



# Feeding During Infancy

Foods	Birth-3 Months	4-6 Months	6-8 Months
<b>Human Milk</b>	10-12 feedings in 24 hours	At least 8 feedings in 24 hours	At least 6 feedings in 24 hours
<b>Iron Fortified Infant Formula</b>	6-8 lb: 15-20 oz/day 8-10 lb: 20-25 oz/day 10-12 lb: 25-30 oz/day	25-45 oz/day	25-32 oz/day  Begin to offer cup
<b>Cereals &amp; Grains</b>	NONE	May begin to offer	Rice or oatmeal cereal 2-4 Tbsp 2x/day
<b>Vegetables</b>	NONE	May begin to offer	Pureed carrots, sweet peas, green beans, spinach, winter squash  2 Tbsp 2x/day
<b>Fruits</b>	NONE	May begin to offer	Pureed banana, peach, applesauce  2 Tbsp 2x/day
<b>Proteins</b>	NONE	May begin to offer	Pureed plain meat, poultry, tofu, yogurt  1-2 Tbsp 2x/day
<b>Water</b>	NONE	NONE	2-4 ounces 2x/day

Other advice:

- At 6 months begin to use a cup at some feedings
- Start your baby on solid foods after 4-6 months old when baby:
  - can sit with support
  - has good head control
  - opens his/her mouth for the spoon
- Feed your baby one new food at a time and wait 3-5 days before starting another.
- Do not add sugar, corn syrup or any sweeteners to foods or drinks.
- Honey should not be fed to babies less than 1 year of age.

Foods	8-10 Months	10-12 Months
<b>Human Milk</b>	Continue to breastfeed whenever you and your baby desire, at least 4 times in 24 hours	
<b>Iron Fortified Infant Formula</b>	<ul style="list-style-type: none"> <li>• 24-32 oz per day</li> <li>• Offer cup</li> </ul>	<ul style="list-style-type: none"> <li>• 16-24 oz per day</li> <li>• Offer cup</li> </ul>
<b>Cereals &amp; Grains</b>	<ul style="list-style-type: none"> <li>• Any variety of plain or mixed boxed infant cereal</li> <li>• 2-3 Tbsp twice per day</li> <li>• Unsweetened dry cereal, toast, crackers or soft breads</li> <li>• up to 2 small servings</li> </ul>	<ul style="list-style-type: none"> <li>• Whole grain, unsweetened, dry cereal, toast, crackers, breads, rice, noodles or other grains</li> <li>• 2-3 small servings</li> </ul>
<b>Vegetables</b>	<ul style="list-style-type: none"> <li>• Masked/chopped/soft bite sized pieces</li> <li>• 3-4 Tbsp twice per day</li> </ul>	<ul style="list-style-type: none"> <li>• Cooked/mashed/chopped or soft bite sized pieces</li> <li>• 1/4 cup twice per day</li> </ul>
<b>Fruits</b>	<ul style="list-style-type: none"> <li>• Peeled, soft, fresh fruit</li> <li>• Soft bite-sized pieces, no seeds</li> <li>• 3-4 Tbsp twice per day</li> </ul>	<ul style="list-style-type: none"> <li>• All peeled, soft, fresh fruits</li> <li>• Soft bite-sized pieces, no seeds</li> <li>• 1/4 cup twice per day</li> </ul>
<b>Proteins</b>	<ul style="list-style-type: none"> <li>• Cooked, soft, chopped meat, poultry or fish</li> <li>• Cooked beans, egg, cottage cheese, yogurt, or tofu</li> <li>• 2-3 Tbsp per day</li> </ul>	<ul style="list-style-type: none"> <li>• Ground, chopped or bite-sized pieces of lean meat, poultry, fish</li> <li>• Cooked beans, egg, cottage cheese, yogurt, or tofu</li> <li>• ¼ cup twice per day</li> </ul>
<b>Water</b>	2-4 oz twice per day	2-4 oz twice per day

Other advice:

- Some foods can cause choking. Avoid:
  - Hot dogs
  - Peanut butter
  - Whole grapes
  - Whole berries
  - Nuts/seeds
  - Raisins
  - Popcorn
  - Candy
- Feed your infant nutritious foods low in fat, sugar and salt. Avoid:
  - Deli meats
  - Fast food
  - French fries
  - Sweetened drinks (juice)
  - Snack cakes
  - Candy