# Infant Feeding Guide

<table>
<thead>
<tr>
<th>Age</th>
<th>Human Milk</th>
<th>Iron-Fortified Formula</th>
<th>Grains</th>
<th>Fruits &amp; Vegetables</th>
<th>Proteins</th>
<th>Water &amp; Juice</th>
<th>Tips</th>
</tr>
</thead>
</table>
| 0-1 mo.  | ~Nurse on demand~                                | ~Feed on demand~                       | None                        | None                | None     | None          | All infants taking in less than 32 oz/day of formula should take a vitamin D supplement of 400 IU  
   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~  
   Hold and talk to your baby during feeding  
   Let your baby decide when he is full  
   ~Feed on demand~  
   24-32 oz. in 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.  
   ~Iron-fortified infant formula may be substituted if breastfeeding is not possible or chosen~  
   ~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 2 years~  
   This guide includes recommendations for the average, healthy infant. Every baby is different, if you have questions or concerns call your doctor to discuss.  
   Jarred Baby Food: 2.5 oz. = 5 Tbsp. 4 oz. = 8 Tbsp. 6 oz. = 12 Tbsp.  |
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<td>6-8 mo.</td>
<td>Breastfeed before offering food</td>
<td>Offer formula before other foods</td>
<td>1-2 tbsp. single ingredient cereal</td>
<td>1-2 tbsp.</td>
<td>1-2 tbsp. Pureed or mashed Jarred or well cooked</td>
<td>Water is best 100% fruit juice may be offered (limit to 4 oz./day)</td>
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<tr>
<td></td>
<td>Nurse 4-5 times/day</td>
<td>28-35 oz. /day</td>
<td>1-3 times/ day</td>
<td>1-3 times/day Pureed or mashed</td>
<td>Jarred or well cooked</td>
<td></td>
<td>Signs of allergy may include wheezing, rash, or diarrhea</td>
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<td></td>
<td>Breast milk is still the most important food for your baby</td>
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<td>Choking hazards include grapes, nuts, candy, hot dogs and peanut butter</td>
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<tr>
<td>8-10 mo.</td>
<td>3-5 times per day, more if desired</td>
<td>24-32 oz.</td>
<td>2-4 tbsp. 2-3 times/day Iron fortified rice, oat, barley, wheat or multigrain infant cereal</td>
<td>2-4 tbsp. 2-3 times/day Mashed or soft, small pieces Pears, bananas, sweet potatoes, avocado, squash, peas, applesauce and carrots</td>
<td>1-4 tbsp. 1-3 times/day Mashed or soft, small bites Well-cooked or jarred chicken, turkey, ground beef, fish, eggs, plain yogurt and tofu</td>
<td>Never offer sweet drinks like soda, Kool-Aid or sports drinks</td>
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<tr>
<td>10-12 mo.</td>
<td>3-5 times per day, more if desired</td>
<td>16-24 oz. Try a cup!</td>
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<td>Eat together &amp; model healthy eating</td>
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<td>Avoid cow milk (or other milks) and honey for the first year</td>
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<td>Allow self-feeding as your baby is ready</td>
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</table>

## 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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“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

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