortified infant cereal like our Happy Baby™ or Happy Bellies™ organic brown rice cereal. Brown rice cereal is a good one to start with because it's a healthy whole grain, it's easy to digest, it's gluten-free, and it carries a very low risk of allergic reaction.

Other age-appropriate first foods include mild fruits and vegetables like peaches, plums, green beans, avocado, and banana.

You may also try other whole grains like oatmeal, quinoa, amaranth and barley cereals. Your pediatrician may advise you to avoid wheat cereals until Baby is a bit older, since wheat is more likely to cause an allergic reaction.

Preparation suggestions

If you're starting with cereal, prepare it by mixing one or two teaspoonfuls 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. Fruits and vegetables 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.

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 will be easily accepting it and will take up to 1-2 tablespoons per feeding. After a few days, add another meal and work up to two meals of approximately 2 to 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 formula or breast milk.

Use a spoon made especially for babies or a tiny sugar or coffee-stirring spoon that fits easily in Baby's 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 – other thickened cereals, pureed fruits and pureed vegetables. Then, you'll add protein foods to the mix. 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 or diluted juice instead. 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.

Whether or not you want to serve fruit juice to Baby is up to you as it's not nutritionally necessary. Fruit juices should be diluted with water or mixed with vegetable juice to lower the sugar content.

Checking for allergies and intolerances

Introduce foods one at a time, waiting 2 to 4 days before starting another new food. This will let you see how the baby reacts to each food and will help identify any allergies or intolerances. Don't be concerned if the color and texture of your baby's stool changes during this time. These changes are normal and don't indicate a problem. Signs of allergy or intolerance to look for include a new skin rash, vomiting or diarrhea. If you think Baby is allergic to a food, eliminate it from her diet and see if the symptoms also disappear. Ask your pediatrician about any new symptoms or if you suspect a food allergy.

Though the vast majority of babies will never develop a single food allergy, some pediatricians recommend delaying the introduction of certain foods just in case. 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.

Here are the foods which are most likely to cause allergic reactions, along with some conservative guidance on when to introduce them to your baby:

- **Wheat** – Usually by 8 months.
- **Milk** – Milk products like yogurt and cheese are usually okay by 6 months. For all babies, regardless of allergy risk, wait until 1 year to give cow's milk for drinking, as it can be more difficult for babies to digest and should never replace breast milk or infant formula, which is a richer source of nutrients for babies.
- **Soy** – Most babies can tolerate soy by 8 to 9 months.
- **Egg Whites** – Ask your pediatrician – most babies will tolerate before 1 year; high-risk babies may need to wait until 1 year to introduce.
- **Fish & Shellfish** – Most babies can tolerate mild fish after 9 months. High-risk babies may need to delay shellfish and fish until 2 years or older.
- **Nuts & Peanuts** – These foods cause the most severe allergic reactions so your pediatrician may advise you to wait until 2 years old to introduce, especially if your baby is considered high-risk for food allergies.

Other foods that may not be well tolerated by younger babies or that may cause allergic reactions include citrus fruits, chocolate, raw strawberries, or tomatoes. If you choose to introduce these foods before 1 year, just watch for a reaction and discontinue feeding Baby the food if she seems not to tolerate it well.

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

If you have any questions about starting solid foods or would like more information, please email parents@happyfamilybrands.com

What is baby eating now?



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.

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 is 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.

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.

6 months old

food	how many times / day
Breast Milk or Formula	4–5 feedings
Cereal/Grain	2 meals
Fruits	2 meals
Vegetables	2 meals

*1 meal = 1-2 tbsp

Happy Family™ Product Suggestions for 6 month old:

- Happy Baby™ cereals
- Happy Bellies™ cereals
- Happy Baby™ pouches

7–9 months old: Now Baby is ready for more variety and different textures. You can introduce protein-rich foods like finely ground or pureed meats and poultry, mashed beans, mashed tofu, and plain whole milk yogurt. 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

food	how many times / day
Breast Milk or Formula	3–5 feedings
Cereal/Grain	2 meals
Fruits	2 meals
Vegetables	2 meals
Fruit Juice (optional)	1 serving
Protein Foods	1 meal

