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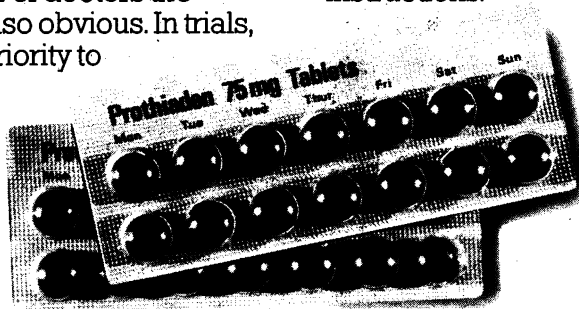
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1. Rees, J. A. & Cryer, P. C., *Curr. Med. Res. Opin.*, 1976, 4, 416.
2. Lambourn, J. & Rees, J. A., *J. Int. Med. Res.*, 1974, 2, 210.
3. Lipsedge, M. S., Linford Rees, W. & Pike, D. J., *Psychopharmacologia (Berl.)* 1971, 19, 153.

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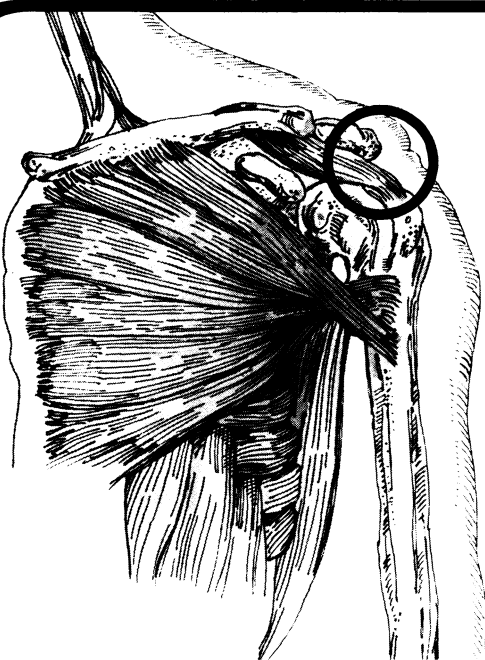
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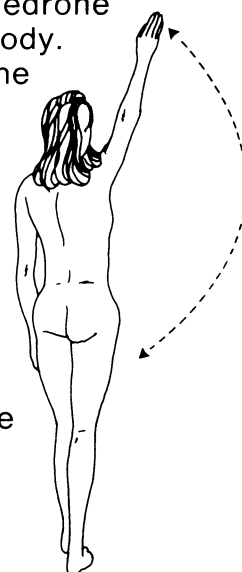
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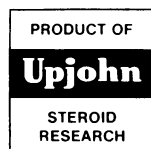
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Getting the calorie intake right -what are the requirements of a 5-month old infant?

Calories are units of energy. The energy content of the food consumed in the average household¹ comes from:-

Carbohydrates:	45%
Protein:	12%
Fat:	43%

Thus carbohydrates play an important part in a balanced diet, but excess can be detrimental, in both adults and children. Heinz nutritionists ensure that across the range of Heinz Baby Foods, a proper balance is maintained. Diets too rich in cereal, for example, can over-supply carbohydrates. Over-dependence on

protein and fats as sources of calories can also be unwise.

The energy requirements of a normal infant follow a well-defined growth pattern. The diets suggested in the Heinz "Milk to Mixed Diet" booklet and "Baby Weaning Guide" are carefully compiled to supply a balance of protein, fats and carbohydrates and provide the recommended intake of energy.

The following table compares the daily energy intake of Heinz diets with those recommended by the D.H.S.S.² (Heinz products are not of course included before the 4-5 months segment.)

Total energy intake of infant diets per day

Age Range Months	Diets in Heinz "Milk to Mixed Diet" book would provide-kcal	Recommended Daily Energy Intake ³ kcal
0-1	450	450
1-2	560	560
2-3	560	630
3-4	655	705
4-5	736	780
5-6	786	850
6-8	830	900
8-10	911	1015
10-18	1117	1200

¹ Household Food Consumption and Expenditure: 1973 Annual report of the National Food Survey Committee 1975 H.M.S.O.

² D.H.S.S. Reports on Public Health and Medical Subjects No. 120 1969 H.M.S.O.

³ Body weight data based on Tanner et al Arch. Dis. Childh. 1966 41 613.

The energy levels of the Heinz recommended diets as described are similar to, but do not exceed the recommendations of the Department of Health and Social Security.

