



8. Vitamin C helps in absorption of iron. Which of these groups contains foods rich in vitamin C?

- A) oranges, kiwis, berries, cantaloupe
- B) peppers, broccoli, potatoes, tomatoes
- C) fish, eggs, mutton, liver, clams and mussels
- D) all of them

9. Cow's milk can be consumed at any age.

**True**       **False**

10. Eating as a family is beneficial to the child's well-being and development.

**True**       **False**



## Quiz - Breastfeeding and Child Nutrition Week

### ANSWERS

#### 1. The only benefit of breastfeeding is the nutrients for the baby.

**False:** Besides providing babies with the nutrients they need for healthy growth, breast milk also protects them against infections and contributes to optimal brain development. Breastfeeding strengthens the mother-child bond, constitutes a moment of relaxation and comfort for the mother and child, contributes to stress reduction, reduces the mother's risk of developing breast and ovarian cancer, contributes to the mother's post-pregnancy weight loss and is economical as well as rapidly available.

#### 2. It is normal for mothers to experience some physical discomfort during breastfeeding.

**False:** When the baby latches properly, breastfeeding is comfortable. A proper latch will avoid most pain and injury to the nipples. Babies learn to latch properly during the first few days of breastfeeding. Do not hesitate to ask for help if the latch is uncomfortable.

#### 3. Only the mother is responsible for breastfeeding and the baby's nutrition.

**False:** Support from the entourage is important. Lack of support from the partner, the family and the community is one of the reasons why mothers stop breastfeeding earlier than they would like. Mothers who do not breastfeed need support just as much, especially during the baby's early months. There are several ways to support mothers who have just given birth: by encouraging and comforting them, by helping care for the baby and the other family members, and by assuming some of the tasks at home. The well-being and health of babies and mothers are everyone's concern.

#### 4. Iron enriched infant formula is the best alternative when the baby is not breastfed.

**True:** For babies who are not breastfed, partially breastfed or are no longer breastfed, iron enriched infant formula is recommended up to the age of roughly 12 months. It is important to know the safe method of preparing infant formula (water quality, sterilization of equipment, conservation, etc.). Health Canada's Web site is a good source of information on the topic. Feeding your child, whether through breastfeeding or bottle, is a moment of calm and comfort for the child and the parents; do not hesitate to practise skin-to-skin contact no matter the method of feeding your baby.

#### 5. Vitamin D drops are recommended for all babies.

**True:** All babies should be given vitamin D drops every day. Vitamin D is important for healthy bones, muscles and teeth and contributes to protecting against infections. Vitamin D is found in some foods (Arctic char, beluga, seal, eggs and milk), but it is also produced by the body with exposure to the sun. Unfortunately, the dose of vitamin D from the combination of those sources is insufficient to cover children's needs, especially in the North, which is why they should receive vitamin D drops daily.

#### 6. Babies must start receiving solid foods at the age of eight months.

**False:** Certain signs will indicate that babies are ready to eat solid foods. When these signs appear, at roughly six months of age, it is time to introduce solid foods to their diet:

- they have better control of their head
- they are able to sit up and lean forward
- they are able to indicate that they are no longer hungry (e.g., by turning away)
- they are able to take foods and attempt to bring them to their mouth.

#### 7. Priority should be placed on foods rich in which of the following nutrients when introducing solid foods to the baby:

**B) Iron** is essential for babies' good health. Iron carries oxygen in the body, helps fight infections and is essential for the brain. Babies and children need iron-rich food every day to cover their needs. Iron-rich foods include country food (caribou, seal, clams, mussels, ptarmigan, fish), cooked meats (beef, pork, chicken) and baby cereals.

**8. Vitamin C helps in absorption of iron. Which of these groups contains foods rich in vitamin C?**

**D) All of them.** Vitamin C is found especially in fruits and vegetables of bright colours, as well as in potatoes, fish eggs and matak. Foods rich in vitamin C help the body absorb iron when consumed at the same time as foods rich in iron.

**9. Cow's milk can be consumed at any age.**

**False:** It is preferable to integrate milk into the diet at the age of one year. The recommendation is to serve milk (3.25%) to young children but not to exceed 750 ml per day. Consuming too much milk reduces appetite for a variety of foods and decreases the body's absorption of iron. It is recommended that milk be served at the end of a meal to encourage consumption of a variety of foods during the meal, as otherwise, liquids take up too much space in the stomach during the meal.

**10. Eating as a family is beneficial to children's well-being and development.**

**True:** Eating is a social and cultural activity. Family meals constitute an opportunity for sharing, which reinforces family ties. They are an opportunity for children to develop cooking skills and learn how to prepare country food. Parents are also models for their children and can have a positive impact by making healthy food choices including traditional food and healthy store-bought food.