*1 meal = 2-4 tbsp

Happy Family™ Product Suggestions for 7-9 month old:

- Happy Baby™ and Happy Bellies™ cereals
- Happy Baby™ pouches
- Happy Puffs™ (for babies who are ready for more solid texture and starting finger-feeding)
- Happy Yogis™ (for babies who are ready for more solid texture and starting finger-feeding)
- Happy Munchies™ 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. As teeth begin to come in, you can 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, below, 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 2 to 4 tablespoons of a mashed or chopped food. By age 1 Baby should be eating 3 meals per day, and possibly one snack. 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

food	how many times / day
Breast Milk or Formula	3-4 feedings
Cereal/Grain	2 meals
Fruits	2 meals
Vegetables	2 meals
Fruit Juice (optional)	1 serving
Protein Foods	2 meals

*1 meal = 2-4 tbsp

Happy Family™ Product Suggestions for 8-12 month old:

- Happy Baby™ and Happy Bellies™ cereals
- Happy Baby™ pouches
- Happy Yogis™ (for babies who are ready for more solid texture and starting finger-feeding)
- Happy Puffs™ (for babies who are ready for more solid texture and starting finger-feeding)
- Happy Munchies™ baked organic cheese & grain snacks (for babies who are ready for more solid texture and starting finger-feeding)
- Happy Creamies™ (for babies who are ready for more solid texture and starting finger-feeding)



Month-by-month guide to new foods



Use this guide for ideas about foods to add at every age.

age	cereals/grains	fruits	vegetables	protein foods
6 months Start with puréed, strained foods	Rice cereal Barley cereal Oatmeal Rice (Puréed) Amaranth Quinoa	Peaches Pears Apples Banana Apricots Plums / Prunes	Peas Green Beans Winter Squash Sweet Potatoes Carrots Summer Squash Avocado	None
7–9 months Add coarsely mashed or finely chopped foods	Multi-Grain* Other cooked grains (quinoa, barley) May be ready for dry “O” type cereal, bits of soft breads	Mango Pineapple Papaya	Spinach Broccoli Cauliflower Cucumber	Yogurt* (plain, whole milk) Egg yolk, mashed Pureed or finely ground chicken, turkey, beef, lamb, or pork Beans, mashed Lentils, mashed
8–12 months Add more finger foods	Finger foods including teething crackers or biscuits, dry “O” type cereal, organic puffs, soft cooked pasta* Wheat cereal*	Finger foods including small pieces of soft fruit like banana, ripe pear, cooked apple and cooked peach (skins removed)	Finger foods including small pieces of soft cooked vegetables, skins removed	Cottage Cheese* Soft, mild cheeses* Tofu* Fish*

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

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.

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 for growing bodies

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

nutrient	where it's found	why it's needed
Iron	Beef, chicken, tofu, beans, lentils, dark green vegetables like spinach and broccoli, fortified breakfast cereals, dried fruit, whole grains	Helps the blood carry oxygen to cells and muscles. Anemia is caused by having too little iron.
Protein	Beef, chicken, fish, turkey, tofu, beans, lentils, quinoa, eggs, milk, yogurt, cheese, nuts and nut butters*	Supports growth and development
Calcium	Milk, yogurt, cheese, dark green vegetables like collards, tofu	For strong bones and teeth
Vitamin A	Dark green vegetables like spinach and kale, orange and yellow fruits and vegetables like cantaloupe & squash	Supports vision and a strong immune system
Vitamin C	Citrus fruits, broccoli, potatoes, bell peppers, strawberries	Helps with iron absorption
Vitamin D	Eggs, fortified dairy products, fortified foods like HappyBellies™ cereals	Supports bone health
Choline	Eggs, meat, breast milk, fortified foods like Happy Puffs™ & Happy Tot™ Plus pouches	Essential nutrient that Supports brain development
DHA and other omega-3 fatty acids	Cold-water fish like salmon, algae, walnuts, canola oil, fortified foods like Happy Bellies™ cereals (DHA only) and select Happy Tot™ pouches (omega 3s only)	Fatty acids needed to support brain and eye development
Pre- and Probiotics	Probiotics: fermented foods like yogurt, kefir, sauerkraut; breast milk & fortified foods like Happy Yogis™	Probiotics: “friendly bacteria” that support immune function and digestive health
	Prebiotics: chicory, jicama, fortified foods like Happy Yogis™	Prebiotics: the energy source for probiotic bacteria

* 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.

