

Feeding Your Infant

A Feeding Guide for 0-24 Months

Feeding your baby is one of the most important tasks you face as a parent. Good nutrition will help support the rapid growth and development of your infant during his first two years of life. This guide answers common feeding questions and gives you information you need to meet your baby's nutritional needs.

The recommendations given here are general guidelines. Adapt these suggestions to your baby's rate of growth and the recommendations of your doctor, nurse, or dietitian. A baby's physical development should help determine the right time to introduce new foods and textures, not necessarily by age alone.

Birth to 4 Months

Development

Feeding time is a natural time to hold, cuddle, and talk to your baby. This will help you and your baby bond with one another. When the cheek is stroked with a nipple or finger, the root reflex causes the infant to turn his head toward the touch.

Basic Diet

Human milk is recognized as the optimal feeding for all infants by the World Health Organization (WHO), the American Academy of Pediatrics (AAP), and The United States Preventive Services Task Force. Each of these organizations recommend breastfeeding for the first 6 months of life. Infant formula is the only other appropriate alternative to breast milk. Ask your doctor which formula is best for your baby.



Breast-Feeding Guidelines

- Let your baby set her own feeding schedule by feeding on demand. Feeding on demand means that your baby is ready to eat whenever they show you the following cues:
 - Bringing hands to mouth
 - Sucking on fists or fingers
 - Rooting
 - Fussiness including soft sounds, waking or tossing
- Breast or bottle feedings will average 8 to 12 times per day in the first few weeks of your baby's life. If the baby is allowed to nurse more often, milk supply will increase to meet the demand. Feedings may drop to 6-9 feedings per day in the next 2-4 months.

Dietitian: _____

Phone: _____

Facility: _____

- The mother should offer both breasts at each feeding. Allow the baby to empty each breast before switching sides in order to allow the baby to receive hind milk. Hind milk is the creamy milk that comes at the end of the feeding (usually after 10-15 minutes) that provides extra calories and fat that is important for your baby to grow. Timing on each breast will vary for every baby but could range from 5 minutes to 30 minutes or more.
 - Your baby should have at least 6 wet diapers and about 4 stools a day after the first 5 days of life; this will let you know that your baby is getting enough to eat and staying hydrated.
 - Water is not routinely recommended. Babies can stay well hydrated with breast milk or formula. Plain water may fill the baby up so he is unable to drink enough of the nutritious breast milk.
 - Give vitamin and mineral supplements as recommended by your doctor. Breastfed infants need 400 units of Vitamin D daily. Additional iron and fluoride supplementation may be indicated around 4-6 months of life.

When You Are Away From Your Baby

- Pump extra breast milk to be used when you are away from your baby and be sure to pump at regular feeding intervals when you are away from your baby (every 3-4 hours). Use the following chart for storing and thawing breast milk.

Storage Time for Human Milk	Deep Freeze (0° F)	Refrigerator Freezer (variable ~ 0° F)	Refrigerator (39° F)	Room Temperature (66° F - 72° F)	Room Temperature (73° F - 79° F)
Freshly Pumped	12 months	3-4 months	5 days	6-10 hours	4-6 hours
Thawed in refrigerator, after being frozen	Do Not Refreeze	Do Not Refreeze	24 Hours	4 Hours	4 hours

Formula Feeding Guidelines

- Infant formulas are available as ready-to-feed, powder, or concentrate.
 - Ready-to-feed formulas are available in a variety of sizes and require no preparation or addition of water.
 - Powdered formulas should be mixed carefully according to directions and with the appropriate recipe to provide required calories per ounce.
 - Formula concentrates must also be mixed with water, never mistake for a ready-to-feed and give without diluting first!
- Bottle-feeding should also be on-demand. Plan to feed your newborn at least 6-8 times per day (or every 3-4 hours) starting with 2-3 ounces per feeding and advancing to up to 4 ounces per feeding the first 3-4 months of life.
- Every baby has their own bottle preference. Talk to your doctor or a developmental therapist for more specific recommendations on what type of bottle will work best for your infant.



This handout is meant for use during an appointment with a registered dietitian only and is not intended for use by other clinicians.

