

SOUTH RIVER PEDIATRICS FEEDING GUIDE

Please note that this is a general guide...each infant is unique. Talk with your healthcare provider about the schedule that is appropriate for your infant.

Age	Food	Number of Times per Day	Suggested Serving Size	Feeding Tips
0 to 4 months	Breast Milk Formula (iron-fortified): 0 to 1 month 1 to 2 months 2 to 3 months 3 to 4 months	On Demand (8-12 feedings) 6 to 12 times 5 to 7 times 4 to 6 times 4 to 6 times	Nurse 5 to 15 Minutes Per Breast 2 to 3 oz 3 to 5 oz 4 to 7 oz 5 to 8 oz (total: 16-32oz)	*See healthychildren.org "Nutrition 0-12mo". *Don't microwave bottles. *Additional 400 IU of Vitamin D is needed for breastfed infants. *Avoid juice or solids unless directed by doctor.
4 to 6 months	Breast Milk Formula (iron-fortified) May consider: Pureed Meats May consider: Infant Cereal (single grain)	4 to 6 times 4 to 6 times 1 time 1 to 2 times	6 to 8 oz (total: 24-32oz) 1 to 2 tsp 1 to 2 tbsp. mixed with breast milk, formula, or water	* The American Academy of Pediatrics recommends solely breast feeding and no solids until 6 months. * Delay solids until infant is able to sit with support & has good head/neck control. *No added salt or sugar. *Don't put cereal in the bottle unless directed by doctor. *Feed from a bowl with spoon. *If concern for allergy to eggs, soy, milk, peanuts, tree nuts, fish, shellfish, discuss with doctor. *Avoid all milk (cow's, almond, soy, etc) honey and hard/round foods. *Vegetarian/vegan diets are not appropriate in infancy.
6 to 8 months	Breast Milk Formula (iron-fortified) Infant Cereal Pureed meats Fruits Vegetables	3 to 5 times 3 to 5 times 1 to 2 times 1 to 2 times 1-2 times 1-2 times	6 to 8 oz (total 24-32oz) 2 to 4 tbsp 2-4 tbsp(up to ½ cup/day) 2 to 4 tbsp(up to ½ cup/day) 2 to 4 tbsp(up to ½ cup/day)	*Initially give breast milk or formula before giving solids. *Start with one single ingredient. Introduce new one every 3-5 days. *Up to 10 exposures may be needed before a new food is accepted. *Don't heat baby cereal in microwave *Try using a cup. *Water is not needed but may be given in small amounts in cup especially in hot weather discuss with doctor. *Don't give a bottle in bed. *Average meal size 4oz.

8 to 12 months	Breast Milk	3 to 4 times		*If concern for milk allergy, avoid all dairy. *Combination foods given after tolerating individual. *Average meal size is 6oz 2-3 times per day. *Goal is 3 meals per day and one snack of 50 calories. *By 8mo, infants should consume foods from all food groups. *Strive for 5 colors of fruits/veggie per day. * By 9mo start soft finger foods; infants can chew and shallow more solid soft foods (cooked pasta,vegetables). *No hotdogs or pieces of meat that need more chewing. *Feed in high chair. *At least one meal/day should have foods rich in Vitamin C.
	Formula (iron-fortified)	3 to 4 times	6 to 8 oz (total:16-32oz)	
	Other Dairy Foods (Yogurt, cheese, cottage cheese)	1 to 2 times		
	Protein Foods (lean meat, chicken, fish (strained, chopped or small tender pieces), egg yolk, cooked beans)	1-2 times	Approx 1- 1 ½ cups/day	
	Grains: Infant Cereal Crackers/Bread	1 to 2 times 1 to 2 times		
	Fruits (peeled, soft fruit wedges(no seeds), bananas, peaches, pears, oranges, apples, canned fruits)	3 to 4 times	Approx 1 cup/day	
	Vegetables (cooked and mashed fresh or frozen, cooked vegetable pieces)	1 to 2 times	Approx 1 cup/day	

After your baby's first birthday:

- You may give whole milk instead of formula until 2 years old.
Total of 16oz per day. May consider low-fat milk (ask your doctor).
- Continue to have meals in high chairs or at table.
- DO NOT allow child to walk around and eat small amounts of food frequently (grazing) or to walk around with milk bottles or juice cups.
- Give your child snacks at the table. Snacks are important for your child's increasing energy needs.