

Feeding Guide for First Year

	4-6 Months	7 Months	8 Months	9 Months	10-12 Months
Breastfeeding (formula*)	4-6 feedings/day (28-32 ounces/day)	3-5 feedings/day (30-32 ounces/day)	3-5 feedings/day (30-32 ounces/day)	3-5 feedings/day (30-32 ounces/day)	3-4 feedings/day (24-30 ounces/day)
Infant cereal and Grains (iron fortified)	3-5 Tbsp single grain cereal mixed with breast milk (water/formula)	3-5 Tbsp single grain cereal mixed with breast milk (water/formula)	5-8 Tbsp single grain cereal mixed with breast milk (water/formula)	5-8 Tbsp any variety cereal mixed with breast milk (water/formula)	5-8 Tbsp any variety cereal mixed with breast milk (water/formula)
Fruits (Washed)	1-2 Tbsp plain/pureed 1-2 times/day	2-3 Tbsp plain/pureed 2 times/day	2-3 Tbsp soft/mashed 2 times/day	2-4 Tbsp soft/mashed 2 times/day	2-4 Tbsp soft/mashed 2 times/day
Vegetables (Washed)	1-2 Tbsp plain/pureed 1-2 times/day	2-3 Tbsp plain/pureed 2 times/day	2-3 Tbsp plain/mashed 2 times/day	2-4 Tbsp soft/mashed/ bite size 2 times/day	2-4 Tbsp soft/mashed/ bite size 2 times/day
Meats and Proteins	1-2 Tbsp pureed 1 time/day	1-2 Tbsp pureed 2 times/day	1-2 Tbsp pureed 2 times/day	2-3 Tbsp of tender/ finely chopped 2 times/day	2-3 Tbsp finely chopped meats/fish (w/out bones) mild cheese 2 times/day
Examples/Suggestions *No honey or cow's milk until 12mos+	Rice cereal, oatmeal, sweet potatoes, bananas, avocado, applesauce	Tofu, noodles, peaches, apricots, green beans, carrots, squash, turkey, chicken, beef, fish, beans	Beans, avocado, pears, nectarines, spinach, kale, pancakes (cut up), dry cereals, natural cheeses, egg yolk	Cous cous, plain yogurt, cantaloupe, apples, pineapple, broccoli, cauliflower, whole milk cottage cheese, rice	Blueberries, strawberries, kiwi, quartered and peeled grapes, quinoa
Water	Babies receive enough water from breast milk/formula	Not necessary, but can introduce minimal amounts with foods (1-2 ounces)	2-3 ounces/day	3-5 ounces/day	4-6 ounces/day
Development/Advice Stay with child while eating.	Food should be very soupy and gradually thicken over time- introduce one at a time and for 3-5 days.	Start bite-size pieces and soft finger foods and practicing with sippy cup-caution with gagging and choking.	Increase solid foods. Ensure child is receiving a variety of foods.	Increase solid foods. Enhancement of developmental skills of eating; (grasping, holding, pinching...).	Encourage child to self feed, give praise- getting messy can be part of the learning experience. Let them explore, hold, and learn how to be a healthy eater.



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*If using powdered formula, please be aware that it can contain harmful bacteria only killed off by mixing boiling water with the formula. The next very important step is to ensure the bottle has cooled to room temperature before you give baby the bottle.

Introduce new foods to your baby one at a time for 3-5 days to identify intolerances or allergies. (i.e. hives, rash, mucus/blood in stool, wheezing...). Be aware that a citrus fruit may cause a rash around mouth because of the acidity.

Use caution in giving baby "Mixed foods" for the first time. i.e.-if baby hasn't had peaches or yogurt, do not give baby peach yogurt, start with either or, then you can mix.

**New research does mention a decrease in concern regarding introducing foods once thought to be associated with increased risk of allergies (i.e. nuts, berries, citrus etc...) According to the American Academy of Pediatrics, introducing peanut butter/nuts early on (4-6 months) has been shown to decrease the risk for allergies. However, this guide is formulated with the help of American Academy of Pediatrics as well as our personal educated *suggestions* on how to help you feed your child.

***Honey and cow's milk are not recommended under 12 months of age. Over one year, you may begin whole milk with a sippy cup.

Establishing Healthy Eating Habits

Children have natural ability with eating. They eat as much as they need, they grow in the way that is right for them, and they learn to eat the food their parents eat. Step-by-step, throughout their growing-up years, they build on their natural ability and become eating competent. Parents let them learn and grow with eating when they follow the Division of Responsibility in Feeding. Remember it can be 20 yucks to 1 yum- keep offering different foods.

The Division of Responsibility for infants:

- The parent is responsible for what.
- The child is responsible for how much (and everything else).
- Parents choose breast- or formula-feeding, and help the infant be calm and organized. Then they feed smoothly, paying attention to information coming from the baby about timing, tempo, frequency, and amounts.

The Division of Responsibility for babies making the transition to family food:

- The parent is still responsible for what as well as when and where the child is fed.
- The child is still and always responsible for how much and whether to eat the foods offered by the parent. Don't become a short order cook!

Learn more at: <http://ellynsatterinstitute.org>

Other Helpful websites:

- American Academy of Pediatrics (AAP.ORG)
- Healthychildren.org
- World Health Organization (WHO.org)