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 he doesn't eat something that you serve him.
- Don't reward him if he 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 him to decide how much of the food he 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 his meal is at his place and ready to go.
- Give your toddler reasonable choices at mealtime. For example, let him pick the pasta shape or ask if he would like broccoli or green beans with dinner.
- Have a routine. Try to serve your toddler's 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 sun down. 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, so try to think of snacks as mini-meals instead of as “treats.”

Here are some ideas:

- **Fruity snacks:** Fruit, cut into bite-sized pieces: apple, pear, plum, apricot, peach, nectarine, kiwi, pineapple, berries, banana, cantaloupe, watermelon, honeydew melon, papaya, mango, applesauce, grapes**, Happy Tot™, Happy Tot™ Plus, Happy Morning™ pouches & Happy Munchies™ fruit & veggie crisps.
- **Grain snacks:** Whole grain crackers, toasted bread with fruit preserves, pretzels, oatmeal, cold cereal (dry or with milk), Happy Munchies™ baked organic cheese & grain snacks, Happy Puffs™
- **Veggie snacks:** Choose Baby’s favorite vegetable and let him dip in hummus, salsa or guacamole. Try carrot sticks, red or yellow bell pepper strips, jicama slices, broccoli florets (call them “trees”), Happy Times™ Veggie Pals, Happy Munchies™ fruit & veggie crisps
- **Dairy snacks:** Yogurt, Happy Yogis™, yogurt and fruit smoothie, cheese and crackers, cheese with apple slices (choose low fat or nonfat dairy products for toddlers aged 2 and up)
- **Protein-packed snacks:** Hummus or black bean dip with pita triangles, crackers or sliced veggies; a peanut butter* sandwich
- **More snacks:** Happy Times™ line of fun lunch box snacks.



*Potential allergen.

** Choking hazard.

Serving suggestions & recipes



With an ever-expanding palate, your baby may need time to get used to new tastes, flavors, and textures. Experts say a baby needs 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 – he’s never too young to appreciate good taste! And, if your baby seems to dislike a particular food, try mixing it with one of his 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 + Mama Grain (see recipe below)
- Mashed banana + Happy Bellies™ Brown Rice cereal
- Plain whole milk organic yogurt + pears or apples
- Plain whole milk organic yogurt + Happy Bellies™ Multi Grain cereal
- Plain whole milk organic yogurt + Mama Grain (see recipe below)

Spinach, mango and pear –

A recipe for babies 6 months and up

Try this delicious and nutritious recipe, designed for getting babies to eat greens.

3 medium pears, peeled and chopped
1 large mango, peeled, pitted, and chopped
3 cups spinach or other greens, rinsed well, stems discarded, and chopped

Steam chopped pears for 4 minutes or until tender. You should have about 2 cups cooked pear. Reserve the cooking liquid. Set aside. Steam spinach for 3 minutes, until wilted and bright green. (Over cooking causes spinach to brown.) Gently press out excess water; should make 1 cup cooked spinach. Purée steamed pears,

steamed greens, and chopped mango together with as much of the reserved cooking liquid as you need to blend to a smooth purée. You will have 8 - 1/2 cup portions or 32 – 1 oz cubes that you can freeze for up to 6 months well covered.

Mama Grain –

A recipe for babies 7 months and up

This protein-packed recipe is a favorite among our youngest customers, and even some of our older ones! For toddlers, puree with less liquid to make it thicker, then form into patties and bake or sauté. Happy Family™ office staffers have been known to enjoy Mama Grain mixed with plain yogurt for breakfast!

