

Chapter 1 : 4 Trusted Organic Baby Foods Your Child Will Love (Edition)

Organic baby food can run as much as \$ for a 4oz jar, which really adds up quickly. Buying your own stuff and making food is an awesome alternative! It's actually really easy, too.

WhatsApp American babies consume an average of jars of baby food by the time they are a year old Chasing Green Four out of five British babies rely on tinned and jarred products Rees Baby food manufacturers have found a goldmine in gullible parents. When parents buy commercial baby food they are paying, not only for all the ingredients, but also for the processing, packaging, storage, transportation, advertising and marketing. Consequently, commercial baby foods are very highly priced compared to similar regular foods. An organic fair-trade banana costs 23p about 35 cents. This is an example of commercial baby food featuring one ingredient: The cost escalates further when other ingredients are included. Annabel Karmel and her shareholders are laughing their way to the bank. To add further insult to parents, the largest ingredient is water “ yup, bog standard tap water. The baby food jars get bigger and up to three times more expensive. Remember the statistic I quoted above? The numbers speak for themselves. Most often, the starches are refined rice, refined corn and refined wheat. These substances are devoid of the outer layers of the grain, with preservatives and bleach commonly added during processing. The refining of any grain reduces its vitamins, proteins and roughage Spock Bulking food in this way dilutes its nutrient density bad for baby whilst adding volume good for manufacturers. This means the company can sell what is basically water along with a small amount of poor quality supermarket-rejected vegetables. The largest ingredient is water. As any cook knows, a little bit of flour or starch can thicken a lot of liquid. Water is the largest ingredient and cornflour is used as a thickener. This product is nothing more than a cocktail of empty calories in the form of starches and processed fat devoid of essential fatty acids. These are just some examples. The list goes on. When we do the math, we can see why manufacturers do this: The maximum amount of starch required to thicken a 4-ounce jar of food is 0. By contrast, to replace the water and starch in a 4-ounce jar with carrots, for instance, would require an additional two ounces of carrots, at a cost of 7 to 10 cents. Aside from diluting the nutrition content and reducing value for money, another problem with bulking is that several of the most common fillers are potential allergens. Most of baby food jars for example, contain significant amounts of gluten. Corn and Wheat can both potentially cause allergic reactions in babies and small children, and some recent scientific studies suggest that long term allergies, such as the allergy to wheat Celiac disease , may be reduced by avoiding contact with those foods before babies are one year old Erin So by feeding their babies commercially prepared baby foods loaded with fillers, parents may be inadvertently exposing their infants to large quantities of potential allergens. The bulking agents carbohydrates are replacing proteins and fats which are essential for adequate health and growth. On the topic of requirements, manufacturers tread right on the edge of the law in order to maximise profits. Also notice the massive chicken adorning the lid of the jar “ misleading. The lid of the jar is decorated with a massive beef joint. Yet seven years later the jars remain unchanged and Heinz continue to stock them in stores. But the apple content is even less at only 8 percent! As bulking dilutes the nutrient density of foods, the contents of this next topic should come as no surprise. Recent research has confirmed the fears of lazy parents “ that commercial baby food contains hardly any nutrients. If a baby consumed one meat jar, one vegetable jar and ml of formula milk it still would not be enough calcium, magnesium, copper and selenium. Thus, babies fed solely on store-bought jars and formula milk are being deprived of nutrients crucial for growth, development and to protect against illness. In fact, using processed baby food is akin to feeding your baby junk food for every meal. And it gets worse. Ever wondered how a jar of baby food can be older than the baby itself “ and still remain nutritious? This is basic company law. The longer a product can remain on the store shelves, the more chance it has of being purchased, and the lower the costs for the manufacturer and the retailer less restocking, more bulk batches, cheaper wholesale purchase of ingredients. Consequently manufacturers have made it so their baby food products have a very long shelf-life up to several years in some cases! So how do baby food manufacturers achieve this malicious lifespan when a tub of homemade food can only stay edible for a few weeks when frozen? The answer is in the

