

GENERAL FOOD GUIDELINES FOR YOUR BABY'S FIRST YEAR

General Disclaimer: The following information was compiled for First 5 LA Parent Helpline from reliable sources. It is for informational purposes only and is not intended as medical advice. The information does not cover everything related to the topic and may not apply to all individuals.

Age: Birth to 4 Months		
<u>What to feed</u> Most pediatricians recommend feeding your baby only breast milk or formula for the first 4 to 6 months. So, no solid foods until 4 to 6 months.	<u>How much per day</u> Babies under 6 months need 19 to 30 oz. of milk per day.	<u>Feeding Tips</u> Your baby's digestive tract is still developing, which is why solid food is off limits for now.
Age: 4 to 6 Months		
<u>Signs of readiness for solid food</u> Your baby probably won't do all these things — but here are some clues to watch for to see when your child is ready for the introduction of solid foods: <ul style="list-style-type: none"> • Can hold head up • Sits well in highchair • Makes chewing motions • Shows significant weight gain (birth weight has doubled) • Shows interest in food • Can close mouth around a spoon • Can move food from front to back of mouth • Can move tongue back and forth, but is losing tendency to push food out with tongue • Seems hungry after 8 to 10 feedings of breast milk or 40 oz. of formula in a day • Is teething <u>What to feed</u> <ul style="list-style-type: none"> • Breast milk or formula, PLUS • Semi-liquid iron-fortified rice cereal 	<u>How much per day</u> <ul style="list-style-type: none"> • Begin with about 1 teaspoon dry rice cereal mixed with 4 to 5 teaspoons breast milk or formula (it will be very runny). • Gradually thicken consistency and increase to 1 tablespoon dry cereal mixed with breast milk or formula, twice a day. 	<u>Feeding Tips</u> <ul style="list-style-type: none"> • If your baby won't eat the cereal on the first try, offer it again in a few days. • Professionals vary on the right time to introduce solid foods. Check with your pediatrician and follow his or her guidelines.
Age: 6 to 8 Months		
<u>Signs of readiness for solid food</u> <ul style="list-style-type: none"> • Same as 4 to 6 months <u>What to feed</u> <ul style="list-style-type: none"> • Breast milk or formula, PLUS • Iron-fortified cereals (rice, barley, oats) • Pureed or strained fruits (banana, pears, applesauce, peaches) • Pureed or strained vegetables (avocado, well-cooked carrots, squash, and sweet potato) 	<u>How much per day</u> <ul style="list-style-type: none"> • 3 to 9 tablespoons cereal, in 2 to 3 feedings • 1 teaspoon fruit, gradually increased to ¼ to ½ cup in 2 to 3 feedings • 1 teaspoon vegetables, gradually increased to ¼ to ½ cup in 2 to 3 feedings 	<u>Feeding tips</u> Introduce new foods one at a time, with at least three days in between to make sure your baby does not show an allergic reaction.

Age: 8 to 10 Months		
<p><u>Signs of readiness for solid and finger foods</u></p> <p>Same 6 to 8 months,, PLUS</p> <ul style="list-style-type: none"> • Picks up objects with thumb and forefinger (pincer grasp) • Can transfer items from one hand to the other • Puts everything in his mouth • Moves jaw in a chewing motion <p><u>What to feed</u></p> <ul style="list-style-type: none"> • Breast milk or formula, PLUS • Small amounts of soft pasteurized cheese, yogurt, cottage cheese (but no cows' milk until age 1) • Iron-fortified cereals (rice, barley, wheat, oats, mixed cereals) • Mashed fruits and vegetables (same as above) • Finger foods (lightly toasted bagels, cut up; small pieces of ripe banana; well-cooked spiral pasta; teething crackers; low-sugar O-shaped cereal) • Small amounts of protein (egg yolk, pureed meats and poultry; tofu; well-cooked and mashed beans with soft skins like lentils, split peas, pintos, black beans) • Non-citrus juice (like apple or pear) 	<p><u>How much per day</u></p> <ul style="list-style-type: none"> • ¼ to 1/3 cup dairy (or ½ oz. cheese) • ¼ to ½ cup iron-fortified cereal • ¼ to ½ cup fruit • ¼ to ½ cup vegetables • 1/8 to 1/4 cup protein foods • 3 to 4 oz. non-citrus juices 	<p><u>Feeding tip</u></p> <p>Introduce new foods one at a time, with at least three days in between to make sure your baby is not allergic.</p>
Age: 10 to 12 Months		
<p><u>Signs of readiness for additional solid food</u></p> <ul style="list-style-type: none"> • Same as 8 to 10 months, PLUS • Swallows food more easily • Has more teeth • No longer pushes food out with tongue • Is trying to use a spoon <p><u>What to feed</u></p> <ul style="list-style-type: none"> • Same as 8 to 10 months, PLUS • Fruit cut into cubes or strips, or mashed • Bite-size, soft-cooked vegetables (peas, carrots) • Combination foods (macaroni & cheese, casseroles) 	<p><u>How much per day</u></p> <p>Same as 6 to 8 months.</p>	<p><u>Feeding tip</u></p> <p>See the earlier sections in this Information Sheet for tips about helping your young child develop healthy eating habits.</p>