- Do not force your baby to finish all the formula in their bottle. Look for fullness cues including:
 - Turning head away from bottle
 - Showing interest in things other than eating
 - Closing mouth or sealing lips
 - Falling asleep
- Formula can be provided at a cool temperature, room temperature, or body temperature. Heating formula in the microwave is not recommended. The bottle may only feel warm, but the milk in the middle can be hot enough to cause burns. It is best to use warm tap water to mix the formula or warm the bottle under the faucet or in a pan of hot tap water instead.
- Formula stays good in the refrigerator for up to 24 hours once mixed. Throw away formula after feeding that is left for more than 2 hours.
- Use a clean bottle for each feeding. Never re-use a dirty bottle for another feeding. You can sanitize your bottles in the dishwasher if that is deemed safe by the bottle manufacturing company, or hand wash your bottles by soaking them in hot soapy water, scrubbing them with a bottle brush, and rinsing out thoroughly with hot water.
- Six wet diapers per day and regular stools are a good sign that feedings are going well and your baby is eating enough.
- Hold your baby during feedings so that he feels loved and safe. NEVER prop or put your baby to bed with a bottle. The baby could choke because he can't push the bottle away.



Trip Guidelines:

Always refrigerate prepared formula in bottles. If a refrigerator or cooler isn't available, do one of the following:

- Pre-measure water into a clean bottle. When your baby is hungry, just add powdered formula. Bring extra tap water to mix the formula as needed.
- Buy ready-to-feed formula in small cans or bottles. Pour them into clean bottles when the baby is hungry or attach nipple directly to ready-to-feed bottle as applicable. Be sure and throw away leftovers.

4 to 6 months

Development

Around this age, your baby should have nearly doubled their birth weight and be preparing to try solid foods. Signs that your infant is ready to begin learning to eat from a spoon may include sitting up straight with support or on their own, putting hands to mouth, and showing interest in the food you eat. He can also show you when he is full by turning his head or not opening his mouth.

Basic Diet

Although breast milk and formula are the only foods your baby needs at this age (4-6 feedings per day averaging anywhere from 24-32 ounces of milk per day), you may want to start familiarizing him with the feel of a spoon. Supplemental foods will soon be important to support normal growth, satisfy hunger and support increased energy needs.

This handout is meant for use during an appointment with a registered dietitian only and is not intended for use by other clinicians.

Cereal Feeding Guidelines

- Purchase iron-fortified baby rice cereal as the first solid food for your baby to try as it causes the fewest allergy problems when introduced after 4-6 months. Use only single-ingredient baby cereals like rice, barley, and oatmeal to begin.
- Mix 1 Tablespoon cereal with 4 Tablespoons of breast milk, formula, or water. Do not add sugar, honey, or salt. The cereal will be thin, but be sure to feed your baby using a spoon. Using a small spoon, place a tiny amount of cereal between the baby's lips. Much of the cereal may be forced back out of the mouth by the back and forth movement of the tongue. Gradually your baby will learn to move the cereal to the back of the mouth for swallowing. Be patient. This is a new taste, a new texture and a new learning experience for your infant.
- Offer your baby 1-2 Tablespoons of baby cereal twice a day (breakfast and dinner work well). Again, be patient. Your baby may refuse to eat the cereal at first. Try it again in a few days.
- Once your infant gets the hang of swallowing the cereal with the spoon, gradually add less milk and increase the volume at each feeding until he can take about 2 Tablespoons twice a day.
- Soon you will be able to offer different varieties of grains. When offering a new kind of cereal, always feed the same kind for several days in a row. This makes it easier to check for allergic symptoms such as diarrhea, vomiting, hives or rash. If the new cereal bothers your baby, don't feed it to him for a while. Try the food again next month. Mixed grain cereals are only offered to infants 9 months or older.

General Feeding Guidelines

- Start feeding baby in a high chair when he can sit up.
- The introduction of water to drink may be offered once solid food feedings have been established.
- Use your microwave with caution. Make sure that food is not too hot. Always stir foods and taste them before serving your baby.
- There is no need to add salt or sugar to your baby's food.
- Wait to feed your baby honey or foods made with honey until after 1 year of age. Babies can get very sick from a bacteria called botulism that may be found in honey.

Trip Guidelines

- Pack an extra bib, baby spoon, and serving bowl for your baby.
- Pre-measure dry cereal in a plastic bowl with a lid. Add the breast milk or formula later.
- Buy individual packets of baby cereal or measure out single servings of cereal into plastic bags.
- Always pack extra food. You never know when the trip will take longer than planned.

6 to 8 months

Development

By about 6 months, babies can reach for objects and grasp them with their whole hand. Anything grasped by the child usually goes immediately into the mouth. The jaw begins to use the up and down movement, which allows the infant to learn to chew. Experimenting with mouth movements at this stage is essential to language development.



This handout is meant for use during an appointment with a registered dietitian only and is not intended for use by other clinicians.

