



Tips on Infant Feeding



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Sample Meal Plan for 5-6 Month Old

Breakfast:

- 2-3 tablespoons baby cereal
- 6-8 ounces breast milk/formula

Mid-morning:

- 2-4 tablespoons strained or pureed fruit

Lunch:

- 2-4 tablespoons strained vegetables
- 1-2 tablespoons baby cereal
- 6-8 ounces breast milk/formula

Mid-afternoon:

- 6-8 ounces breast milk/formula

Dinner:

- 2-4 tablespoons strained vegetables
- 1-2 tablespoons baby cereal
- 6-8 ounces breast milk/formula



Sample Meal Plan for Infants

8-12 Months Old

Breakfast:

- 3-5 tablespoons baby cereal
- 6-8 ounces breast milk/formula

Mid-morning:

- 2-4 ounces unsweetened 100% fruit juice
 - Diluted $\frac{1}{2}$ with water
 - Given in a cup only
- Dry toast strips

Lunch:

- 3-4 tablespoons cooked vegetables
- 3-4 tablespoons pureed meat or mashed beans
- 6-8 ounces breast milk/formula

Mid-afternoon:

- 2-4 ounces breast milk/formula
- 2-4 pureed fruit
- 3-5 tablespoons baby cereal

Dinner:

- 3-4 tablespoons cooked vegetables
- 3-4 tablespoons cooked fruit
- 3-4 tablespoons pureed meat
- 6-8 ounces breast milk/formula

Average Infant Formula Feeding Guidelines

<u>Age</u>	<u>Average # of feedings in 24 hours</u>	<u>Average amount per feeding</u>	<u>Average amount per day</u>
1-2 weeks	6-10	2-3 oz.	12-30 oz.
3-4 weeks	6-8	3-4 oz.	18-32 oz.
1-2 months	5-6	4-5 oz.	20-30 oz.
2-3 months	5-6	5-6 oz.	25-36 oz.
3-4 months	4-5	6-7 oz.	24-35 oz.
4-7 months	4-5	7-8 oz.	28-40 oz.
7-9 months	3-4	7-8 oz.	21-32 oz.
9-12 months	3	7-8 oz.	21-24 oz.

Changes in Formula Intake

- 3-4 ounces every 3-4 hours for newborns
- Up to 8 ounces 3-4 times a day at 6 months
- 18-22 ounces a day at one year

Average Breastfeeding Feeding Guidelines

<u>Age of Baby</u>	<u>Average Times to Breastfeed Your Baby Per Day</u>
First Weeks	8 to 12 times a day (every 1 1/2 to 3 hours)
1 to 2 Months	8 to 12 times each day
2 to 4 Months	6 to 12 times each day
4 to 6 Months	6 to 10 times each day
6 to 8 Months	5 to 8 times each day
8 to 10 Months	Breastfeed as often as you wish. Baby should be eating other foods. Breastfeeding continues to give your baby nutrition and comfort.
10 to 12 Months	Breast feeding is still great for feedings, snacks, and general comfort. Your baby will continue to add new foods to his/her diet.

Tips for Weaning from Breast to Bottle or to Cup

- Allow plenty of time for adjustment.
- Wean gradually:
 - This allows time for baby to adjust
 - It also help prevent engorged breasts
- Continue holding and cuddling during transition period.
- Early morning and late evening nursing sessions are usually the hardest to give up. Wean these times last.
- If your baby is 8 months or older when you begin weaning, wean to a cup instead of a bottle.
- Never put sugar, corn syrup, or honey on the bottle nipple or in the bottle.

Guidelines for Introducing Solid Foods

- Wait until your baby is ready, usually around 6 months.
- Introduce only 1 new food at a time.
- Start new foods a teaspoon at a time.
- Increase the amount little by little.
- Watch babies cues for fullness.

Steps in Texture

Age	Texture	Sample Foods
5-6 months	Strained	Iron fortified cereals Strained fruits & Vegetables
6-7 months	Mashed	Cooked or canned
7-9 months	Minced Fine	Enriched bread, toast,
9-12 months	Chopped	Cereal, bread sticks, crackers, hard cheese, Pieces of fruit and vegetable (cut in strips to avoid chok-

Ability and Behavior During Infancy

Age of Infant	What Infants Can Do	Infant Feeding
Birth-4 months	Rooting reflex, suck-swallow pattern, tongue-thrust reflex, gag reflex, bite reflex, are present.	Can nurse from breast or bottle.
4-6 months	Tongue can remove food from roof of mouth & push food back to swallow. Rooting reflex disappears. Tongue thrust fades. Muscular control of lips develops. Sits with support. Can hold head up. Hands beginning to go to mouth.	Can begin to eat thin smooth solids from a spoon.
5-7 months	Bite reflex fades. Gag reflex weakens. Up & down chewing begins. Lower lip draws in as spoon is removed. Opens mouth when sees spoon. Turns head freely. Reaches for and grasps objects. Anticipates foods & eating.	Can easily eat pureed textures from a spoon. Indicates when full. Shows food preferences. Puts hand on bottle.
6-8 months	Chews up & down. Can close lips tightly. Teeth appear. Able to pick up objects with palm of hand & bring them to mouth. Begins to sit without support. Good control of head movement.	Can eat mashed or lumpy textured foods. Bites soft pieces of food. Can hold & eat a biscuit. Holds bottle. Can take sips from a cup when it is held by another person.
8-10 months	Lateral tongue movement or tongue moves from side to side. Can move food around in mouth. Begins to use fingers & thumb to pick up objects & bring them to mouth. Closes lips on a cup rim.	Can pick up & eat pieces of soft finger food. Able to drink from a cup with fewer spills.
9-12 months	Begins to chew with rotary movement. Good coordination of hand & mouth. Sits alone easily. Able to pick up & hold objects. Socializes.	Can eat table food which is ground & finely chopped or slightly mashed. Wants to feed self. Begins to experiment with spoon but prefers to use hands. Holds cup & drinks with less spillage. Joins family meals.



