

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)	*6 to 8 wet diapers a day good sign your baby is getting enough. *Hold baby and the bottle to feed. *Don't microwave bottles. *Solely breast fed babies need Vitamin D supplements *Avoid juice or solids unless directed by doctor.
4 to 6 months	Breast Milk Formula (iron-fortified) Infant Cereal (from a spoon) May consider: Fruits or Vegetables (see 6-8mo for details)	4 to 6 times 4 to 6 times 1 to 2 times 1 time	6 to 8 oz (total: 24-40oz) 1 to 2 tbsp. mixed with breast milk, formula, or water 1 to 2 tbsp	*Don't prop the bottle. *Use a pacifier if baby wants to suck. *The American Academy of Pediatrics recommends solely breast feeding until 6 months. *If the baby is taking over 32 oz. formula/breast milk consider rice cereal. *Don't put cereal in the bottle unless directed by doctor. *Feed from a bowl with spoon. *Avoid peanuts, tree nuts, wheat, eggs, citrus, acidic foods, and mixed fruit/cereal.
6 to 8 months	Breast Milk Formula (iron-fortified) Infant Cereal Fruits (fresh/cooked, strained fruits), mashed bananas, applesauce. Vegetables (strained or mashed) Protein Foods (pureed meats) Infant juice (only from a cup)(Not Required)	3 to 5 times 3 to 5 times 1 to 2 times 1-2 times 1-2 times 1 time 1 time	6 to 8 oz (total 24-32oz) 2 to 4 tbsp. 2 to 3 tbsp 2 to 3 tbsp 1-3 tbsp 2oz	*Give breast milk or formula before giving solids. *Don't heat baby cereal in microwave. *Keep solids refrigerated. *Start one fruit or veggie at a time. Only strained foods. No food in chunks. Introduce a new one every 3-5 days. *Let doctor know if you are on well water because the baby may need Fluoride. *Try using a cup. *Baby can hold bottle but don't give a bottle in bed.

8 to 12 months	Breast Milk	3 to 4 times		*Start soft finger foods. *Be patient. *Feed in high chair. *Feed only foods that dissolve in mouth. *At 9 months you can start egg yolk then egg whites. *Juice does not replace milk. *Give juice in cup. *No hotdogs or pieces of meat that need chewing. *As child approaches 12 months old may have some raw vegetables if can chew them well.
	Formula (iron-fortified)			
	8-10 months	3 to 4 times	6 to 8 oz (total:16-32oz)	
	10-12months	3 to 4 times	6 to 8 oz (total:16-24oz)	
	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)	1-2 times	2 to 4 tbsp.	
	Grains: Infant Cereal Crackers/Bread/Toast	1 to 2 times 1 to 2 times	1-2 tbsp.	
Fruits (i.e. peeled, soft fruit wedges, bananas, peaches, pears, oranges apples)	3 to 4 times	3 to 4 tbsp.		
Vegetables (cooked and mashed fresh or frozen, cooked vegetable pieces)	1 to 2 times	3 to 4 tbsp.		
100%Fruit Juice (From a cup)(Not required)		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.
- 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.