© 2016 Intermountain Healthcare. All rights reserved. The content presented here is for your information only. It is not a substitute for professional medical advice, and it should not be used to treat a health problem or disease. Please consult your healthcare provider if you have questions or concerns. Patient and Provider Publications RD012 – 01/17

Basic Diet

During this time, your baby's diet will still include breast milk or formula (4-5 feedings per day for a total of 32-40 ounces per 24 hours). After trying all the baby cereals, your baby will be ready for strained fruits, vegetables, and pureed meat. He will also enjoy grasping and gumming foods. Toast strips or swieback, crackers, teething biscuits and other easily handled foods should be offered.

Guidelines for Adding Fruits and Vegetables

- Feed only one new strained fruit, vegetable, or pureed meat each week. This way you can tell if the food bothers the baby.
- Use commercially prepared baby food (including vegetables, fruits, or meats) or:
 - Well-cooked, strained or pureed vegetables.
 - Peeled, cooked, or canned fruits that have been strained or pureed.
 - Blended meat processed in a blender or baby food grinder.
- Offer your baby 1-2 Tablespoons of both a fruit and vegetable each day. Start with yellow and orange vegetables; they are the most easily tolerated. Then progress to dark green vegetables. Start using fruit 1 week after vegetables. When using canned fruits, choose those packed in light syrup or water. Try applesauce, apricots, peaches, pears, plums, nectarines, etc. Gradually increase serving size to 2-3 Tablespoons of each.
- If you choose to offer juice, only offer 100% pasteurized juices. Buy "mild" juices such as apple, pear, and grape (with Vitamin C added). Wait until your baby is one year old before giving her orange or grapefruit juice. One 2-4 ounce serving per day is plenty (10). Be cautious with offering fruit juice so that it does not replace more nutritionally appropriate fluids such as breast milk or formula.
 - When offering juice, offer in a cup only (preferably in a covered baby cup with a spout and two handles), not a bottle. When the baby drinks juice from a bottle, the sugar can stay in contact with the teeth too long and cause tooth decay.
 - Consider diluting 100% juice with 50% water for infants and toddlers.

Feeding Guidelines

- When using commercial baby food, take only the amount of food your baby will eat at one time out of the jar. Throw away any left in the bowl after the feeding that your baby's mouth or spoon has touched. You can refrigerate the remaining food for up to 2 days.
- You do not need to add extra sugar, salt or artificial sweeteners to your baby's food. Offer foods with natural sugars such as fruit, fruit juices, low-sugar cereals, and crackers.
- Use microwaves cautiously. Always stir the baby's food and taste it to be sure that it isn't too hot in places.
- Continue to feed baby cereal at breakfast and dinner.
- Pull your baby's high chair up to the table so that he can be a part of the family.

This handout is meant for use during an appointment with a registered dietitian only and is not intended for use by other clinicians.

© 2016 Intermountain Healthcare. All rights reserved. The content presented here is for your information only. It is not a substitute for professional medical advice, and it should not be used to treat a health problem or disease. Please consult your healthcare provider if you have questions or concerns. Patient and Provider Publications RD012 – 01/17

Making Baby Foods at Home

- Before you prepare food for your baby, make sure that your hands, utensils and the food are all very clean.
- Use fresh foods when possible. Remove skin, pits and seeds from fruit. Cut away excess fat, gristle, skin and bones from meat, fish and poultry.
- Wash and cook foods with as little water as possible to avoid displacing nutrients with too much water.
- Cook foods until tender without added seasoning. Steaming fruits and vegetables will reduce vitamin loss.
- Put cooked food through a baby food grinder, blender or mash it through a strainer. Add enough cooking liquid, milk or water to make a usable consistency.
- Place baby food immediately in ice cube trays or drop by the spoonful onto cookie sheets. Freeze until solid and transfer to tightly sealed plastic bags. Clean baby food jars can also be used. Remember to leave space at the top of the jar for the food to expand as it freezes.
- Label and date all frozen baby foods. Use within one month to avoid loss of nutritional value.
- Thaw frozen foods as needed in a double boiler, a custard cup set in a pan of water, an egg poacher, or a microwave oven.

Trip Guidelines

- Bring along a covered baby cup.
- Buy small jars of baby food.
- Throw away leftovers if you can't refrigerate the jar.



8 to 10 months

Development

At this age, the infant can sit alone without support and begins to pick up objects with his thumb and finger. Give soft, bite-sized pieces of food to encourage this. Your baby will have improved chewing skills at this point and can try soft or mashed fruit and vegetables, rather than strained. Your baby can also suck from a cup, but liquids frequently leak from the corners of his mouth.

