

Baby Food

Newborn infants are at a vulnerable stage of their lives. As well as being physically fragile, they are also growing fast and facing vulnerabilities that they were protected from before birth. At this stage, the significance of having the right food to support their growth and protect their health cannot be emphasised enough. The best food is undoubtedly their mother's milk, which not only provides the best nutrition, but also contains antibodies that quickly strengthen the baby's immune system and offer protection from diseases. Indeed, the evidence for the benefits of breast milk is so overwhelming that many countries have legislation that protects mothers' rights to breastfeed in public.

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Nonetheless, sometimes a mother cannot produce enough milk. In such circumstances, a balanced baby formula is a viable replacement, and children who are fed in such a way can grow to be just as strong as those who are naturally fed. However, it is imperative that babies are not fed cows' milk. Their bodies are too immature to digest it properly, meaning they may not get enough nutrition, and it contains large amounts of protein and minerals that the baby's liver and kidneys may struggle to process, which can cause severe illness.

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As well as food, what else does a mother's milk provide?

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If a mother can't breastfeed, what is a good alternative?

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Why should babies not be fed cows' milk?