



Mommy & Me

The goal of infant feeding during the first two years of life is to provide developmentally appropriate, nutritious mealtime experiences, so that an infant can:

- a) achieve normal growth and development
- b) learn to enjoy a variety of nutritious foods
- c) make a smooth transition from dependent to independent feeding

HOW TO FEED YOUR BABY, STEP-BY-STEP

Every baby is very special. Don't worry if your baby eats a little more or less than this guide suggests. In fact, this is perfectly normal. The suggested serving sizes are only guidelines to help you get started.

| AGE | FOOD GROUP | FOODS | DAILY SERVINGS | SUGGESTED SERVING SIZE | FEEDING TIPS |
|--------------|------------|--|------------------------|--|---|
| 0-4 Months | Milk | Breast Milk OR Formula | On Demand (About 8-12) | | <ul style="list-style-type: none"> • Nurse baby at least 5-10 minutes on each breast. • Six wet diapers a day is a good sign. • There's no need to force baby to finish a bottle. • Putting a baby to bed with a bottle could cause choking! • Heating formula in the microwave is not recommended. |
| | | 0-1 Month | 6-8 | 2-5 oz. | |
| | | 1-2 Months | 5-7 | 3-6 oz. | |
| | | 2-3 Months | 4-7 | 4-7 oz. | |
| | | 3-4 Months | 4-6 | 6-8 oz. | |
| 4-6 Months | Milk | Breast Milk OR Formula | 4-6 4-6 | 6-8 oz. | <ul style="list-style-type: none"> • May need to start baby cereal (iron-fortified). • Feed only one new cereal each week. • There's no need to add salt or sugar to cereal. • Offer baby extra water. • Use the microwave with caution. |
| | Grain | Baby Cereal (Iron-Fortified) | 2 | 1-2 Tbsp. | |
| 6-8 Months | Milk | Breast Milk OR Formula | 3-5 3-5 | 6-8 oz. | <ul style="list-style-type: none"> • Add strained fruits and vegetables at first. Add mashed or finely chopped fruits and cooked vegetables later on. • Feed only one new fruit or vegetable each week. • Take out of the jar the amount of food for one feeding. Refrigerate the remaining food. • Try giving baby fruit juice in a cup. |
| | Grain | Baby Cereal (Iron-Fortified) | 2 | 2-4 Tbsp. | |
| | | Bread, Crackers | Offer | 1/2 2 Crackers | |
| | Fruit | Fruit | 2 | 2-3 Tbsp. | |
| | Vegetable | Fruit Juice Vegetables | 1 2 | 3 oz. (from cup) 2-3 Tbsp. | |
| 8-12 Months | Milk | Breast Milk OR Formula Cheese Plain Yogurt Cottage Cheese | 3-4 3-4 Offer | 6-8 oz. 1/2 oz. 1/2 cup 1/4 cup | <ul style="list-style-type: none"> • Add strained or finely chopped meats now. • Feed only one new meat a week. • Wait until baby's first birthday to feed egg whites. Some babies are sensitive to the egg white. It's okay to give baby the yolks. • Be patient. Babies make a mess when they feed themselves. • Always taste heated foods before serving them to baby. |
| | Grain | Baby Cereal (Iron-Fortified) Bread OR Crackers | 2-3 2-3 | 2-4 Tbsp. 1/2 slice 2 Crackers | |
| | Fruit | Fruit | 2 | 3-4 Tbsp. | |
| | Vegetable | Fruit Juice | 1 | 3 oz. (from cup) | |
| | Meat | Vegetables | 2-3 | 3-4 Tbsp. | |
| | | Chicken, Beef, Pork Cooked, Dried Beans OR Egg Yolks | 2 | 3-4 Tbsp. | |
| | | | | | |
| 12-24 Months | Milk | Whole Milk, Yogurt Cheese Cottage Cheese | 4 | 1/2 cup 1/2 oz. 1/4 cup | <ul style="list-style-type: none"> • Add whole milk now. • Offer small portions and never force your toddler to eat. • "Food jags" are common now. Don't make a big deal out of them. • Respect your toddler's likes and dislikes. Offer rejected foods again. • Make meals fun and interesting. Serve colorful foods that are crunchy, smooth, or warm. • Toddlers need meals and snacks. Feed your toddler at least 3 snacks every day. |
| | Grain | Cereal, Pasta or Rice Bread, Muffins, Rolls Crackers | 6 | 1/4 cup 1/2 2 Crackers | |
| | Fruit | Cooked or Juice | 2 | 3 oz. | |
| | Vegetable | Whole Cooked or Juice | 3 | 1/2 medium 3 oz. | |
| | Meat | Whole Fish, Chicken, Turkey, Beef, Pork Cooked, Dried Beans or Peas Egg | 2 | 1/2 medium 1 oz. 1/4 cup 1 | |
| | | | | | |
| | | | | | |

DIETARY GUIDELINES FOR INFANTS



Build to a variety of foods

For the first months of life, breast milk or infant formula is all a baby needs. Throughout the first year babies need to gradually learn to accept and enjoy a variety of nutritious foods.

