

A GUIDE TO INFANT FEEDING

General Principles

- Feeding your baby is fun. It should be a pleasant experience.
- Never force your baby to eat. Try again another time.
- Feeding amounts vary greatly from baby to baby, even from meal to meal, day to day.

Introduction of Solid Foods

- Introduce a new food every 3-4 days. Watch for reactions such as hives, vomiting, or bloody stools.
- No cow's milk, egg whites, or citrus for the first year. These are typical allergens if given too early.
- No honey for the first year due to the risk of botulism.

Safety Concerns

- Always watch your baby while feeding. Never leave your baby alone in a high chair.
- To avoid choking, make sure all foods are soft, easy to swallow, and cut into small pieces.
- Be careful of choking foods. Some examples include: hot dogs, nuts, hard candy, popcorn, unpeeled and whole grapes, raw carrots, cherries with pits, and chunks of meat or cheese.

Birth to 4 Months

VITAMINS

- Whether breastfeeding or formula feeding, start your baby on vitamin D drops (D-VI-SOL).
- If breastfeeding exclusively, give vitamin D drops daily.
- If using formula only or in combination with breast milk, stop giving vitamin D drops when your infant is drinking more than 1000 ml (about 30 oz) per day.

BREAST MILK/FORMULA

- Breast milk and/or formula are all the nutrition your baby needs.
- Supplemental water is not required or recommended, unless by the doctor.
- Do not be in a hurry to start solid foods. Your baby needs to be developmentally ready.
- Do not put cereal in your baby's bottle; doing so will not help your baby sleep through the night.

4 to 6 Months

VITAMINS

- If breastfeeding exclusively or consuming less than 1000 ml (about 30 oz) of formula per day, change to multivitamin drops with iron (POLY-VI-SOL with IRON) and give daily.

CEREAL

- Introduce iron-fortified infant cereal.
- Start with rice cereal mixed with breast milk or formula; expect stool changes.
- Give cereal in a thin consistency from a spoon.
- After several weeks, move on to oatmeal or barley cereal.

6 to 9 Months

VITAMINS

- If breastfeeding exclusively or consuming less than 1000 ml (about 30 oz) of formula per day, continue with multivitamin drops with iron (POLY-VI-SOL with IRON) and give daily.

STAGE 1 BABY FOODS

- By this time your baby should be a pro at eating cereal.
- It is now time to start stage 1 vegetables and fruits.
- Give orange vegetables first. Try carrots, sweet potatoes, and squash.
- May introduce a new food every 3-4 days.
- Avoid combination foods when introducing new ingredients.
- Try and make your own baby food: plain, cooked, pureed, or mashed vegetables and fruits.

STAGE 2 BABY FOODS

- Once you have completed stage 1 foods, move on to stage 2.
- Time to introduce plain, pureed meats or meat alternatives such as legumes, lentils, and tofu.
- Start easily dissolvable finger foods like Cheerios and Gerber Puffs.
- Give limited amounts of unsweetened fruit juice from a sippy cup, no more than 4-6 oz per day.
- The addition of salt and sugar is not recommended; therefore look at baby food labels.
- Avoid baby food desserts.

9 to 12 Months

VITAMINS

- If breastfeeding exclusively or consuming less than 1000 ml (about 30 oz) of formula per day, continue with multivitamin drops with iron (POLY-VI-SOL with IRON) and give daily.

STAGE 3 BABY FOODS

- Once you have completed stage 2 foods, move on to stage 3.

TABLE FOODS

- Transition to soft, mushy, bite-sized pieces of vegetables, fruits, meats, and meat alternatives.
- Move on to soft finger foods like baby crackers, teething biscuits, and zwieback.
- Try lightly toasted breads and bagels, soft rolls, and plain muffins.
- Give soft, well-cooked pasta or noodles without sauce.
- OK to introduce egg yolks*, yogurt*, and cottage cheese*.
- OK to introduce small strips of cheese*. Only use cheeses that are made from pasteurized milk products. Safe cheeses include American, Swiss, cheddar, and mozzarella. Avoid unpasteurized cheeses since they may contain bacteria called *Listeria*. Check online for a complete listing of off-limit cheeses.

12 Months

- Begin whole cow's milk and give multivitamin drops with iron (POLY-VI-SOL with IRON) daily.
- OK to introduce egg whites*, peanut butter*, fish*, shellfish*, and citrus fruits/ juices.
- Whole peanuts and other nuts should be avoided until age 3 because of the choking hazard.

SAMPLE MENU

AGE	4-6 MONTHS	6-9 MONTHS	9-12 MONTHS
Average amount of breast milk or formula per day	30-40 oz	24-32 oz	24-32 oz
Upon waking	Breast milk or formula	Breast milk or formula	Breast milk or formula
Vitamins	If breastfeeding exclusively or consuming less than 1000 ml (about 30 oz) of formula per day, give vitamins daily (POLY-VI-SOL with IRON = 1 ml)		
Breakfast	1-4 Tbsp IFIC ^o	2-4 Tbsp IFIC ^o 2-3 Tbsp fruit	4-6 Tbsp IFIC ^o 2-3 Tbsp fruit 1 Egg yolk* twice/week
Mid-morning	Breast milk or formula	Breast milk or formula Cheerios, Gerber Puffs	Yogurt or cottage cheese* Crackers, toast, Cheerios
Lunch	Breast milk or formula	Breast milk or formula 2-3 Tbsp vegetables 2-3 Tbsp fruit 1-3 Tbsp meat or meat alternative	Breast milk or formula 3-5 Tbsp vegetables 3-4 Tbsp fruit 2-3 Tbsp meat or meat alternative
Mid-afternoon	Breast milk or formula	Breast milk or formula Cheerios, Gerber Puffs	Yogurt or cottage cheese* Crackers, toast, Cheerios
Dinner	Breast milk or formula 1-4 Tbsp IFIC ^o	Water or juice in a cup 2-4 Tbsp IFIC ^o	Breast milk or formula 3-5 Tbsp vegetables 3-4 Tbsp fruit 2-3 Tbsp meat or meat alternative
Evening	Breast milk or formula	Breast milk or formula	

^oIFIC = Iron-fortified infant cereal mixed with breast milk or formula

*If child already has significant eczema, asthma, food allergies, or a strong family history of food allergies: wait until age 1 before introducing dairy products; wait until age 2 before introducing eggs; wait until age 3 before introducing peanut butter, fish, or shellfish.

Sources (both pages):
Special thanks:

ADA, *Manual of Clinical Dietetics*, 6th ed., 2000
Janice Grenning, RD, LDN (ABMC)

AAP, *Pediatric Nutrition Handbook*, 6th ed., 2009
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