

FOODS TO AVOID UNTIL AFTER 1 YEAR OF AGE:

1. *Cow's milk.* Cow's milk does not have the nutrients, such as iron, your baby needs during the first year. Cow's milk is hard to digest and could cause an allergic reaction.
2. *Honey.* Honey could cause your baby to become very ill and should not be used until after 1 year of age.
3. *Egg white.* Egg white is an excellent source of protein but could cause an allergic reaction in babies less than 1 year old.
4. Be careful offering finger foods babies might choke on. Don't offer *candy, grapes, hot dog pieces, chips, pretzels, raisins, olives, corn, berries with seeds, or peanut butter* until your toddler has molars and can chew up food very well.

8-10 months:

Breastfeed: 4-6 or more feedings daily.

Breastmilk or iron-fortified formula:

20-24 ounces; continue to offer breastmilk or formula from a cup.

Infant cereal: 4-8 tablespoons daily.

Other grain products: unsweetened dry cereals, crackers, small pieces of toast, or zwieback 2-3 times daily.

Vegetables: 4-8 or more tablespoons daily; mashed or finely chopped.

Fruit: 4-8 or more tablespoons daily; mashed or finely chopped.

Meats: 2-6 tablespoons daily; ground or finely chopped meats, egg yolks, or cooked and mashed dried beans.

10-12 months:

Breastfeed: 4-6 or more feedings daily.

Breastmilk or iron-fortified formula:

16-24 ounces; increase cup feedings and decrease bottle feedings.

Bread, cereal, and other grains: 3-4 times daily, 1/2 slice of bread, 1/2 cup cereal or other grain product.

Vegetables: 6-8 tablespoons daily; chopped.

Fruit: 6-8 tablespoons daily; chopped.

Fruit Juice: not needed— but if offered, limit to 4 ounces daily and only offer in a cup. Use only 100% fruit juice.

Meat/protein: 2-8 tablespoons daily; chopped.

Begin chopped cooked foods from family meals like green beans, peas, potatoes, carrots, lean ground meats, peeled soft fruit, or cooked dried beans.

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(updated 8/11)

WHEN CAN I START FEEDING MY BABY SOLID FOODS?



INFANT FEEDINGS

Your baby needs only breastmilk or iron fortified formula until 6 months old. Giving other foods to a young baby may cause food allergies or overfeeding.

Breastfeeding is best! Feed your baby on demand, not on a schedule. You may notice your baby wants to eat more often when she/he is 10-12 days, 4-6 weeks, and 3 months old. Your baby is having a growth spurt and may need to nurse every 1 1/2 to 2 hours for several days. This frequently increases your milk supply. Your baby is getting enough milk if she/he has 6-8 wet diapers daily.

Formula:

If you formula feed your baby, use iron fortified infant formula. Cow's milk is not recommended for babies until they are 1 year old. You can expect your baby to drink approximately 2 to 2.5 ounces of formula per pound of their body weight. For example... if your baby weighs 12 pounds, he will drink about 24-30 ounces of formula a day (24 hour period). Feed your baby on demand and only until they are full. Discard leftover formula.



WATCH FOR THESE SIGNS OF READINESS FOR SOLID FOODS:

- ◆ Sits up with support
- ◆ Holds head steady
- ◆ Watches food, waits with open mouth for food, and closes mouth over spoon
- ◆ Takes cereal off of spoon and moves it from front to back of tongue
- ◆ Swallows semi-solid food easily

Your baby will be doing these things around 6 months of age.

HOW DO I INTRODUCE SOLID FOODS TO MY BABY?

Single grain cereal is the most tolerated, and often times the first solid food many feed their baby. If you decide to start with cereal, always feed cereal with a small baby spoon. Start with 1 teaspoon of cereal mixed with about 1 tablespoon of breastmilk or water. Gradually make the cereal thicker as baby learns how to eat it from a spoon. Cereal on a spoon teaches baby how to eat. Do not put cereal in a bottle or infant feeder.

Wait at least 3 days before giving a new kind of cereal (or any new food) to see if baby has a reaction to it, like stomachaches, diarrhea, or skin rashes. Gradually increase the amount of cereal. Delay wheat cereal and mixed cereal until 8-10 months. In a few weeks, baby will probably take 1 to 2 tablespoons twice a day. Later, baby will probably take 2 to 4 tablespoons twice a day. (Never force your baby to finish everything. Let your baby decide when she/he is full.)

If you don't want to start with a cereal you can start with a fruit or vegetable and follow the same guidelines for cereal listed above.

A GUIDE FOR GOOD EATING, BIRTH TO 12 MONTHS

This guide is to help you know how much of different food to offer your baby everyday. **Your baby may eat more or less than these amounts.** Your baby's health care provider, doctor, nurse, or dietitian may suggest other foods or amounts to meet your baby's needs.

It is recommended that exclusively breastfed babies and babies taking less than 32 ounces of formula a day be given Vitamin D drops (600 IU of Vitamin D) daily.

Birth to 4 months:

Breastfeed: Birth to 4 weeks: (feed on demand) 8-12 or more feeding. 1 to 4 months: 6-10 or more feedings daily

Breastmilk or iron-fortified formula: 16-32 ounces daily.

4 to 6 months:

Breastfeed: 6-8 or more feedings daily.

Breastmilk or iron-fortified formula: 26-40 ounces daily.

6 to 8 months:

Breastfeed: 4-6 or more feedings daily.

Breastmilk or iron-fortified formula: 24-32 ounces; start to offer breastmilk or formula from a cup.

Infant cereal: 2-8 tablespoons daily given to a baby from a spoon.

Vegetables: 4-8 or more tablespoons daily; strained, pureed, or mashed.

Fruit: 4-8 or more tablespoons daily; strained, pureed, or mashed.

Meats: 1-3 tablespoons daily; strained or pureed single meats.