



Feeding Guide for Healthy Infants

Endorsed by Avera Children's Hospital

Foods	Birth – 6 Months	6 – 9 Months	9 – 12 Months
*Breast Milk on Demand	0-3 mo: 8-12 feedings in 24 hours 4-6 mo: 7-9 feedings in 24 hours	4-6 feedings in 24 hours The American Academy of Pediatrics recommends exclusive breastfeeding for the first six months.	3-4 feedings in 24 hours Can offer cheese (1/2 oz.), yogurt (1/2 cup) or cottage cheese (1/4 cup).
Infant Formula on Demand	0-1 mo: 18-24 oz. per 24 hours 1-2 mo: 22-28 oz. per 24 hours 3-4 mo: 25-40 oz. per 24 hours 5-6 mo: 25-45 oz. per 24 hours	3-5 feedings of 6-8 oz. Start using a cup.	3-4 feedings of 6-8 oz. in 24 hours; Can offer cheese (½ oz.), yogurt (½ cup) or cottage cheese (¼ cup).
Fruit Juices (Diluted to 1/2 juice - 1/2 water)	NONE	Children do not need juice before one year of age; however, you can offer 2 oz./day of diluted 100% fruit juice with vitamin C in a child-sized cup.	Diluted 100% fruit juice with vitamin C; offer 2 oz. in a child-sized cup two times a day.
Cereals and Breads	NONE	Start with 2-4 tablespoons iron-fortified rice cereal, two times per day, mixed with breast milk, formula or water. Wait 2-3 days before adding a new cereal, gradually adding all types of plain, boxed infant cereals.** Slowly start crackers, bagels and zwieback toast.	Two servings per day; cereal (2-4 tablespoons per serving) OR bread (½ slice per serving) OR bagel (½ bagel per serving) OR crackers (two crackers per serving).
Vegetables and Fruits (If you make your own baby food, do not add salt or sweeteners.)	NONE	Give four servings of 2-4 tablespoons strained or pureed fruits and vegetables. To watch for food reactions, start with one food at a time. Wait 3- 5 days before adding a new food.	Four servings (2-4 tablespoons per serving) of fruits and vegetables per day.
Protein	NONE	At six months, you may also begin two servings per day of strained meats (2-4 tablespoons per serving).	Two servings per day (2-4 tablespoons per serving) of fish, pork, chicken, beef, beans or egg.
Water	NONE	Offer in cup	Offer in cup

*The American Academy of Pediatrics recommends exclusive breastfeeding for the first six months and breastfeeding with supplemental foods for at least 12 months and beyond.

**Talk to your doctor/provider to see if he/she feels your baby is ready for solid foods. Most babies do not start solids until 6 months of age when they have met ALL criteria for starting solid foods.

Foods to avoid in the first 12 months

- Bacon, lunch meats, hot dogs
- French fries
- Creamed vegetables
- Puddings, ice cream, cookies, cake, candy
- Sweetened drinks (iced tea, fruit drinks and punches) and sodas
- Cow's milk
- No honey in the first year!

Criteria for starting solid foods

- Baby holds head steady and sits with support
- Reaches for food and shows interest in food
- Opens mouth when he/she sees food
- No longer thrusts tongue out during feeding; able to keep food in mouth and swallow it
- Turns head away when full

Your health care provider can help you decide when your baby is ready for solid foods.

Breast milk may not provide enough iron and zinc after 6 months. Meats and iron fortified cereals will be helpful for breastfed babies after they reach 6 months of age.

First foods

The first solid food for babies has traditionally been baby cereal. According to the American Academy of Pediatrics, you can introduce solid foods in any order you like. First foods can also be things like pureed avocado, sweet potato and banana. Try one new food at a time, and wait a few days to help spot potential allergies. Once your baby is ready to move beyond pureed food, the AAP recommends exposing him or her to a variety of healthy foods, and a variety of textures and flavors. Avoid home prepared spinach, beets, green beans, squash and carrots in the first 6 months; these may contain high levels of nitrates that a baby cannot yet handle. You can use commercially prepared versions of these foods. Do not use well water to prepare foods for babies under 6 months. When you make your own baby food, avoid excess salt or sweeteners. Check with your health care provider about iron and vitamin D supplements, or if you have questions about your baby's diet.

Remember

- Your baby's bottle is for breast milk and formula only.
- Do not add cereal or juice to bottles.
- Do not give your baby soda, fruit flavored drinks or punches. These fluids can harm your baby's teeth.

Allergies

If you have a family history of food allergies, be sure to consult with your health care provider before introducing foods with a higher likelihood of allergy, such as peanut butter, nut butters, fish, shellfish, eggs and cow's milk.

Choking concerns

Foods that present a high choking risk in children include whole grapes; popcorn; hot dogs cut in round pieces; chunks of hard, raw fruits or vegetables like apples; and large marshmallows.

Any food can cause choking. Be sure to cut foods into small pieces and always supervise your baby at mealtime.

Using the cup

Your baby can begin using a cup at 6 months of age. Be patient! This will take some practice! According to the S.D. Health Department, your goal should be to wean your baby from the bottle by about one year. Start with a sippy cup with handles, but avoid spill-proof cups with valves unless they are only used for water. Even though they are less messy, these cups require a sucking action that bathes the teeth in liquid that can cause tooth decay. (You can remove the valve from the cup.) Another good cup option is a cup with a soft, fold down straw. Your goal should be to help your child learn to drink from an open cup. Using an open cup channels the liquid to the back of the mouth and is less harmful to teeth.

Family mealtime

Twelve months of age is a good time to start a family meal and snack time routine. Because children have small tummies, they will need three meals and two to three healthy snacks daily. Offer a variety of foods from all food groups. When introducing a new food, it may take up to 10 attempts before a child accepts the new food.