¼ pound dried black beans
(or 1 ½ cup canned or pre-cooked black beans)
½ cup quinoa
4 large ripe bananas

If using dried beans: Pick through 1/4 lb. dry black beans and remove any discolored or malformed beans and any debris. Place in colander and rinse well with cold water. Drain. Place in bowl with 3 times the amount of cold water, and cover. Soak for 6-8 hours or overnight in the refrigerator. After soaking, using the same water, simmer (don’t boil) in a covered pot for 1 hour, or until tender. This makes 1 ½ cups cooked beans. If using canned beans, rinse several times to remove all salt. Set aside.

Rinse the quinoa thoroughly in a colander with cold water to remove any powdery residue. Place rinsed quinoa in a small saucepan with 1 cup cold water. Cover and simmer 20 minutes, or until translucent. You will have about 1 ½ cups cooked quinoa. Steam bananas until tender. You will have about 3 cups cooked banana. Reserve the cooking liquid.

Purée cooked beans, cooked quinoa, and steamed bananas with any water left from steaming the bananas. Purée to a thick, chunky consistency. You will have 2 - 1/2 cup portions or 48 – 1 oz. cubes that you can freeze for up to 6 months well covered.

Healthy mama, happy baby

Happy Tot™ Sweet Potato, Apple , Carrot & Cinnamon Oat Muffins – A recipe for toddlers (and the whole family!)

Created by Nicole Auker and Trina O'Boyle

1 cup quick-cook oats
1 cup whole wheat flour
½ cup all-purpose flour
¾ tsp. cinnamon
1 tsp. baking powder
¾ tsp. baking soda
¼ tsp. salt
1 cup Happy Tot Sweet Potato, Carrot, Apple & Cinnamon
½ cup organic cane sugar
1 egg, lightly beaten
½ cup organic milk
4 tbsp. organic unsalted butter, melted (or any oil)
1 tsp. vanilla extract
1 cup raisins, optional

Preheat oven to 350 degrees. Lightly grease a standard 12-muffin pan or line with paper cups. In a bowl, combine oats, flour, cinnamon, baking powder, baking soda, salt and sugar. Mix well and set aside. In a large bowl, mix together Happy Tot Sweet Potato, Carrot, Apple & Cinnamon, egg, milk, vanilla extract, and oil. Add the flour mixture and mix just until the ingredients are moistened. If using raisins, gently fold in until combined. Fill each muffin cup about 2/3 full with batter. Bake 20 minutes or until done.

Makes 12 muffins or 24 mini muffins.

Happy Baby's Great Greens Smoothie – A recipe for toddlers and the rest of the family

Created by Rose Maizner

3 oz Happy Baby™ Simple Combos Spinach, Mango & Pear
or Happy Tot™ Spinach, Mango & Pear
1 medium or small banana
2 tbsp non-fat vanilla yogurt
2 tbsp non-fat plain yogurt (for sweeter taste, substitute
plain yogurt with 2 tbsp vanilla yogurt)
1 cup pineapple coconut juice (add more or less juice to
alter consistency)

Blend all ingredients until the desired consistency is
reached. Yield: 16 oz

For more recipes and recommended cookbooks, visit
www.happyfamilybrands.com

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 breastfeeding your baby, you need an additional 500 calories each day and plenty of added fluids. Here are some healthy snack ideas to add calories without adding unhealthy fats or added sugar:

- 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 or bean dip
- hummus with whole wheat pita and sliced vegetables
- whole fruit like apples, pears, bananas, etc.
- handheld snacks like Happy Tot™ Plus or Happy Squeeze™ pouches (or make your own smoothie with yogurt and fresh or frozen fruit)
- lowfat yogurt, bottled yogurt drinks, plain or flavored lowfat milk
- homemade snack mix—make up little snack bags of mixed nuts and add a few raisins or chocolate chips if you like

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

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.

Why organic?



By Amy Marlow, MPH, RD, CDN

Has a trip to the grocery store ever left you wondering: Is buying organic really worth the higher price? And what does “all natural” really mean anyway? The variety of “green” products has skyrocketed with options ranging from organic skincare lines to biodynamically grown jams. No wonder consumers are confused by the terminology and benefits of these products. Is this just another fad?

