



Wellness  
Nutrition

July 2020

Fun FaCts

## Ready to Start Baby Food

When showing signs of readiness,  
around 6 months old...

- Have baby sitting up.
- Make sure the food is not too hot.
- Feed all food from a small spoon.
- Do not feed straight from the container. Always put into another dish. Throw away left-over food in the dish. Spit mixed with food will make the food spoil.



- Baby does not need salt, fat, or sugar added to any foods.



- Add only one new food at a time every 3-5 days. Watch for allergic reactions:
  - ⇒ hives or welts
  - ⇒ flushed skin or rash
  - ⇒ face, tongue, or lip swelling
  - ⇒ vomiting and/or diarrhea

Learn more at [sdwic.org/library](https://sdwic.org/library)

## What is engorgement?

Engorgement is when breasts can feel very full, tight, heavy, hard, and uncomfortable.

It can be difficult for baby to get a good, deep latch, causing nipple pain and can lead to other problems like infection.

## What can I do to ease the discomfort?

Nurse as often as possible

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Take warm showers  
and let your milk  
flow

Hand express just  
enough to soften  
nipple/areola so  
baby can get a good,  
deep latch

**Note:** If you start to feel feverish or ill, or one or both of your breasts becomes inflamed (red or warm to the touch), call your Healthcare Provider right away.

## Delicious & Nutritious!

### Ricotta Watermelon Salad

#### Ingredients:

4 cups chopped watermelon  
1 cubed avocado  
3 tablespoons sunflower seeds  
1 cup ricotta cheese  
Drizzle olive oil  
Salt and pepper to taste



<https://wichealth.org/>

#### Directions:

- 1) Wash prep area, your hands, and all produce.
- 2) Dice watermelon and avocado.
- 3) Combine watermelon, ricotta, avocado, and sunflower seeds.
- 4) Drizzle mixture with oil and season with salt and pepper to taste. Enjoy!

Tip: Wait to mix in the ricotta until ready to serve or add small spoonfuls on the top of each dish.