what the healthy child eats...

A WORD TO THE WISE MOTHER REGARDING NEW IDEAS IN CHILD FEEDING
all mothers

want to have healthy radiant children; yet many of them do not realize how much this depends on their own efforts.

To the wise woman, motherhood is not just an instinct — but rather a combination of planning, preparation and care, under the over-all guidance of her physician.

In recent years, the science of nutrition has made wonderful advances, which promise our youngsters greater vigor and stature and a longer life. Thanks to the efforts of doctors, nutritionists and other scientists, children on the average are now bigger, happier and more vigorous than they were a decade or two ago.

It is the purpose of this little booklet to answer some of the questions most frequently asked by those mothers who wish to apply some of these newer findings to their own child feeding problems.
is there a difference between "average" and "top" nutrition?
Yes—it's the difference between a child in just fairly good health contrasted with an alert, vigorous child with radiant vitality, who shows the greatest resistance to influences harmful to health and general well being.

how can "top" nutrition be achieved?
By feeding the proper quantities of those foods which build strong, healthy children and which are easily digested. For babies and children, the most important of these essential foods is milk.

why is milk the most nearly perfect food for babies and children?
Because it contains most of the nutrients (proteins, fats, minerals and vitamins) necessary for the proper growth and development of the child. What's equally important, milk contains these nutrients in proportions that are easily digested and put to work by the child's body.
what amounts of milk are needed daily?

Your physician will advise the amount best suited for your child, especially while he is still on a formula. For children up to one year of age, some authorities recommend 3 to 4 cups daily; and for one year and over, 4 cups or more.

is extra milk between meals desirable?

Many young children benefit from a snack between meals. It should preferably be given mid-morning or mid-afternoon, and should be the kind of food that does not "linger" in the stomach. Rennet desserts, because they digest more readily than plain milk, are ideal for between-meal feedings. Their flavor, color and texture appeal to most youngsters.

Illustration courtesy National Dairy Council
is milk good for sick children?
Your own physician should answer this question for each individual case. In diseases where fever is present, and almost always when convalescing, milk is included in the diet. Rennet desserts, which contain all the nutritive values of milk in a more readily digestible form, are very often recommended.

is variety important in children’s menus?
For youngsters, eating is more of an imaginative game than at first may be realized. For the child’s rapidly developing senses, variety is desirable... ever-new textures and flavors. This is not difficult to achieve—even milk can be easily varied as to form, color and flavor.

Untreated milk curds (large, coarse, hard to digest) and rennet dessert curds—which are small, fine and easy to digest.
how can milk be served “differently”?

“New dishes beget new appetites.” This old saying is never truer than when milk is served in the form of tempting rennet desserts. With their wide variety of delicious flavors and attractive colors, these eggless custards are a real treat. They help small babies to become more familiar with new textures and flavors. For older children who may have tired of plain milk, rennet desserts are often the solution to a troublesome “milk problem.”

when, and how, are semi-solid foods introduced?

Pediatricians are now advocating the early introduction of semi-solids. Today babies of 6 months or less prosper on such foods as cereals, vegetables, fruit, egg yolk, rennet desserts, etc., in addition to milk. Some babies prefer to eat their solids before, some after, the formula.
how can good eating habits be established?

The early introduction of semi-solids (such as rennet desserts) in the baby's diet will acquaint him with new textures, and will help to accustom him to the swallowing of soft, non-liquid particles. This in turn will reduce gagging and vomiting when coarser particles are presented at a later date.

what about dawdlers and "milk-difficult" cases?

When a baby is about a year old, he's apt to be "opinionated" about his food, and not as hungry. The daily quota of milk frequently becomes a source of trouble. Instead of forcing milk in bottle or cup, it is highly preferable to vary its form and texture. Part may be used in creamed vegetables or meats, on cereals, in creamed soups or in puddings. Milk is usually eagerly consumed when it is eaten as rennet dessert, yet is more readily digestible.

Two puppies of same age—the larger one fed an abundance of milk, the smaller one little milk but plenty of other foods.
**when should a child learn to feed himself?**

By the time they are a year old, most babies show a desire to use a spoon, and if allowed to do so, can handle it quite well by the age of 15 months. The early introduction of semi-solid foods will be of great help in accustoming them to foods other than breast or bottle. Your baby can “eat milk with a spoon” if served in the form of rennet desserts.

**how can a child be helped to want to eat?**

Forced feeding or constant coaxing or bribing are time-consuming, nerve-wracking and definitely useless. These methods are frowned upon by medical authorities. When your baby refuses a certain food, try feeding it in a different form. For instance, milk can be served as attractive, easily digestible rennet desserts—which are often eagerly eaten by the child who refuses plain milk.
how about the youngsters' preference for desserts?

For most youngsters, dessert is the high point of a meal. With rennet desserts, everyone is happy! You get several extra ounces of milk "into" him which he likes to eat — and he relishes the many flavors and the toppings (fruits, whipped cream, etc.) which can be added for variety.

what flavors of milk desserts are best for a small baby?

Vanilla or mild fruit flavors such as orange, lemon, or raspberry. To accustom a very young child to new flavors gradually, you can make rennet desserts with rennet tablets. The amount of sugar and flavoring can be regulated to suit his taste. Older children enjoy rennet desserts made with sweetened and flavored rennet powder—six flavors —Vanilla, Chocolate, Lemon, Orange, Raspberry, Maple.
what is the rennet enzyme?

Nature has supplied the infant calf with a milk coagulating enzyme known as rennet (or rennin), which enables the young calf to digest the mother cow's milk more quickly and easily.

Untreated cow's milk sometimes forms tough, hard-to-digest curds in the human stomach. When rennet, in the form of rennet powder or rennet tablets, is added, it performs the first step in the digestion of the milk and soft, fine curds are formed.

how do rennet desserts differ from other milk desserts?

Unlike other milk desserts, the milk used in making rennet desserts is not cooked, thus all the nutrients are saved. Rennet desserts do not contain starch or eggs, and are less sweet, so are lower in calories. Greater variety is also afforded by the 6 different mild flavors.
are rennet desserts hard to make?
No. You simply stir sweetened and flavored rennet powder into lukewarm milk, pour into individual cups or glasses, let set, then chill (or for infants, serve at room temperature). If you follow the easy directions on the package, you simply can’t go wrong.

Can rennet desserts be made with baby’s formula or evaporated milk?
Rennet desserts must be made with ordinary or homogenized milk which has not been diluted. Special dry milks and modified milks used in preparing formulas will not make satisfactory rennet desserts. Canned milk cannot be used for this purpose, since the temperatures used in preparing it change the protein of the milk so that it will not set with rennet.
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