preparation. In order to remain edible for so long the product must be heated to a very high temperature for a sustained length of time so that chronic bacteria are killed. However whilst this process destroys most of the contaminating micro-organisms, the few that are left multiply faster because the resistance of the food to bacteria and moulds is lowered by the heating process. The food has been cooked to death – literally! So the manufacturer has to add synthetic vitamins and minerals to get the food value back up. This provides an illusion of meeting benchmark standards. But vitamins are vitamins right? The problem with synthetic vitamins is that they are not as bioavailable as naturally occurring vitamins. Also, many of the nutrients and vitamins counteract each other, therefore not doing any good International Baby Food Action Network. Increasing shelf life by bulking foods is just one of the tactics used by manufacturers to maximise profits. They are also prepared to sacrifice the quality of even their non-bulking ingredients. These scraps are then boiled to death and pureed to disguise their inherent imperfection. As an illustration, take a look at the photo below. On the left are home-made green beans. On the right are jarred baby food green beans. Both only have 2 ingredients – green beans and water. You see, commercial baby foods are designed to be homogenised in taste and texture. One particular brand of green bean puree will always taste the same. However, if you make your own green bean puree, the variety of the bean, the amount of water added and the extent to which it is mashed will vary each time. This variation gives babies an important lesson in the tastes of food; small variations are acceptable. Variation is imperative when we consider that research shows there is a window of opportunity for introducing tastes and textures to young infants, before the age of 12 months. After 12 months, infants become much more difficult to feed, and often become wary of new foods. So it is important they are given foods that vary in taste and texture, and ultimately represent the foods that the family eat Coulthard Studies have also shown that if babies consume commercial baby food before 24 months, they are likely to acquire a lower IQ Smithers et al This is because diet supplies the nutrients needed for the development of brain tissues most actively in the first two years of life. As the quality is so poor, the taste of commercial baby foods falls way below the standard that adults would accept try some yourself. I often question the integrity of adults who reject substandard food for themselves yet happily feed it to their infants. In an attempt to hide the poor quality of their product and salvage some of the taste, the manufacturer adds extra ingredients. Ironically, this practice reduces the quality further. At best, these extra ingredients are nutritionally empty, and at worst, they are nutritionally dangerous, particularly when consumed by infants. Every calorie taken up by these ingredients is a lost opportunity for baby to eat a nutrient rich food that will facilitate proper growth and development. Take, for example, extra salt; Children can develop a liking for excessively salty foods in infancy, leading them to perceive unsalted foods as being flavourless The Food Commission In one study, baby yogurts, for example, contained about 63 mg of sodium, while the adult sample only contained 50 mg Giovinazzo Another study revealed the same conclusion Journal of Public Health Again, this is a case of adults giving babies the nutritional debris that they themselves would reject. Studies have found a significant amount of commercial baby food contains undeclared additives; for instance, sweeteners Cizkova Another undesirable ingredient commonly found in commercial baby food yet not declared on the label, is trans fat. Manufacturers use trans fat instead of oil because it improves flavour and texture, reduces cost, and extends the storage life of products. Each of these are tickets to greater profit. Trans fats are a particularly unhealthy type of fat for anyone to consume, adults, children and babies alike, as it can cause clogging of arteries, type 2 diabetes and other serious health problems, and can increase the risk of heart disease. They have used trans fats in their baby food products and then justified it by saying: Tiny amounts of trans fats do not cause a health risk. This is a particularly disingenuous assertion. As you will discover below when we come to examine legal regulation, the food industry is not dictated to by Government, rather, it is merely courted. However it does not impose rigid commands for fear of interfering with economy. This deception is equally applicable to organic brands. Many parents make the common assumption that organic is synonyms with quality. The samples tested positive for five pesticides, among them, the organophosphate methamidiphos, which was found on 9. Lighter babies, those fed more than four ounces per meal or those fed commercial baby food daily would be at still greater risk EWC The EWG also analyzed baby food samples back in and found the two organophosphates in surprisingly similar concentrations. So nothing has changed.

Chapter 2 : The Truth About Baby Food Jars - The Alpha Parent

All organic products begin as crops grown without toxic persistent pesticides which can end up in soil and water, as well as in your food. Since , all organic food products sold in the U.S. are required to meet strict USDA Organic standards.

Request Free Sample The increasing population and growing demand for nutrition are the key growth drivers for the global baby food market. The up surging urbanization and growing disposable income of the people is further expected to propel the growth of the global market during the forecast period. In , the Milk formula segment accounted for the largest share in the global market. The prepared baby food segment is growing at the fastest pace. Among the various distribution channels, the supermarkets and hypermarkets was the largest segment in the global market in The working women mostly resume their jobs after giving birth to their babies; however they are less likely to breastfeed their baby at proper intervals. To fulfill this gap, the parents use baby food. Baby food has become one of the essential foods for babies whose mothers are unable to lactate. The hectic lifestyle of mothers has led to the growth of the prepared baby food segment. The market in the developing countries is growing at a faster pace, than their developed counterparts. The increasing population of China and India are expected to provide significant growth opportunity for the global market. The growing disposable incomes and improving living standards in these countries are encouraging the consumers to purchase packaged nutritional food for their babies. The market for organic baby food has been growing at a significant pace during the past few years, owing to the growing awareness of consumers growing about the benefits imparted by such foods. The innovation in packaging is expected to be one of the major growth drivers for the market during the forecast period. The sales of baby food packaged in tubs or glass is increasing at a considerable pace. The increasing numbers of organized retail is also promoting the growth of global baby food market. The declining birth rate in certain major countries is hindering the growth of the market. The developing markets have higher birth rates, as compared to their developed counterparts. According to World Bank, the average number of births per people in developed countries was The market in Latin America and Middle East is also growing at a considerable rate. To some extent, this is restraining the growth of the baby food market. Nestle dominated the global market in ; and it is expected to increase its share during the forecast period. The company has been making both organic as well as inorganic investments.