Pay attention to your baby's appetite to avoid underfeeding or overfeeding

Parents who tune in to their baby's mealtime communication of hunger and satiety can avoid underfeeding or overfeeding. Eating in moderation during infancy is emphasized because eating patterns established during infancy may carry over later into life.

Babies need fat

Fat is an excellent source of calories, which are essential for growing babies. Fat also helps the brain and nervous system develop. Reduced-fat milks are inappropriate for children under two years of age.

Introduce fruits, vegetables and grains, but don't overdo high-fiber foods

Gradual introduction of fruits, vegetables and grains help babies build dietary variety. Babies get all the fiber they need from these foods. High fiber diets do not supply enough calories or nutrients for rapidly growing babies.

Babies need sugars in moderation

Sugars are an additional source of calories for active, rapidly-growing babies. Because the preference for sweetness is innate, sweet-tasting foods have a natural place in the context of a varied diet.

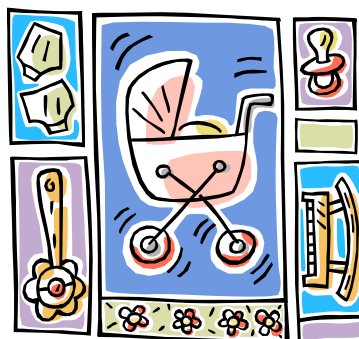
Babies need sodium in moderation

Sodium is a necessary mineral found naturally in almost all foods and added to some in the form of salt to enhance acceptance and enjoyment. As part of a healthy diet, babies need sodium in moderation.

Choose foods with iron, zinc, and calcium

Babies need good dietary sources of iron, zinc and calcium. These minerals are important for adequate iron stores, proper growth and strong bones.

| DIETARY SOURCES OF IRON, ZINC, AND CALCIUM | | |
|--|--------------------------|------------------------------------|
| Iron | Zinc | Calcium |
| • Breast Milk | • Breast Milk | • Breast Milk |
| • Iron-fortified infant formula | • Infant Formula | • Infant Formula |
| • Iron-fortified infant cereals | • Zinc-fortified cereals | • Calcium-fortified infant cereals |
| • Meats and poultry | • Oat cereals | • Calcium-fortified soy milk |
| • Organ meats | • Meats and poultry | • Any dairy products |
| • Peas, lentils, soybeans | • Organ Meats | |
| | • Wheat germ | |
| | • Egg yolk | |
| | • Cheddar cheese | |



| APPROPRIATE WEIGHT GAIN DURING INFANCY | |
|--|------------------|
| 0-3 Months | 6-8 oz./week |
| 3-6 Months | 3.7-5 oz./week |
| 6-12 Months | 2.5-3.2 oz./week |
| 1-6 Years | 1.2-2 oz./week |



Introducing Solids

As solid foods take on more importance for your baby, less mother's milk or formula is consumed. By the end of the first year, the amount of the mother's milk or formula he or she takes will probably decrease to about 24 ounces a day.

What to Expect

Expect your baby's introduction to eating solid foods to be a messy one. Feeding him or herself will be even messier. Babies often like to play between the bites and "give" some of the food back. Table manners come later. Never fight with your baby over food. Don't use food as a punishment for bad behavior or a reward for good behavior. What is needed most is your love, patience, and encouragement.

Baby Foods

Whether you use store-bought or homemade baby foods your child will begin to enjoy a variety of different fruits, vegetables and meats as they experiment with solid foods.

Directions for Home Preparation of Infant Foods

1. Select fresh, high quality fruits, vegetables, and meats.
2. Be sure all utensils, including cutting boards, grinders, and knives are thoroughly cleaned.
3. Wash Hands carefully before preparing the food.
4. Clean, Wash, and trim the food in as little water as possible.
5. Cook the food until tender, in as little water as possible. Avoid overcooking, which may destroy heat-sensitive nutrients.
6. Do not add salt. Add sugar sparingly. Do not add honey to foods of infants less than one year old. Botulism spores have been reported in honey, and infants do not have the immune capacity to resist the infection.
7. Add enough water so that the food has enough consistency for pureeing.
8. Strain or puree using an electric blender, food mill, baby-food grinder, or a kitchen strainer.
9. Pour the puree into ice cube trays and freeze.
10. When the food is frozen hard, remove the cubes and store in freezer bags.
11. Unfreeze and heat the amount of food that will be consumed at a single feeding in a water bath or a microwave oven.

Whether you buy or prepare your baby's food, never spoon feed directly from the storage container unless your baby will be eating the entire amount at one feeding. Items become contaminated with bacteria that way, even under refrigeration. So if the jar contains more than your baby can consume at one sitting, transfer the amount needed to a feeding dish.

* Keep in mind that some vegetables, including carrots, canned spinach, beets, turnips and collard greens, may have high nitrite content - it is advised to buy a store-made brand in these cases.

