

# 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 he 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 should go in the bottle  Your baby <i>may</i> start sleeping through the night by 2-3 months  Wipe your baby's gums with a clean cloth to prevent future dental problems
<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. in 24 hr.					
<b>4-6 mo.</b>	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~

*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  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 (limit to 4 oz./day)  Juice should only be offered in a cup	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	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	  Never offer sweet drinks like soda, Kool-Aid or sports drinks	Eat together & model healthy eating
<b>10-12 mo.</b>	3-5 times per day, more if desired	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		Avoid cow milk (or other milks) and honey for the first year  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 ~

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