



## Sharing Information

## Infant Feeding Guidelines

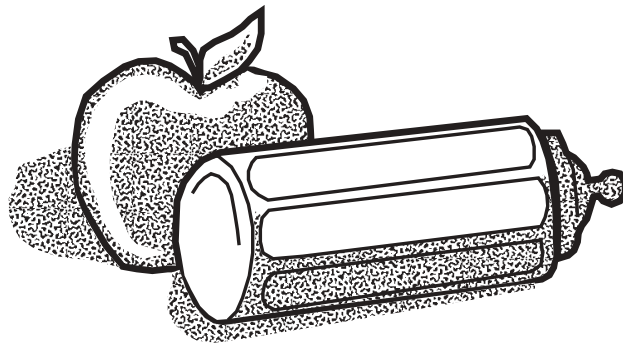
The first year of an infant's life is his/her most rapid growth period. Nutrition is important for good health and growth. The types of foods your baby needs will change during the first year.

A normal fullterm baby needs only breast milk and/or iron-fortified formula for about four to six months.

Baby foods fed from a spoon will be added to your baby's diet when he is able to:

1. Sit with support.
2. Control head and neck movements.
3. Lean forward and open mouth when he is hungry.
4. Show he/she is full by leaning back and turning away.

You can expect your baby to gain about 1/2 to 1 ounce per day for the first five months of age and four to five ounces a week from the fifth through the twelfth month. This should result in your baby doubling his/her birth weight by five months of age and tripling it by one year of age. Your baby will probably grow ten to twelve inches in height during the first year.



## Feeding Tips

1. During the first few months, hold your baby when he/she is eating. Do not prop bottles. Propping the bottle promotes tooth decay and ear problems and also may increase the risk of choking.
2. Babies cry for many reasons. If your baby has recently eaten, the cries may not be from hunger. Overfeeding may cause obesity and feeding problems.
3. If formula is used, mix only enough for one day. Refrigerate and throw away any left over after 24 hours.
4. Formula or breast milk provides the healthy baby with enough fluids so that extra water is not needed. Once baby foods have been started, water may be needed during hot weather or if your baby is ill. Do not use well water.
5. Continue breastmilk or iron-fortified formula until age one year unless your pediatrician advises otherwise. After one year of age, 2% or whole milk may be used. Skim milk should not be used in children under 2 years of age.
6. Juice is part of a healthy diet. 100% fruit juice without added sugar is best. Fruit juice should be limited to 4 oz. per day. Avoid sweet drinks such as sodas, Kool-Aid, sweet tea, and Gatorade.

## Vitamin and Mineral Supplements

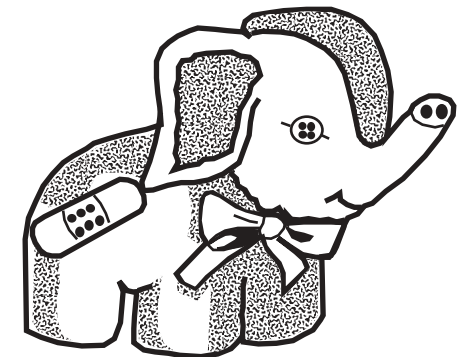
These guidelines apply to term infants. Premature infants require earlier supplementation.

### For Breastfed Babies:

Your baby will need an iron supplement such as iron fortified cereal between 4-6 months of age. A vitamin D supplement may be needed if your baby has little exposure to sunlight. A fluoride supplement may be needed after 6 months of age. A well balanced diet for mom will help assure that your breastfed baby is well nourished.

### For Formula Fed Babies:

If you choose not to breastfeed, an iron-fortified formula should be used. No iron drops are needed if formula with iron is given by four months of age. After 6 months of age, a fluoride supplement may be needed if you use a ready to feed formula or if the water you mix with the formula does not contain fluoride.



# Infant Feeding Guidelines

\*The information provided is based on the American Academy of Pediatric Feeding Recommendations. These are only guidelines and each child will be treated individually. Follow the advice of your pediatrician.

