

Food for Baby's First Year *The following amounts are guidelines. Remember, your baby needs your help to safely enjoy food.*

<p>BREAST MILK Newborn - 8-12 times/day 1-6 months - 6-12 times/day</p> <p>OR IRON-FORTIFIED FORMULA (amount varies depending on baby's weight and activity) 1 mo – 18-26 oz./day 2 mo – 22-32 oz./day 3 mo – 24-35 oz./day 4 mo – 29-40 oz./day 5 mo – 29-40 oz./day</p> <ul style="list-style-type: none"> • Formula left in bottle from previous feedings may contain harmful bacteria. • NO solid foods until baby is 6 months old. 	<p>BREAST MILK OR FORMULA 6 mo – 28-40 oz./day</p> <p>INFANT SINGLE GRAIN CEREAL (from spoon; see back) Begin with 1 T* cereal mixed with 1-2 T breastmilk or formula first · RICE then · OATS or BARLEY</p>  <p>VEGETABLES & FRUITS Start with 1-2 T of single strained fruit or vegetable (see back) and offer it 1-2 times per day.</p> <p>*T = Tablespoon</p>	<p>BREAST MILK OR FORMULA 28-32 oz./day</p> <p>CEREAL 6 T per day Plain Cheerios can be offered for a snack</p> <p>VEGETABLES 2-3 T 2 times per day (Carrots, squash, sweet potatoes, etc.)</p> <p>FRUITS 2-3 T 2 times per day Strained or blended fruits (pears, peaches, apricots, etc.)</p> <p>STRAINED MEAT Start with 1 T & increase up to 3 T or 1/2 jar (turkey, beef, pork, chicken)</p> 	<p>BREAST MILK OR FORMULA 24-32 oz./day</p> <p>CEREAL 5-8 T per day</p> <p>VEGETABLES & FRUITS 2-4 T cooked vegetables & peeled, soft fruits (slices) or jar foods twice a day</p>  <p>FINGER FOODS</p> <ul style="list-style-type: none"> • Toast squares or crackers • Cereal, such as plain cheerios <p>MEAT 3 T meat that is ground or chopped into small pieces, or 3 T jar foods 1-2 times per day</p> <ul style="list-style-type: none"> • Cottage cheese • Yogurt • Shredded Cheese 	<p>OFFER A VARIETY OF TABLE FOODS FROM FOUR FOOD GROUPS (cooked or soft; chopped or small bites)</p> <p>BREAST MILK OR FORMULA 24-30 oz./day</p> <p>MEAT 2-3 T ground or chopped meat, 2 times per day OR ½ jar/day</p> <p>CEREAL 8-12 T/day</p> <p>VEGETABLES & FRUITS 2-4 T soft fruits or cooked vegetables from the family table OR ½ jar foods twice a day</p> 	<p>BREAST MILK OR Whole Milk - 16-24 oz./day Until 2 years of age</p>  <p>CEREAL 8-12 T</p> <p>BREADS Breads, crackers, rice, macaroni, cereal</p> <p>FRUITS Fresh, canned, no skins</p> <p>VEGETABLES Cooked (peas, carrots, squash, green beans)</p> <p>MEAT/PROTEIN Chicken, yogurt, eggs, Casseroles, cheese</p> <p>*All fruits, vegetables, and meats should be cut into small pieces (see back)</p>
<p>AGES: Birth – 5 months</p>	<p>6 months</p>	<p>7 to 8 months</p>	<p>9 to 10 months</p>	<p>11 to 12 months</p>	<p>1 year</p>
<p>GROWTH STAGES:</p> <ul style="list-style-type: none"> • Cuddles during feeding • Turns head towards nipple • Stops eating when full • May not want to eat on a set schedule 	<ul style="list-style-type: none"> • Sits supported or alone with head steady • Opens mouth for spoon • Can move food from front of mouth to back • Stop feeding when baby turns away, closes lips or fusses 	<ul style="list-style-type: none"> • Scrapes food from table/tray to hand to mouth • Sits unsupported • Begins chewing • Drinks from cup—may lose a lot • Baby will turn away or close lips when finished eating 	<ul style="list-style-type: none"> • Begins to feed self with hands • Can use cup with help • Put new food on baby's lips to give a taste so baby can decide if he likes it 	<ul style="list-style-type: none"> • Can use spoon and cup • Enjoys having meals with family 	<ul style="list-style-type: none"> • Can drink milk from cup • Wean from bottle

Have you thought about these things?

BOTTLES ARE FOR BREASTMILK AND FORMULA ONLY

- Babies like to cuddle and to be held while drinking their bottle.
- No cereal in bottle
- No Kool-Aid, pop, juice or sports drinks
- To protect baby's teeth, do not let baby fall asleep with a bottle.

IT'S FEEDING TIME

Relax, hold your baby close. Enjoy feeding new foods with baby in the high chair.

CEREAL

Offer small amounts at first, make food thin and smooth by mixing it with a little formula or breast milk.

- Only feed with a spoon!.

All foods can cause CHOKING!

- Feed only age-appropriate foods
- Stay with baby when he/she has food
- NO nuts, chips, candy, gum, popcorn, grapes, carrots, or hard cheese.
- Take care with peanut butter and dry meats.
- Cut foods into small bites or matchsticks.

ADD ONE NEW FOOD AT A TIME

Wait 2-3 days between each food. If there is a reaction, it's easier to tell which food may have caused it.

NEVER FORCE YOUR BABY TO FINISH A BOTTLE OF FOOD

Baby is full when he/she stops nursing/sucking/eating and her body feels relaxed.

DO NOT USE THE MICROWAVE TO HEAT BABY'S BOTTLE OR FOOD

Microwave ovens can create hot spots that can burn baby's mouth.

If you would like more guidance on age-appropriate finger foods or making baby food, please ask!

Helpful websites:

www.michigan.gov/wic



1-800-432-4121
nwhealth.org



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Feeding Your Baby

A guide for the first twelve months