Basic Diet

Your baby's diet will include breast milk or formula (3-4 feedings per day for 24-32 ounces per 24 hours), iron-fortified cereal, vegetables, fruits, meats, and chewing foods. Vitamin/mineral supplements should be given as prescribed by your doctor. This is also the time to start finger foods. Finger foods help your baby learn how to feed himself.

Feeding Guidelines

- Cook meats without seasonings. Remove all bones and skin before straining or blending. If using commercial baby foods, choose plain meats rather than mixed vegetable and meat dinners. Mixed dinners don't have as much iron or protein.
- Selections for meat include: ground lean beef, pork, lamb, veal, chicken, turkey, pureed dried beans or split peas, mild cheese, cottage cheese, egg yolk (egg whites should not be used until baby is 12 months because of the high chance of allergic reaction).

This handout is meant for use during an appointment with a registered dietitian only and is not intended for use by other clinicians.

© 2016 Intermountain Healthcare. All rights reserved. The content presented here is for your information only. It is not a substitute for professional medical advice, and it should not be used to treat a health problem or disease. Please consult your healthcare provider if you have questions or concerns. Patient and Provider Publications RD012 – 01/17

- Start with 1 Tablespoon and increase to 2-3 Tablespoons per serving. Offer meat 2 times per day, lunch and dinner work well.
- Meats taste better when served warm. Keep moist and tender by using gravy, broth or juice. You can also mix meat with your baby's favorite vegetable.
- Feed your baby ground or finely chopped meat as he gets more teeth.
- Suggestions for bite-sized finger foods include: toast strips, soft and peeled fruit pieces, soft-cooked vegetable pieces, cooked macaroni or noodles, tiny moist meatballs, mild cheese cubes or strips, and gelatin cubes.

Travel Tips

- Pack foods that don't need refrigeration, such as: crackers, bread, dry cereal, baby juices, etc.
- Share part of your restaurant meal with your baby using the previously mentioned guidelines

10 to 12 months

Development

Your baby will begin to experiment with self-feeding and holding a regular cup with help. He may be more interested in feeling the food than eating it. Offer finger foods and prepare for messiness. Let him touch, taste and smell all kinds of foods. Babies need to explore and learn. Increased ability to chew will allow the use of more chopped and soft table foods. Expect a smaller and pickier appetite as your baby's growth rate slows down at about 1 year.



Basic Diet

Your baby's meal pattern should begin to resemble that of the rest of the family with 3 meals and 2 snacks. Continue to expand the variety of fruits, vegetables, protein foods, breads and cereals. Include a dark orange or dark green vegetable at least 3 times per week. Frequently offer juice or water in a cup. Limit juice to 4 ounces per day.

There isn't a set age at which weaning from breast milk should occur. If weaning occurs before age one, it is best to wean to a commercial formula. Weaning can be accomplished by gradually dropping one feeding at a time. This transition will be easier if you wait four to five days between omitting each feeding. When the feedings are reduced to 1 per day, the amount of nursing time can be gradually decreased until weaning is complete.

The American Academy of Pediatrics Committee on Nutrition has concluded that infants should not be fed whole cow's milk during the first year of life as cow's milk has been found to have lower intakes of iron, essential fatty acids, and Vitamin E in addition to excess amounts of potassium, sodium, and protein.

12 to 24 months

Development

Your child is now a toddler and eating foods from the 5 basic food groups. His rate of growth has slowed, so he may not eat or drink as much as the first year. Your toddler should be able to finger-feed himself and this will be very important for his development and relationship with food.

This handout is meant for use during an appointment with a registered dietitian only and is not intended for use by other clinicians.

Feeding Guidelines

- Use whole milk. Children under 2 should not be on a low fat diet. Toddlers need extra calories from fat to have enough energy and nutrients for growth and development. Additionally, substitute or imitation milks such as rice, oat, or nut milks are inappropriate to meet a toddler's nutrient needs and should not be offered unless properly supplemented.
- Encourage your toddler to drink milk from a cup instead of a bottle. If he can't tolerate milk, talk with your doctor about alternatives.
- Toddlers can be very picky eaters. Offer small portions and never force him to clean his plate. Healthy children will eat when they are hungry and stop when they are full.
- Be patient when your child will only eat one food. Give him the requested food for a few days. Most likely he will become bored with the food if you don't make a big deal out of it. Keep offering small amounts of other foods, but never force them.
- Make meals interesting. Serve foods that are:
 - **Colorful** - cooked carrots and peas
 - **Crunchy** - crackers and toast
 - **Smooth** - yogurt and pudding
 - **Warm** - neither too hot or too cold
- Feed your toddler the same foods you feed the rest of your family and feed at a similar schedule. Offer 3 regular meals and 2 to 3 snacks every day.
- Respect your child's likes and dislikes. If he rejects a food today, offer it again next week. You may have to offer a new food 10 to 20 times before your child tries it.
- Buy plastic child-size plates with separate compartments. Some toddlers don't like to mix their foods together.
- Set a good example. Your toddler will tend to like the same foods you like.
- Let your toddler sit at the table in a booster chair.



