

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, or day to day.

Introduction of Solid Foods

- Introduce a new food every 3 days.
- Wait 5 days after introducing highly allergic foods like dairy products, eggs, soy, wheat, peanut butter, fish, and shellfish.
- Watch for reactions such as hives, vomiting, or bloody stools.

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, apple slices, raw carrots, cherries with pits, and chunks of meat or cheese.

Food Restrictions

- No honey for the first year.
- No cow's milk for the first year but dairy products like yogurt, cheese, cottage cheese, and butter are ok.

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 single grain 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 a different variety of 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 cooked beans, lentils, or tofu.
- Start easily dissolvable finger foods like Cheerios[®] and Gerber Puffs[®].
- Give water or limited amounts of unsweetened fruit juice (no more than 4 oz per day) from a sippy cup.
- The addition of salt and sugar is not recommended; therefore look at baby food labels.
- Avoid baby food desserts.

TABLE FOODS

- OK to introduce eggs (both whites and yolks), soy, wheat, smooth peanut butter, fish, and shellfish.
- OK to introduce dairy products like yogurt, cheese (see below), cottage cheese, and butter.
- 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.
- OK to flavor food with a pinch of spice.

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.

12 Months

- Begin whole cow’s milk and give multivitamin drops with iron (POLY-VI-SOL with IRON®) daily.
- OK to introduce honey.
- Whole peanuts and other nuts should be avoided until age 3 because of the choking hazard.

SAMPLE MENU FOR 6-8 MONTH OLD

Average amount of breast milk or formula per day		24-32 oz
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)	
Upon waking	Breast milk or formula	4-6 oz
Breakfast	Iron fortified infant cereal	2-4 tbsp
	Fruit	2-3 tbsp
	Scrambled or hard boiled egg	½ -1 egg
Mid-morning snack	Breast milk or formula	4-6 oz
	Cheerios® or Gerber Puffs®	1/4 cup
Lunch	Breast milk or formula	4-6 oz
	Vegetables	2-3 tbsp
	Yogurt or cottage cheese	1/4 cup
Mid-afternoon snack	Breast milk or formula	4-6 oz
	Whole grain bread	½ slice
	Cheese	1/4 cup
	Peanut butter	1-2 tbsp
Dinner	Water or unsweetened fruit juice in a cup	2-4 oz
	Fruit	2-3 tbsp
	Vegetables	2-3 tbsp
	Meat, poultry, fish, tofu, or cooked beans/lentils	2-3 tbsp
	Whole grain rice, pasta, or potato	2-3 tbsp
Evening	Breast milk or formula	4-6 oz

Sources: How to Feed Your Baby Step-by-Step

*Special thanks: Kimberly Mack, MS, RD, LDN (AMITA)
Kirsten Johnson, MS, RD, LDN (AMITA)
Janice Grenning, RD, LDN (AMITA)*