What is “organic”?

Organic food is generally described in terms of what it is not. It is not produced or grown with the use of synthetic chemicals, fertilizers, antibiotics, growth hormones, genetically modified seeds (GMOs) or pesticides. On the other hand, conventional farming, with its focus on producing large quantities of food as cheaply as possible has led to a pesticide-laden food market. Organic farming is more labor-intensive and less efficient than modern conventional farming and this usually means higher prices at the grocery store. But despite the higher cost, many people, me included, believe that the benefits of eating organic food more than justify the higher cost.

Organic benefits

Among the many benefits of eating organic food, the most cited one is that eating organic food reduces your exposure to potentially hazardous chemicals. University of Washington scientists¹ found that when they compared preschoolers who consumed only organic foods to a group who only consumed conventional foods over

a 24-hour period, the conventional food group had about 9 times more pesticide residues in their urine. Even more troubling was that the conventional group had levels that far exceeded the guidelines set by the Environmental Protection Agency (EPA). Conversely, the children in the organic food group had pesticide levels well within the accepted EPA guidelines.

Another potential benefit is the nutritional value of organically grown foods. Some studies²⁻⁵ show that organic produce contains more antioxidants – 80% more of the health-protective flavonoids have been found in organic tomatoes versus conventionally grown varieties, for example.

Go organic (and bring your kids!)

Serving your children foods made with fruits and vegetables will help lay the foundation for lifelong healthy eating habits. Children develop their taste preferences starting in the womb and the period before age two is particularly critical. Exposure to these flavors from a very early age will help them develop a taste for these foods. And later on, this may mean the difference between reaching for an apple over a bag of chips.

So I challenge you to incorporate more organic foods into your and your child's daily diet. You will be helping to cut your family's exposure to chemicals while developing their taste for whole foods. And who knows? You may even see other positive changes – more energy and vitality, more enjoyment of your food. Personally, I think that's worth every penny!

-
1. Curl, Cynthia L., Richard A Fenske, and Kai Elgethun. “Organophosphorus pesticide exposure of urban and suburban preschool children with organic and conventional diets.” *Environ Health Perspect.* 2003 March; 111(3): 377–382.
 2. Mitchell, Alyson E. et al. “Ten-Year Comparison of the Influences of Organic and Conventional Crop Management Practices on the Content of Flavonoids in Tomatoes.” *J Agric Food Chem.* Epub 2007 June 23.
 3. Hunter, D et al. “Evaluation of the micronutrient composition of plant foods produced by organic and conventional agricultural methods.” *Crit Rev Food Sci Nutr.* 2011 Jul; 51(6): 571-82.
 4. Wang, SY et al. “Fruit quality, antioxidant capacity, and flavonoid content of organically and conventionally grown blueberries.” *J Agric Food Chem.* 2008 Jul 23; 56(14): 5788-94. Epub 2008 Jul 1.
 5. Carbonaro, M et al. “Modulation of antioxidant compounds in organic vs conventional fruit (peach, *Prunus persica* L., and pear, *Pyrus communis* L.)” *J Agric Food Chem.* 2002 Sep 11; 50(19): 5458-62.

Happy ingredients, explained



As makers of organic foods, Happy Family™ is very focused on what's NOT in our foods: no synthetic pesticides, no synthetic hormones or antibiotics, no artificial colors or flavors. But, we're even more focused on what IS in our foods: organic fruits and vegetables, organic meats, organic grains, wild fish, 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 boost the nutritional value and make them true “superfoods”, like supplemental vitamins and minerals, pre- and pro-biotics, Salba®, and DHA. Other natural ingredients help us get our foods to you in the best possible condition, for example, the pectin in our Happy Yogis™ helps them stay in one piece.

