

0-3 Months

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.

3-6 Months

Breast or prepared formulas.

Cereal

Rice, oatmeal, barley. Hold wheat-mixed, high protein cereals.

Fruits

Banana, applesauce, peaches, pear. Avoid mixtures.

Juices

Apple, grape, prune, cranberry. Start 1/2 strength to begin advance as tolerated.

Feed twice daily. Increase slowly; spoon-feeding preferred to infant feeders or in a bottle. Use formula or breast milk to dilute cereal. Feed as little rather than as much as possible. Average amount may be close to 6 ounces per feeding. Start with 3 Tablespoons or so per feeding.

Avoid peanuts, tree nuts, and citrus completely.

6-9 Months

Breast or prepared formulas.

Vegetables

Yellows, Greens, Reds, then potatoes.

Crackers, Yogurt, Cottage cheeses.

Yellow is best tolerated. Use high-chair to feed. Start cups; don't force. Start Jr. foods if teeth erupted.

Fluoride supplements for babies on well water.

Start baby meat, chicken, or turkey dinners after 4 teeth have erupted.

9-12 Months

Breast or formula. Start milk at one year of age. Start slow by mixing with formula 1/2 and 1/2 for two weeks. This may be done earlier in some babies.

Egg yolk; then whole eggs, meats, and wheat-mixed cereals.

Adult eating patterns: 3 meals a day. Decrease amount of formula or milk to 18-24 ounces a day, gradually.

Vitamin supplements and fluoride continue, if needed.