







Infant Feeding Guide for Healthy Infants








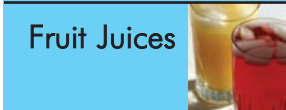
Birth to 8 Months Old

Foods	Birth to 3 Months	4-6 Months	6-8 Months	Remember:
Human Milk	Breastfeed when your baby shows signs of hunger.			<ul style="list-style-type: none">• Use the bottle for human milk, formula or water only.• At 6 months begin to use a cup at some feedings.• Start your baby on solid foods after 6 months old when baby:<ul style="list-style-type: none">- can sit with support- has good head control- opens his/her mouth for the spoon• Feed your baby one new food at a time and wait 3-5 days before starting another.• Select single item vegetables, fruits and meats if you buy commercially prepared baby food.
	About 10-12 feedings in 24 hrs	At least 8 feedings in 24 hours	At least 6 feedings in 24 hours	
	Speak with a lactation consultant or nutritionist for guidance on combination feeding.			
Iron Fortified Infant Formula	6-8 lbs: 15-20 oz per day 8-10 lbs: 20-25 oz per day 10-12 lbs: 25-30 oz per day	25-45 oz per day	25-32 oz per day Begin to offer a cup	
Cereals & Grains	NONE	NONE	<ul style="list-style-type: none">• Offer iron fortified rice or oatmeal infant cereal 2-4 Tbsp twice a day by spoon	
				
Vegetables	NONE	NONE	<ul style="list-style-type: none">• Cooked/pureed/mashed carrots, sweet peas, green beans, spinach and winter squash or single jarred vegetables 2 Tbsp twice a day	
				
Fruits	NONE	NONE	<ul style="list-style-type: none">• Fresh/cooked/pureed/mashed banana, peach, applesauce or single jarred fruits 2 Tbsp twice a day	
				
Protein Foods	NONE	NONE	<ul style="list-style-type: none">• Cooked/pureed/mashed plain meat and poultry or single jarred meats• Plain yogurt or tofu 1-2 Tbsp twice a day	
				
Water	NONE	NONE	2-4 oz twice a day in a cup	
	Do not add sugar, corn syrup or any sweeteners to foods or drinks. Honey should not be fed to babies less than 1 year of age.			
Fruit Juices	NONE	NONE	NONE	
				

The American Academy of Pediatrics recommends exclusive breastfeeding for the first six months, and that breastfeeding continue for at least 12 months and beyond.

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8 to 12 Months Old

Foods	8-10 Months	10-12 Months	Remember:
 Human Milk	Continue to breastfeed whenever you and your baby desire, at least 4 times in 24 hours		<ul style="list-style-type: none">If you choose to give your baby juice, offer 100% fruit juice, from a cup, in small quantities, diluted with water.Some foods can cause choking. Avoid:<ul style="list-style-type: none">Hot dogsPeanut butterWhole grapesWhole berriesNuts/seedsRaisinsPopcornCandyFeed your infant nutritious foods low in fat, sugar and salt. Avoid:<ul style="list-style-type: none">Deli meatsFast foodFrench friesSweetened drinksSnack cakesCandy
 Iron Fortified Infant Formula	Speak with a lactation consultant or nutritionist for guidance on combination feeding.		
	24-32 oz per day Offer cup	16-24 oz per day Offer cup	
 Cereals & Grains	<ul style="list-style-type: none">Any variety of plain or mixed boxed infant cereal2-3 Tbsp twice a dayUnsweetened dry cereal, toast, crackers or soft breadsUp to 2 small servings	<ul style="list-style-type: none">Whole grain, unsweetened, dry cereal, toast, crackers, breads, rice, noodles or other grains2-3 small servings	
 Vegetables	<ul style="list-style-type: none">Cooked/mashed/chopped or soft bite-sized pieces3-4 Tbsp twice a day	<ul style="list-style-type: none">Cooked/mashed/chopped or soft bite-sized pieces¼ cup twice a day	
 Fruits	<ul style="list-style-type: none">Peeled, soft, fresh fruit or fruit canned in water or juice such as bananas, pears and peachesSoft bite-sized pieces, no seeds3-4 Tbsp twice a day	<ul style="list-style-type: none">All peeled, soft, fresh fruits including melons, pineapple and mangoCanned fruit in water or juiceSoft bite-sized pieces, no seeds¼ cup twice a day	
 Protein Foods	<ul style="list-style-type: none">Cooked, soft, chopped meat, poultry or fishCooked beans, egg yolk, cottage cheese, yogurt or tofu2-3 Tbsp a day	<ul style="list-style-type: none">Ground, chopped or bite-sized pieces of lean meat, poultry, fishCooked beans, egg yolk, cottage cheese, yogurt or tofu¼ cup twice a day	
 Water	2-4 oz twice a day	2-4 oz twice a day	
 Fruit Juices	Infants do not need juice until after one year of age. <i>Excessive juice intake reduces the intake of nutritious foods and can contribute to excessive weight gain</i>		

Talk to a nutritionist if you have concerns about your infant's diet. Regular doctor visits can help ensure your baby's good health and development.