

# HOW TO FEED YOUR BABY STEP-BY-STEP

Every baby is very special. Don't worry if your baby eats a little more or less than this guide suggests. In fact, this is perfectly normal. The suggested serving sizes are only guidelines to help you get started.

AGE	FOOD GROUP	FOODS	DAILY SERVINGS	SUGGESTED SERVING SIZE	FEEDING TIPS
0-4 Months	Milk	Breast Milk	On demand		<ul style="list-style-type: none"> <li>• Nurse as long and as often as your baby wants - every 1-1/2 to 2 hours is okay.</li> <li>• Nurse baby at least 10-20 minutes on each breast.</li> <li>• Six wet diapers a day is a good sign that your baby is getting enough to eat.</li> <li>• If you bottle feed, hold your baby while feeding.</li> <li>• There's no need to force your baby to finish a bottle.</li> <li>• Babies should never be put to bed with a bottle. It can cause choking and baby bottle tooth decay.</li> <li>• Heating formula in the microwave is not recommended as milk may heat unevenly and burn your baby's mouth.</li> </ul>
		or Formula*			
		0-1 months	6-8	2-3 ounces	
		1-2 months	5-7	2-5 ounces	
2-3 months	4-7	3-6 ounces			
3-4 months	4-6	5-7 ounces			
4-6 Months	Milk	Breast milk or Formula*	On demand 4-6	6-8 ounces	<ul style="list-style-type: none"> <li>• Breast milk or formula has all the nutrition your baby needs and will satisfy your baby longer than cereal.</li> <li>• Start iron-fortified baby cereal by spoon when your baby shows these signs of readiness: SITS WITH SUPPORT OPENS MOUTH WHEN FOOD IS OFFERED ABLE TO MOVE SEMI-SOLID FOOD FROM THE FRONT OF TONGUE TO THE BACK</li> <li>• Introduce only one new cereal each week.</li> </ul>
	Grain	Baby cereal (iron -fortified)	1-2	1-2 tablespoons	
6-8 Months	Milk	Breast milk or Formula*	On demand 3-4	6-8 ounces	<ul style="list-style-type: none"> <li>• Add strained vegetables and fruits first, then add cooked vegetables and mashed or finely chopped fruits later.</li> <li>• Feed only one new fruit or vegetable each week.</li> <li>• When using food from a jar, remove amount for one feeding and refrigerate the unused portion.</li> <li>• Try giving water in a cup, 2 ounces 1-2 times/day. Do not give juice to your baby.</li> <li>• Feed only one new food each week.</li> </ul>
	Grain	Baby cereal (iron -fortified) Bread or Crackers	2 Offer	2-4 tablespoons 1/2 slice or 2 crackers	
	Fruit	Fruit	2	2-3 tablespoons	
	Vegetable	Vegetables	2	2-3 tablespoons	

\*If you are bottle feeding, most doctors recommend iron-fortified formula. Ask your doctor which formula is best for your baby.

AGE	FOOD GROUP	FOODS	DAILY SERVINGS	SUGGESTED SERVING SIZE	FEEDING TIPS	
8-12 Months	Milk	Breast Milk	On demand		<ul style="list-style-type: none"> <li>• Add strained or finely chopped meats now. Offer only one new meat a week.</li> <li>• Wait until baby's first birthday to feed egg whites. Some babies are sensitive to the egg white. It's okay to give baby <u>cooked</u> yolks.</li> <li>• Offer fresh fruit and cooked vegetables in bite size portions. Some fruits may need to be peeled (apples, pears).</li> <li>• Be patient. Babies are messy when they feed themselves.</li> <li>• Always taste heated foods before serving them to baby to make sure they are not too hot.</li> <li>• Continue to offer water in a cup.</li> <li>• Offer finger foods to encourage self-feeding.</li> <li>• Let baby use a spoon for self-feeding.</li> <li>• Do not give your baby honey in the first year of life.</li> </ul>	
		or Formula*	3-4	6-8 ounces		
	Grain	Cheese	Offer			1/2 ounce
		Plain yogurt				1/2 cup
		Cottage cheese				1/4 cup
Meat	Chicken, beef, pork, dried beans (cooked) Egg yolk	1-2	3-4 tablespoons 1			
12-24 Months	Milk	Breast Milk or Milk*	On demand 4	1/2 cup	<ul style="list-style-type: none"> <li>* If formula feeding, change to cow's milk now. Ask your doctor which fat level is best for your baby. Choose whole, 2%, 1% or fat free.</li> <li>• Continue breast feeding, if desired, but also offer milk in a cup.</li> <li>• Offer small portions. Never force your toddler to eat.</li> <li>• Try to avoid power struggles over food by respecting your toddler's likes and dislikes. Offer rejected foods at another time.</li> <li>• Make meals fun and interesting. Serve colorful foods that are crunchy, smooth, or warm.</li> <li>• Toddlers need three meals and 2-3 snacks every day. Do your best to offer meals and snacks at about the same time each day.</li> <li>• Wean baby from a bottle to a cup.</li> <li>• Avoid choking. Cut up meats.</li> <li>• Toddlers should be in high chairs for meals and snacks. Do not give them nuts, hard candies, gum or popcorn.</li> </ul>	
		Yogurt, Cheese Cottage cheese	4	1/2 ounce 1/4 cup		
	Grain	Cereal, pasta or rice Bread, muffins, rolls Crackers	6	1/4 cup 1/2 ounce or slice 2 crackers		
	Fruit	Fruit	2	1/2 medium		
	Meat	Fish, chicken, turkey, beef, pork Cooked beans or peas Egg	2	1 ounce 1/4 cup 1		
	Vegetable	Vegetables, fresh or cooked	4-5	1/4 cup (cooked) 1/2 cup (fresh)		