Feeding Practices to Avoid

- Putting the baby down with a bottle at nap or bedtime allows milk to pool in the baby's mouth as he goes to sleep. This can lead to tooth decay and ear infections.
- Adding salt and sugar to baby's food isn't necessary and should be avoided.
- Offering foods such as nuts, seeds, popcorn, raw vegetables, candy or gum can cause choking.
- Sweet desserts, candy, soft drinks, fruit-flavored drinks, sugar-coated cereals and other sweets provide few nutrients and should be avoided.
- Encouraging your baby to eat after he is full will establish a habit of overeating. Avoid the temptation to make your child finish every bite of food.

How to Prevent Choking

The following foods are hard for children to chew without a full set of teeth. They could cause the child to choke. Offer these foods only when the child can chew and swallow well. Always watch your child when he is eating:

- | | | |
|---------------------------|-----------------|---|
| – Apple chunks and slices | – Sausage | – Peanuts-all nuts and seeds |
| – Grapes | – Peanut butter | – Round candies |
| – Hot dogs | – Popcorn | – Hard chunks of uncooked vegetables like carrots |

This handout is meant for use during an appointment with a registered dietitian only and is not intended for use by other clinicians.

Feeding your Infant: Birth to 24 Months

Age	Food Group	Foods	Daily Servings	Serving Size		
0-4 months	Milk	Breast milk or Formula:	On demand			
		0-1 month	8-12	2-5 ounces		
		1-2 months	6-8	3-6 ounces		
		2-3 months	5-7	4-6ounces		
3-4 months		3-4 months	5-7	6 ounces		
		4-6 months	Milk	Breast milk or Formula	5-6	6 ounces
		Grain	Baby cereal (iron-fortified)	2	1-2 Tablespoons	
		6-8 months	Milk	Breast milk or Formula	4-5	6-8 ounces
6-8 months	Grain	Baby cereal (iron-fortified)	2	Tablespoons		
		Bread	Offer	½		
	Fruit	Crackers		2 crackers		
		Fruit	2	Tablespoons		
	Vegetable	Fruit Juice	1	3 ounces (from cup)		
		Vegetables	2	2-3 Tablespoons		
8-12 months	Milk	Breast milk or Formula	4-5	6-8 ounces		
		Mild cheese		½ ounces		
		Cottage cheese	Offer	½ cup		
		Plain yogurt		¼ cup		
	Grain	Baby cereal (iron-fortified)	2-3	2-4 Tablespoons		
		Bread or crackers	2-3	½ slice, 2 crackers		
	Fruit	Fruit	2	Tablespoons		
		Fruit Juice	1	3oz (from a cup)		
	Vegetable	Vegetables	2-3	3-4 Tablespoons		
	Meat	Chicken, beef, pork	2	3-4 Tablespoons		
12-24 months	Milk	Whole milk, yogurt	4	½ cup		
		Mild cheese		½ ounces		
		Cottage cheese		¼ cup		
		Grain	Cereal, pasta or rice	6	¼ cup	
	Fruit	Bread, muffins, rolls		½		
		Crackers		2 crackers		
	Vegetable	Cooked or juice	2	3 ounces		
		Whole		½ medium		
	Meat	Cooked or juice	3	3 ounces		
		Whole		½ medium		
	Fish, chicken, turkey, beef, pork	2	¼ cup			
	Cooked beans or peas					
	Egg		1			

Intermountain Healthcare complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Se proveen servicios de interpretación gratis. Hable con un empleado para solicitarlo. 我們將根據您的需求提供免費的口譯服務。請找尋工作人員協助

This handout is meant for use during an appointment with a registered dietitian only and is not intended for use by other clinicians.

© 2016 Intermountain Healthcare. All rights reserved. The content presented here is for your information only. It is not a substitute for professional medical advice, and it should not be used to treat a health problem or disease. Please consult your healthcare provider if you have questions or concerns. Patient and Provider Publications RD012 – 01/17