




# Infant Feeding Guide



Age	Human Milk	Iron-Fortified Formula	Grains	Fruits & Vegetables	Proteins	Water & Juice	Tips
<b>0-1 mo.</b> 	~Nurse on demand~  At least 8-12/24 hr.  Plenty of wet & dirty diapers is normal  Skin-to-skin is soothing and helps increase your milk supply	~Feed on demand~  1-3 oz. about 8-12 times per day  Hold and talk to your baby during feeding*  Let your baby decide when she is full*	None  Cereal should not be added to the bottle. It will not help your baby sleep better and may be a choking hazard.	None	None	None  Your baby will get all the fluids they need from breast milk or formula	All infants taking in less than 32 oz/day of formula should take a vitamin D supplement of 400 IU  A sudden increase in hunger may be due to a growth spurt  Newborns will eat often, this is normal  Only breast milk, formula or water (after 6 mos.) should go in the bottle
<b>1-3 mo.</b>	~Nurse on demand~  8-12 times/24 hr.  Going back to work? Ask WIC about a pump!	~Feed on demand~  24-32 oz./ 24 hr.					Your baby <i>may</i> start sleeping through the night by 2-3 months  Wipe your baby's gums with a clean cloth occasionally to prevent future dental problems
<b>4-6 mo.</b>	~Nurse on demand~  About 6-9 times/24 hr.  Ask your doctor about an iron supplement	28-45 oz./ 24 hr.  Your baby may settle into a feeding schedule	The American Academy of Pediatrics recommends starting complimentary foods around 6 months of age.  Signs that your baby may be ready for foods include: Sitting with little support, opening their mouth and keeping their tongue down when a spoon is offered, and doubling their birth weight.  Offering foods before your infant is ready may lead to too much weight gain, increase their risk for choking, and poor breast milk or formula intake.				

~Breastfeed as long as you and your baby desire, the American Academy of Pediatrics recommends at least 1 year and the World Health Organization recommends at least 2years~  
 ~Iron-fortified infant formula may be substituted if breastfeeding is not possible or chosen~  
 ~\*When bottle-feeding, be sure to practice "paced bottle feeding" where baby is held with back elevated and bottle held nearly level with the floor~  
 This guide includes recommendations for the average, healthy infant. Every baby is different, if you have questions or concerns call your doctor to discuss.

Key: hr.= hour mo.= month oz.= ounce tbsp. = tablespoon  
 Jarred Baby Food: 2.5 oz. = 5 Tbsp. 4 oz. = 8 Tbsp. 6 oz. = 12 Tbsp.



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<b>6-8 mo.</b> 	Breastfeed before offering food  Nurse 4-5 times/day, more if desired  Breast milk is still the most important food for your baby	Offer formula before other foods  28-35 oz. /day	1-2 tbsp. single ingredient cereal  1-3 times/ day	1-2 tbsp.  1-3 times/day  Pureed or mashed  Avoid desserts	1-2 tbsp.  Pureed or mashed  Jarred or well cooked	Water is best  100% fruit juice may be offered, but it is best to wait until the first birthday (limit to 4 oz./day)	Start with one new food every 3-5 days  Signs of allergy may include wheezing, rash, or diarrhea  Choking hazards include grapes, nuts, candy, hot dogs and peanut butter
<b>8-10 mo.</b>	3-5 times per day, more if desired  Breast milk is still the most important food for your baby	24-32 oz.	2-4 tbsp. 2-3 times/day  Iron fortified rice, oat, barley, wheat or multigrain infant cereal	2-4 tbsp. 2-3 times/day  Mashed or soft, small pieces	1-4 tbsp. 1-3 times/day  Mashed or soft, small bites	Juice should only be offered in a cup  	Eat together & model healthy eating  Avoid cow milk (or other milks) and honey for the first year
<b>10-12 mo.</b>	3-5 times per day, more if desired  Breast milk is still the most important food for your baby	16-24 oz. Try a cup!	Pasta, rice, toast, crackers and dry cereal	Pears, bananas, sweet potatoes, avocado, squash, peas, applesauce and carrots	Well-cooked or jarred chicken, turkey, ground beef, fish, eggs, plain yogurt and tofu	Never offer sweet drinks like soda, Kool-Aid or sports drinks	Allow self-feeding as your baby is ready

**To make sure your baby is safe during feeding:**

~Never leave your baby alone when eating ~ Wash your hands and all utensils well ~ Cook home-made foods well ~ Never offer high risk foods like unpasteurized dairy ~

~Breastfeed as long as you and your baby desire, the American Academy of Pediatrics recommends at least 1 year and the World Health Organization recommends at least 2years~

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