Here is a sampling of some of the ingredients you may find in Happy Family™ products, with a brief explanation of why we're adding it:

- **Citric Acid** – A naturally derived acid used to balance a food product's pH to ensure food safety.
- **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 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 boosts the positive effects of probiotic bacteria in the intestinal tract.
- **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** – “Friendly bacteria” that supports immune function and digestive health. Found in fermented foods like yogurt, kefir, sauerkraut, breast milk, and fortified foods like Happy Yogis™.
- **Salba®** – The healthiest strains of chia seed; it is a seed and considered the best whole food source of omega-3 fats and fiber. Salba is certified Non-GMO, Vegan, Kosher, and Gluten-Free. It contains more Omega-3's (ALA) than salmon (EPA/DHA), more fiber than oats, more calcium than whole milk, more iron than kidney beans, more folate than spinach, more magnesium than broccoli, and more antioxidants than blueberries (based on ORAC scores).
- **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, mostly in junk foods, but may be found also in breakfast cereals and other non-junk foods. May cause allergic reactions. Not recommended for babies, children, or adults.
- **Artificial sweeteners**, e.g., sucralose, aspartame, acesulfame K – Added to make a food sweet. Not recommended for babies or children.
- **High fructose corn syrup** – This concentrated sweetener, like other refined sugars, can lead to tooth decay and overweight.
- **Hydrogenated oils** – Source of unhealthy trans fats. Linked to risk of heart disease. Not recommended for babies, children or adults.

Fish: brain food for happy babies



Well before your little one can swim herself, she'll get big benefits from eating fish. Fish contain essential omega-3 fats, which serve as building blocks for the brain and for the eyes, crucial for early mental 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 Bellies™ cereals, and the Salba® in our Happy Tot™ line provides omega-3's as well!), 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 around 8 or 9 months, when other protein foods are being introduced. If your baby is at high-risk for a food allergy, your pediatrician may advise waiting a bit longer, however. 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. Try these fish which are sustainably caught, according to Monterey Bay Aquarium Seafood Watch, and are also low in potential contaminants like mercury, a toxin that can cause neurological damage.

- Artic Char (farmed)
- Catfish (farmed)
- Cod (Pacific)
- Sardines (Pacific US) (canned)
- Tilapia (US farmed)
- Tuna, Albacore (Canned: Chunk Light)
- Salmon (Alaska wild)

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.

- Ahi Tuni
- Mackerel
- Orange Roughy
- Tilefish
- Shark
- Swordfish

Source: Monterey Bay Aquarium Seafood Watch, www.montereybayaquarium.org/cr/seafoodwatch.aspx



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 have more fiber, and more vitamins and minerals than grains that have been highly processed. Even young babies just starting solid foods can eat their grains whole! Here are some suggestions for whole grains to try at every age:



Very First Foods

Brown rice (Happy Baby™ and Happy Bellies™ cereal)

Oatmeal (Happy Baby™ and Happy Bellies™ cereal)

More Grains for Babies

Amaranth (found in Happy Bellies™ Organic Multi-Grain cereal)

Barley, mashed

Salba (found in Happy Tot™ and Happy Tot™ Plus pouches)

Quinoa (found in Happy Bellies™ Organic Multi-Grain cereal)

Kamut, mashed

Millet

Whole Grain Finger Foods

Whole grain breads

Whole grain pasta

Quinoa patties

Brown rice balls

Whole grain pancakes

Whole wheat pizza crust

More Whole Grain Side Dishes for the Whole Family

Barley, cooked

Brown Rice

Wheatberries

Farro



FAQs

Q: Where do the ingredients come from for Happy Family™ products?

A: Most of our ingredients come from the US. With a few exceptions: Our tropical fruits – bananas and mangoes – are sourced from organic farms in South America. Our quinoa comes from organic farms in Turkey, Salba from Peru, and amaranth from organic farms in Argentina.

Q: What makes Happy Family™ different?

A: Happy Family is the only organic kids' food company that practices 'enlightened nutrition', adding super healthy ingredients like choline and vegan/non-GMO DHA for brain and eye development, prebiotics and probiotics for digestive health, and the ancient seed Salba, nature's most nutritious whole food.

Q: Can my nut-allergic child eat Sunny Buddies, made with sunflower butter?

