

0-3 Months	3-6 Months	6-9 Months	9-12 Months
<ul style="list-style-type: none"> • Breast or prepared formulas • Avoid solids or juices. Speak with the doctor if you think your baby is not satisfied • Breast fed babies may need vitamin supplements • Offer water, especially in the summer months. • Sterilization of bottles not needed after 1 month of age, if cleaned well. 	<ul style="list-style-type: none"> • Breast or prepared formulas <p style="text-align: center;"><u>Cereal</u></p> <ul style="list-style-type: none"> • Rice, oatmeal, barley. Hold wheat-mixed high protein cereals. <p style="text-align: center;"><u>Fruits</u></p> <ul style="list-style-type: none"> • Banana, applesauce, peaches, and pear. Avoid mixtures. <p style="text-align: center;"><u>Juices</u></p> <ul style="list-style-type: none"> • Apple, grape, prunes and cranberry. Start ½ strength to begin. Advance as tolerated. <p>Feed twice daily. Increase slowly; spoon-feeding preferred to infant feeders or in a bottle. Use formula or breast milk to dilute cereal. Feed less as preferred to more. Average amount may be close to 6 oz. Per feeding. Start with 3 tablespoons or so per feeding.</p> <p>Avoid peanuts, tree nuts and citrus completely.</p>	<ul style="list-style-type: none"> • Breast or prepared formulas <p style="text-align: center;"><u>Vegetables</u></p> <ul style="list-style-type: none"> • Yellows, greens, reds, then potatoes <p>Yellow is best tolerated. Use high chair to feed. Start cups; don't force. Start Jr. foods if teeth erupted.</p> <ul style="list-style-type: none"> • Crackers, yogurt, cottage cheese • Fluoride supplements for babies on well-water. • Start baby meat, chicken, or turkey dinners after 4 teeth have erupted. 	<ul style="list-style-type: none"> • Breast or prepared formulas. <p>Start slow by mixing with formula ½ and ½ for two weeks. This may be done earlier in some babies.</p> <ul style="list-style-type: none"> • Egg yolk; then whole eggs, meats, and wheat-mixed cereals. <p>Adult eating patterns: Three meals a day. Decrease amount of formula or milk to 18-24 ounces a day, gradually.</p> <ul style="list-style-type: none"> • Vitamins supplements and fluoride continue, if needed.