

Feeding During Infancy

Foods	Birth-3 Months	4-6 Months	6-8 Months
Human Milk	10-12 feedings in 24 hours	At least 8 feedings in 24 hours	At least 6 feedings in 24 hours
Iron Fortified Infant Formula	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
Cereals & Grains	NONE	May begin to offer	Rice or oatmeal cereal 2-4 Tbsp 2x/day
Vegetables	NONE	May begin to offer	Pureed carrots, sweet peas, green beans, spinach, winter squash 2 Tbsp 2x/day
Fruits	NONE	May begin to offer	Pureed banana, peach, applesauce 2 Tbsp 2x/day
Proteins	NONE	May begin to offer	Pureed plain meat, poultry, tofu, yogurt 1-2 Tbsp 2x/day
Water	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
Human Milk	Continue to breastfeed whenever you and your baby desire, at least 4 times in 24 hours	
Iron Fortified Infant Formula	<ul style="list-style-type: none"> • 24-32 oz per day • Offer cup 	<ul style="list-style-type: none"> • 16-24 oz per day • Offer cup
Cereals & Grains	<ul style="list-style-type: none"> • Any variety of plain or mixed boxed infant cereal • 2-3 Tbsp twice per day • Unsweetened dry cereal, toast, crackers or soft breads • up to 2 small servings 	<ul style="list-style-type: none"> • Whole grain, unsweetened, dry cereal, toast, crackers, breads, rice, noodles or other grains • 2-3 small servings
Vegetables	<ul style="list-style-type: none"> • Masked/chopped/soft bite sized pieces • 3-4 Tbsp twice per day 	<ul style="list-style-type: none"> • Cooked/mashed/chopped or soft bite sized pieces • 1/4 cup twice per day
Fruits	<ul style="list-style-type: none"> • Peeled, soft, fresh fruit • Soft bite-sized pieces, no seeds • 3-4 Tbsp twice per day 	<ul style="list-style-type: none"> • All peeled, soft, fresh fruits • Soft bite-sized pieces, no seeds • 1/4 cup twice per day
Proteins	<ul style="list-style-type: none"> • Cooked, soft, chopped meat, poultry or fish • Cooked beans, egg, cottage cheese, yogurt, or tofu • 2-3 Tbsp per day 	<ul style="list-style-type: none"> • Ground, chopped or bite-sized pieces of lean meat, poultry, fish • Cooked beans, egg, cottage cheese, yogurt, or tofu • ¼ cup twice per day
Water	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

