

Gerber Nutrition Report
Answers to questions parents ask us.

How can I be sure I'm not overfeeding my baby?

After the first few months it's usually best to trust your baby's appetite. Don't be too anxious to feed that last ounce of formula. And don't assume that fussing and crying are always signs of hunger. If your baby has been fed within the last two hours, chances are good that there is some other reason for discomfort.

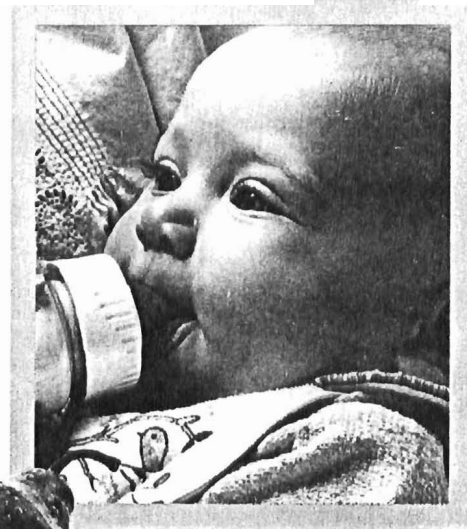
No more than a quart of formula a day.

As your baby grows, so will your baby's appetite. But pediatric experts recommend feeding no more than a quart of formula a day as a way of satisfying the increased appetite. Cow's milk-based formulas are higher in mineral content, including sodium, than breast milk. Excessive sodium may stimulate thirst and cause a baby to demand more liquids than necessary.

When your baby drinks more than a quart of formula a day, check with your health care professional about starting supplemental foods.

A well-balanced variety of supplemental foods.

To introduce the first supplement to milk, give your baby a small amount of one strained food for several consecutive days. After your baby shows acceptance, start another new food. Once this gradual introduction is completed, be sure to provide a well-balanced menu based on the basic food groups and served in the amounts suitable to satisfy your baby's appetite.



Gerber

Babies are our business...
and have been for over 50 years.
Gerber Products Company, Fremont, MI 49412

We've learned a lot about food because we care a lot about babies.

Schedule No. 110679
Page 8 1/2 x 11 1/2 inches—4 colors
Consumer Magazines, 1981
J. Walter Thompson, Chicago

Just DA Gerber
Box 1