Special care is taken with the calorific value of Heinz Baby Foods: the use of starch and sugar is very carefully controlled. No variety contains more than 100k cal/100g. No sugar is added

to the savoury varieties, and in the desserts is used only to the degree necessary to make them palatable.

This is one of the many aspects of baby feeding covered in this series of nutritional guides from Heinz. If you would like copies of the other guides in this series, or any other information about infant nutrition, please write to:



Department of Food and Nutrition Research, H. J. Heinz Co. Limited, Hayes Park, Hayes, Middx. UB4 8AL.

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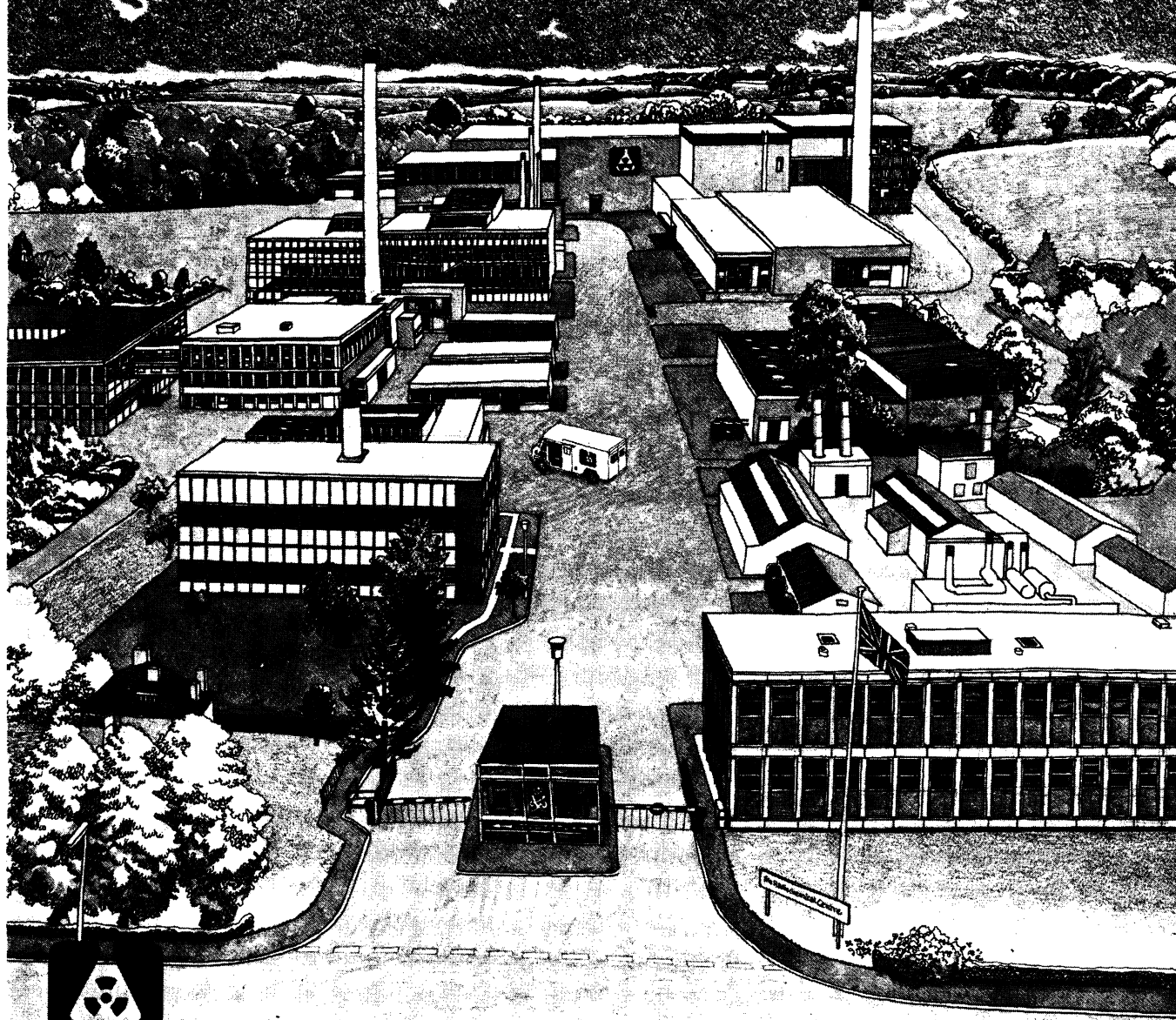
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