



## Not-So-Sweet News

A stat that might leave a bad taste in your mouth: More than half of all baby and toddler foods (cookies, crackers, and cereals, for instance) have too much added sugar, according to a study by Canadian researchers. Avoid snacks with more than 1 gram of sugar per 25 calories.

**Look out for sugar, high fructose corn syrup, sucrose, malt syrup, or maltose** listed as an ingredient

on the label, says Erin Palinski, R.D., in Franklin, New Jersey. Luckily, plenty of new healthy options abound for little ones. One of our favorites: HappyBaby Organic Apple Puffs (\$3), with only 0.5 grams of sugar per 25-calorie serving. And snacks or foods that contain *natural* sugars (such as pureed fruits like bananas and apples) are always smart choices.

**LATE ARRIVAL** Babies born after 41 weeks may have a 40 percent increased risk of developing cerebral palsy, a study in the *Journal of the American Medical Association* finds. The condition, which is associated with brain damage and muscle impairment, fortunately affects only 2 or 3 in 1,000 babies. But if you're past your due date, talk to your doc about next steps. Induction comes with risks, too, so experts recommend careful monitoring.

## Beauty for Baby

Your cutie's skin needs extra care in the winter to combat dryness, just like your own. If you're looking for gentle products sans strange chemicals, you're in luck. We love these new natural picks:

### Mini Organics Infant

**Moisturiser** Hailing from Australia, this rich cream calms itchy, dry, delicate skin (\$33; [miniorganics.com](http://miniorganics.com)).

### Buttercup & Jake Cocoa

**Calendula Balm** Safeguard her cherubic cheeks, chin, and lips from the elements with a soothing balm fortified with organic cocoa butter and golden calendula-flower oil (\$13; [amazon.com](http://amazon.com)).

### Melvita Cleansing Milk for Face

**& Body** This mild wash from Melvita (taken from the Latin for *honey* and *life*) cleanses and moisturizes—and smells like dessert (\$22; [usa.melvita.com](http://usa.melvita.com)).

### BabyBearShop Organic Wishy Wash Baby Wash & Shampoo

Simplify bathtime with a combined cleanser and shampoo. This one boasts nourishing aloe vera and healing nettle leaf (\$20; [abesmarket.com](http://abesmarket.com)).

Peewee deserves pampering too!

