

## INFANT FEEDING READINESS

### IS YOUR BABY READY FOR FOODS?

- Has your baby doubled his or her birth weight?
- Is your baby at least 4 to 6 months old?
- Is he or she nursing on demand, or eating up to 24 to 32 ounces of formula per day?
- Can your baby sit with little or no support?
- Does your baby have good head control so that he or she could turn her head when full?
- Can your baby move a piece of thinned baby cereal to the back of his or her tongue and swallow it?
- Does your baby seem interested in your food, watching you eat or leaning forward and opening his or her mouth?

***If you answered yes to the questions above you may start with a single grain cereal. Wait until your baby is at least 6 months old to before adding other foods such as vegetables and fruits***

### 1ST FOODS SCHEDULE (AGE 4-8 MONTHS)

- Single Grain Cereal such as iron fortified oatmeal or barley cereal (Avoid rice due to arsenic)
- 1-2 tablespoons thinned with breast milk or formula and slowly increase to 2-4 tablespoons
- When your baby is tolerating cereal well and is at least 6 months old you may introduce single ingredient foods and wait about 5 days between starting a new food to assess for allergies.

### 1ST FOODS SCHEDULE (AGE 6-8 MONTHS)

- These foods can easily be made at home and do not have to be premade or from a jar
- Single Vegetables Smashed, strained or pureed 2-4 tablespoons once daily
- Dark yellow or green such as green beans, peas, carrots, sweet Potatoes and squash. Not corn Single Fruits Smashed, strained or pureed 2-4 tablespoons once daily
- Applesauce, peaches, prunes, bananas or pears
- Fruit Juices Babies only need breast milk or formula for the first year of life unless directed by their doctor. If given, juices should be diluted 1:1 with water. Avoid citrus or tomato until one year

### IMPORTANT TIPS

- Begin with feeding 1 to 2 Tbsp and gradually increase to 2-4 tablespoons as your baby tolerates it.
- Avoid citrus fruits and juices, cow's milk, or honey until after 1 year of age.
- If your baby has severe eczema or an egg allergy or there is a family history of severe food allergies talk to you the doctor before introducing peanut butter
- Avoid choking hazards such as grapes, berries, raisins, hotdogs, nuts, or popcorn
- Encourage a variety of foods healthy foods, especially vegetables!
- Do not assume that your baby doesn't like a food. It may take 10 to 15 tries for your baby to accept a new food.
- "Snacks" do not mean "treats," everything should be nutritious
- All feedings should be supervised and seated at a table or infant highchair
- Never give food in a car
- Be a good role model for healthy eating habits

**Please use this as a reference. Your child's nutritional intake may vary. If you have any questions, please ask us for further guidance.**

### FEEDING GUIDE

Foods	6 to 8 Months	8 to 10 Months	10 to 12 Months
<b>NUMBER OF FEEDINGS DAILY</b>	Solid feedings: 2 daily, breast or formula for all other feedings	Solid feedings: 3 daily. Breast or formula after and other feedings	Solid feedings: 3 daily, 2-3 finger food snacks, Breast/formula
<b>Breast milk or formula</b> No cow's milk until 1 year	Breast: 3-6 times daily Formula: 30-32 oz daily. Eliminate night time feeding by 6 months	Breast: 3-6 times daily Formula: 24-30 oz daily	Breast: 3-6 times daily Formula: 20-30 oz daily
<b>Cereals or breads</b>	Add breast milk or formula to iron-fortified cereals such as oatmeal, or barley cereal Begin with 1 -2 TBSP twice daily	Add breast milk or formula to iron-fortified cereal 4 to 6 Tbsp twice daily; teething biscuits; meltable solid	Add breast milk or formula to iron-fortified cereal 6 to 8 Tbsp once daily; noodles/rice/mashed potatoes; $\frac{1}{4}$ slice bread/crackers
<b>Vegetables</b>	2 to 4 Tbsp once daily. Pureed cooked vegetables	3 to 4 Tbsp twice daily Cooked mashed vegetables	3 to 4 Tbsp twice daily Cooked mashed vegetables
<b>Fruits</b>	2 to 4 Tbsp once daily. Single ingredient cooked and mashed pears or peaches, smashed /strained bananas or apple sauce	3 to 4 Tbsp -2 to 3 times daily Peeled soft-fruit wedges: bananas, peaches, pears, oranges (not grapes or raisins)	3 to 4 Tbsp - 2 to 3 times daily Fresh fruit peeled and seeded or canned fruits packed in water with no added sugar or corn syrup
<b>Protein Foods</b>	2 to 4 Tbsp. 1 - 2 times daily Yogurt, kefir, mild cheese, tofu; chopped chicken, lean meats, cooked dried beans *See smooth peanut butter note below	Yogurt, kefir, mild cheese, tofu; chopped chicken, lean meats, cooked dried beans 3 to 4 Tbsp. - 1 to 2 times daily	Tofu, kefir, cheese, cottage cheese, yogurt. If non-vegetarian with teeth: small, tender pieces of chicken, lean meat 3 to 8 Tbsp twice daily
<b>Fruit Juices</b>	Babies only need breast milk or formula for the first year of life unless directed by their doctor. If given, juices should be diluted 1:1 with water. Avoid citrus or tomato until one year		

- Start with single ingredient foods and wait about 5 days between starting a new food to assess for allergies
- Begin with feeding 1 to 2 TBSP and gradually increase
- Avoid citrus juices, cow's milk, and honey until after 1 year of age
- Avoid choking hazards such as grapes, berries, raisins, hotdogs, nuts, or popcorn
- Encourage a variety of foods healthy foods, especially vegetables!
- Don't assume that your baby doesn't like it. It may take 10 - 15 tries for your baby to accept a new food
- "Snacks" do not mean "treats," everything should be nutritious, at least one snack should be a vegetable
- All feedings should be supervised and seated at a table or infant highchair
- Never give food in a car
- Be a good role model for healthy eating habits

#### SMOOTH PEANUT BUTTER -

- If your child has severe eczema or an egg or peanut allergy discuss introduction of peanut butter with your health care provider.
- If your child has NO history of egg allergy, peanut allergy, or severe eczema you may introduce smooth peanut butter up to 1 teaspoon 3 times per week. You may begin with just a taste.
- May melt and soften by mixing with formula/breast milk or pureed food.
- No whole or pieces of peanuts due to choking risk.

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