Age	Breast Milk	Formula	Cereal/Breads	Vegetables	Juices/Fruits	Meats/Eggs	Developmental Feeding Practices
0-4 Months	Feed on demand 10-12 feedings daily	0-2 months: 16-26 ounces 6-8 feedings 2-4 months: 26-32 ounces 4-6 feedings					Hold baby while feeding.
4-6 Months	8-10 feedings daily	26-40 ounces daily Iron-fortified formula	1-2 Tbsp. baby cereal twice daily. Thin with breast milk or formula. Start with rice cereal.				Spoon feeding. Hold baby when bottle feeding.
6-8 Months	6-8 feedings daily	24-32 ounces daily Amount will decrease after starting baby foods	Baby cereals mixed with breast milk or formula, 1/4 - 1/2 cup per day. Small amounts of melba toast, Zwieback or crackers.	Strained vegetables 3-4 Tbsp. twice daily. Start with green, then yellow type.	Unsweetened juice* from cup vitamin C fortified no more than 1/2 cup daily. Begin with apple juice. Start with baby juice or dilute adult juice (half juice, half water).		May start juice from a cup, not a bottle. Hold baby when bottle feeding.
8-10 Months	4-6 feedings daily	20-24 ounces daily	Cereals, toast, mashed potato, rice or noodles, 1/4 - 1/2 cup daily.	May advance to junior strained vegetables or tender vegetables from the table.	Limit to 1/2 cup unsweetened juice* daily. Begin strained fruits 3-4 Tbsp. twice daily.	Strained meat, baby egg yolk or hard cooked egg yolk, 1-2 Tbsp. daily. Well-cooked beans or peas.	Chews soft table foods, eats finger foods. Use of cup improves. Hold baby when bottle feeding.
10-12 Months	May wean	16-24 ounces daily Offer dairy products- plain yogurt, mild cheese	Thicker cereal. Increase serving size according to appetite.	Increase serving size according to appetite.	Continue to limit to 1/2 cup unsweetened juice* daily. 3-4 Tbsp. strained fruit per day. Soft pieces of ripe, raw, peeled fruit.	1-2 Tbsp. finely chopped meats once or twice daily.	Starts spoon feeding self. Greater use of cup.
Over 12 Months	May wean if mother and baby desire	2% or whole milk: 2-3 cups per day. <b>NO MORE BOTTLES</b>	4 servings/daily.	*2-3 small servings daily. Offer a variety.	2-3 small servings of fruit* or juice daily. Offer a variety. Limit juice to 4 oz. daily.	2 one ounce servings of protein foods such as meat, eggs, dried beans, peas.	All fluids from cup. Spoon feeds self.

\*Include a Vitamin C source daily and include a Vitamin A source at least 3 times a week.

## Adding Solids

1. An iron fortified cereal for infants should be introduced first and continued until about one year of age. Introduce single foods one at a time in small amounts. Avoid adding more than 1-2 new foods per week so that any problems can be identified. Strained baby foods or blenderized table foods should be given from 6-8 months of age; junior foods may be used after 8 months of age. If preparing your own baby foods, do not add sugar, salt, butter, fat or spices.
2. Always feed solids with a spoon. No cereal or solids should be fed from the bottle. Do not use an infant feeder. If your baby needs to be fed differently, your doctor will advise you.
3. Remove only enough baby food from the jar for one feeding. Throw away food left over in the feeding dish. Food left over in the jar should be covered and stored in the refrigerator.
4. Avoid the following: canned foods not specially prepared for infants, high fat foods (gravies), fried foods, high sugar foods (baby food desserts), chocolate or cocoa, carbonated beverages, soft drinks, Kool-Aid, tea, powdered or imitation drinks, and foods that may cause choking (corn, raisins, nuts, popcorn, berries, candies, adult cereals, hot dogs, or large chunks of meat).
5. If you have questions about feeding your child, contact your pediatrician or Registered Dietitian or Licensed Dietitian/Nutritionist (RD, LDN).

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