

# 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	<b>Breast Milk</b>  <b>Formula (iron-fortified):</b> 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 <a href="http://healthychildren.org">healthychildren.org</a> "Nutrition 0-12mo". *Breast fed infants may need iron supplementation. *Don't microwave bottles. *Additional 400 IU of Vitamin D is needed. *Avoid juice or solids unless directed by doctor.
4 to 6 months	<b>Breast Milk</b>  <b>Formula (iron-fortified)</b>  <b>May consider:</b> <b>Pureed Meats</b>  <b>May consider:</b> <b>Infant Cereal (single grain)</b>	4 to 6 times  4 to 6 times  1 time  1 to 2 times	6 to 8 oz (total: 24-40oz)  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. *Avoid cow's milk, honey and hard/round foods. *Vegetarian/vegan diets are not appropriate in infancy.
6 to 8 months	<b>Breast Milk</b>  <b>Formula (iron-fortified)</b>  <b>Infant Cereal</b>  <b>Pureed meats</b>  <b>Fruits</b>  <b>Vegetables</b>  <b>Infant juice (Vitamin C fortified)</b> (only from a cup)( <u>Not Required</u> )	3 to 5 times  3 to 5 times  1 to 2 times  1 to 2 times  1-2 times  1-2 times  1 time	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)  2oz	*Initially give breast milk or formula before giving solids. *Start with meats then cereal then fruits/vegetables. *Start with one single ingredient. Introduce a 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 *Keep solids refrigerated, opened jars up to 48hrs. *If you have well water your baby may need Fluoride. *Try using a cup. *Don't give a bottle in bed. *Average meal size 4oz.

8 to 12 months	<b>Breast Milk</b>	3 to 4 times		<p>*Combination foods given after tolerating individual.</p> <p>*Average meal size is 6oz 2-3 times per day.</p> <p>*Goal is 3 meals per day and one snack of 50 calories.</p> <p>*By 8mo, infants should consume foods from all food groups.</p> <p>*Strive for 5 colors of fruits/veggie per day.</p> <p>* By 9mo start soft finger foods; infants can chew and shallow more solid soft foods (cooked pasta,vegetables).</p> <p>*No hotdogs or pieces of meat that need more chewing.</p> <p>*Feed in high chair.</p> <p>*Give juice in a cup.</p> <p>*Juice does not replace milk.</p> <p>*At least one meal/day should have foods rich in Vitamin C.</p>
	<b>Formula (iron-fortified)</b>	3 to 4 times	6 to 8 oz (total:16-32oz)	
	<b>Other Dairy Foods</b> (Yogurt, cheese, cottage cheese)	1 to 2 times		
	<b>Protein Foods</b> (lean meat, chicken, fish (strained, chopped or small tender pieces), egg yolk, cooked beans)	1-2 times	Approx 1- 1 ½ cups/day	
	<b>Grains:</b> Infant Cereal	1 to 2 times		
	Crackers/Bread	1 to 2 times		
	<b>Fruits</b> (peeled, soft fruit wedges(no seeds), bananas, peaches, pears, oranges, apples, canned fruits)	3 to 4 times	Approx 1 cup/day	
	<b>Vegetables</b> (cooked and mashed fresh or frozen, cooked vegetable pieces)	1 to 2 times	Approx 1 cup/day	
<b>100%Fruit Juice</b> (From a cup)( <u>Not required</u> )		4oz per 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.