Chapter 3 : Baby food industry, market research, market share, market size

Food banks can only provide so much, but what if food banks also provided organic and other whole foods to properly nourish people in need?

Nothing quite beats eating your own tomatoes! There is some really nasty stuff to be found in non-organic foods: On top of that, jarred baby food is often chock-full of preservatives. Need to save money on baby? This nasty stuff is bad enough for us adults, let alone for our more susceptible children! Eating organic is simply to avoid those toxic chemicals and genetically-modified ingredients. They are as follows: Completely free of all chemical fertilizers, hormones, pesticides, antibiotics and genetic modification. Not organic, but free of genetically-modified ingredients. Made with Organic Ingredients: Your Choices There are several brands of organic baby foods on the market. Here are the main ones, and my opinion on them: Looking at the ingredients label makes it obvious: No added sugars, salts, artificial flavors, preservatives of any kind. This does mean, however, that you have to use it up within one day of opening the jar, or you should throw it away. Still, this is an excellent baby food. There used to be a concern of BPA in their lids, but as of Oct. Anyway, all things considered, this is an excellent organic baby food! Plum Organics Plum Organics click here to check price on Amazon are really cool! The ingredients list is exactly how I like to see it: With these pouches, you just squeeze them into a bowl and serve. You can just throw one in your diaper bag and not worry about it shattering in the bag, unlike glass jars of baby food. And being able to squirt it out onto a spoon, without even needing a bowl, is awesome. All in all, an awesome little organic baby food that I highly recommend! But I guess it does come down to personal preference. Some kids seem to like these more than Plum, and there are more varieties available. The price is roughly the same, too. For example, the spinach, mango, and pear food is made up predominately of pear. These have no added sugars which are sometimes used as preservatives and not diluted with water. Some people complain about the sugar content, but that makes no sense. Unfortunately, like Happy Tot, the labels are slightly misleading. Any of the varieties that contain apple are primarily apple. Apples are cheap compared to the other stuff, so I get it, though. Other than that, though, these are really good, natural and healthy baby food pouches! I really like the packaging, though! Buying your own stuff and making food is an awesome alternative! The simplest way is to use a baby food maker; I wrote a guide on choosing them. Apples top the list, along with peaches, celery and potatoes. You can find the full list here. Keeping Baby Food Safe: Some Guidelines There are some guidelines you should follow when handling and using your baby food. Pay attention to the expiry dates on food. Most baby foods will have expiration dates in the far future, but you should keep an eye on it. If it looks funky or the packaging seems damaged, throw it out. To keep things as safe as possible, throw out uneaten portions of food. Never feed baby any home-canned foods. These foods sometimes contain bacteria that is no problem for grown adults, but not so much for the immature immune systems of infants. If you make your own food and freeze it, make sure to label it properly. In general, fruit or veggie-based foods should be used within 3 months of freezing. Personally, I like the idea of doing both. Do you make your own baby food? If not, do you stick to organic food? Do you have any questions? Let me know in the comments section below!

Chapter 4 : www.nxgvision.com: The Baby Store

Organic food is better for your baby and for the planet. Packed full of healthy, Certified organic fruits and veggies, these options are convenient for busy moms. Choosing pre-made organic baby food ensures that the food you feed your baby is grown without pesticides, making it more baby- and earth.

Chapter 5 : Welcome to Ella's Kitchen Organic Baby Foods Official Website | Ella's Kitchen

*Organic Babyfoodbk [Ann fabricant] on www.nxgvision.com *FREE* shipping on qualifying offers. Book by Ann fabricant.*

Chapter 6 : Baby food stock photo. Image of bank, banana, child, organic -

Organic food is the optimal choice to reduce or eliminate this risk. A healthy intake of essential vitamins and minerals are essential for your baby's normal physical and mental growth.

Chapter 7 : Natural Products Archives - Page 3 of 3 - Online Food Market for Nigerians | The Market Food

Home of the world's best milk formulas & baby products with a community of like-minded parents sharing tips, tricks, and other information.

Chapter 8 : Holle - Organic Infant Milk Formula and Baby Food | Organic Start

Shop and explore Holle demeter certified organic infant milk formula and baby food. Authentic and genuine imported from Germany. Puree, porridge cereal, tea, biscuits and more.

Chapter 9 : Choose pre-made organic baby food - Live Green - Recyclebank

The organic-food business is booming: About 70 percent of Americans buy organic food occasionally, and nearly one quarter buy it every week, according to the Hartman Group, a market research firm.