A: Sunflower butter is appropriate for children on nut-free diets. It is made from sunflower seeds, and a great nut-free alternative to peanut or other nut butters.

Q: Do you use brown rice syrup in your products?

A: We don't use brown rice syrup – we use only organic brown rice, grown in California. We also test all our rice-containing products regularly for arsenic and other heavy metals.

Q: Is your supplemental vitamin D vegetarian?

A: Our vitamin D is vegan, made using mushrooms.

If you have any questions about our products or would like more information, please email: parents@happyfamilybrands.com.

Nutrition advisor

Amy N. Marlow, MPH, RD, CDN

Amy is a registered dietitian (RD) and New York State certified nutritionist. She holds a Bachelor of Science degree in Nutrition and Dietetics from the University of Delaware and completed her dietetics training at the University of Virginia Medical Center in Charlottesville, VA. She also has a Master of Public Health degree from the University of Maryland.

Amy worked as a pediatric dietitian at Georgetown University Medical Center in Washington DC, where she provided nutrition care in the pediatric oncology unit, high-risk obstetrics ward, and the pediatric and neonatal intensive care units. She has also consulted for a youth development program for underprivileged teens called Brainfood, and the National Cancer Institute's 5-A-Day program.

In addition to her work with Happy Family™, Amy currently helps manage a Fortune 100 company's employee wellness program and serves on the Board of the Pediatric Nutrition Practice Group of the Academy of Nutrition and Dietetics. She has been published as a health writer and has presented on a variety of nutrition and health topics. Amy is the proud mother of Noah, Alana, and Jonah.



Making a difference



Project Peanut Butter

Project Peanut Butter was founded by Mark Manary, a pediatrician who is saving the lives of starving children in Africa with a revolutionary 10-week therapeutic program based on peanut butter. His Ready to Use Therapeutic Food (RUTF) called Chiponde could become a worldwide standard of care. The success rate of Dr. Manary's treatment, which can be administered right in a child's own home, is 95%—compared to 25% for traditional methods which involve traveling great distances to clinics for treatment.

Every time a parent buys a Happy Family™ product they also feed a malnourished child in Africa through PPB. Together, we have provided some 183,000 days' worth of food to children in Malawi and Sierra Leone.

Find out more by visiting projectpeanutbutter.org and donating to them directly. You too can make a difference, and provide the very best for children that do not have access to our resources!



Happy Family™ is proud to be a Trusted Partner of Healthy Child Healthy World. Healthy Child Healthy World has been a national leader for nearly two decades, igniting a movement of awareness and responsibility. They inform and inspire millions of people to take action and create cleaner, greener, safer environments where children and families can flourish. Healthy Child reaches over 250,000 families new families per month through engaging with parents, answering questions, and offering advice. healthychild.org



Recyclebank rewards people for taking every day green actions with discounts and deals from more than 3,000 local and national businesses including Happy Family™'s products. To register and get rewarded for going green visit recyclebank.org

FEED

In 2006, Lauren Bush Lauren visited countries in Asia, Latin America, and Africa with the United Nations World Food Programme. Lauren saw firsthand the deep poverty and hunger plaguing these countries, and it inspired her to start FEED Projects. FEED creates quality artisan-made products using environmentally-friendly materials that help feed the world by donating a portion of the profits to organizations all over the world that work to fight hunger and malnutrition, especially in children. FEED has donated over \$6 million and 60 million meals to date! feedprojects.com



SPOON Foundation focuses on nutritional deficiencies in international adoptees and foster children, groups now being studied for the first time. They are among the first to disseminate current research and practical guidance to adoptive parents, helping them meet the unique nutritional needs of their children. A special nutrition guide and global cookbook is available at adoptionnutrition.org



Happy Family™ is proud to support the March of Dimes annual March for Babies in our local markets. The March of Dimes has led the way to discover the genetic causes of birth defects, to promote newborn screening, and to educate medical professionals and the public about best practices for healthy pregnancy. In addition, the March of Dimes has initiated an intensive, multi-year campaign to raise awareness and find the causes of prematurity. marchofdimes.com