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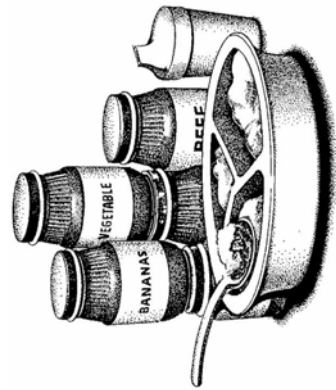
MORE INFORMATION ABOUT FEEDING YOUR BABY

- Your baby can choke easily on certain foods. Do not give your baby hot dogs, nuts, seeds, popcorn, chips, grapes, raisins, raw vegetables, or peanut butter.
- **Never** give your baby honey or foods made with honey. It can make your baby **very** sick.
- Feed your baby from a dish and not from the jar. Feed with a small clean spoon. Never put a spoon that has been in your baby's mouth back into the jar. Saliva (spit) can spoil left over baby food. Throw away leftovers that are in your baby's dish, cup, or bottle. Store any food left in the jar in the refrigerator. Use it within 2 days.

- When introducing new foods to your baby, do it one food at a time. Offer a new food and wait at least 5 days before you introduce another one. Introducing one food at a time helps you to detect allergic reactions. Skin rash, gas, breathing problems, and diarrhea can be signs of allergic reactions.
- **Never** force your baby to finish a bottle or food. The best judge of how much your baby can eat is your baby. Look for signals such as, turning the head away, closing the lips, pushing food out of the mouth, or throwing food on the floor. These are all ways your baby tells you "I'm full".



GIVING YOUR BABY NEW FOODS: BIRTH TO 8 MONTHS



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GUIDE FOR INTRODUCING NEW FOODS TO YOUR BABY

BIRTH:

Your Baby Can:

- Suck and swallow liquids.
- Push tongue out.

For the first year:

- Breast milk.
- Baby formula with iron.

From birth until about 4-6 months old, breast milk and formula are the only foods you should give your baby. It takes time for your baby's body to develop the ability to eat and digest new foods.

Breast milk is the best food for your baby.

If you give your baby a bottle, always hold your baby. **Never** put your baby to bed with a bottle.



4 TO 6 MONTHS OLD:

Or when your baby can:

- Sit with support.
- Hold head steady.
- Keep food in mouth and swallow.



First Food:

- Baby rice cereal with iron.

Start baby with plain rice cereal. Next you can try oatmeal and barley cereals.

You can mix cereal with breast milk or formula. Make sure you start with thin cereal. Feed baby cereal with a spoon. **Never** put cereal in baby's bottle.

5 TO 7 MONTHS OLD:

Or when baby can:

- Sit without support.
- Begins to chew.

Food:

- Fruits and vegetables. Start with vegetables first.
- Smooth strained or cooked pureed vegetables.
- Strained or pureed fruits.

Start baby drinking from a small cup with water.

Offer your baby plain food with no added sugar or salt. You can use a strainer, blender or food grinder to make baby food.

* **DO NOT** give your baby homemade carrots, spinach, beets, turnips or collard greens before 6 months old.

7 MONTHS OLD:

Or when your baby can:

- Use a cup with help.

Food:

- Start fruit juices.
- Only give baby juices that are 100% fruit juice.
- Give baby no more than 1/4 cup of juice per day.
- Mix juice with half water.
- Always give your baby juice in a cup.
- **DO NOT** give your baby orange juice or pineapple juice yet.



7-8 MONTHS OLD:

Or when your baby can:

- Grasp and hold onto things.



Food:

- Start with strained or pureed meat and chicken
- Beans
- Cottage cheese
- Plain yogurt
- Cooked egg yolk mixed with breast milk, formula, or yogurt
- Mashed tofu

Offer your baby a variety of foods. Baby should begin to feed him or herself.

DO NOT

feed your baby **hot dogs** or **egg whites!**

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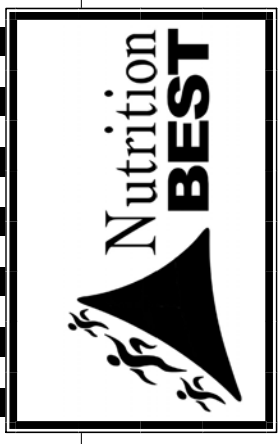
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GIVING YOUR BABY NEW FOODS: 8-12 MONTHS



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MORE INFORMATION ABOUT FEEDING YOUR BABY

- Be patient when feeding your baby. Babies need time and practice to learn to eat. They are messy eaters. Always sit with your baby while baby eats.
- When introducing new foods to your baby, do it one food at a time. Offer a new food and wait at least 5 days before you introduce another one. Introducing one food at a time helps you to detect allergic reactions. Skin rash, gas, breathing problems, and diarrhea can be signs of allergic reactions.
- Do not add salt, sugar, fat, or spices to baby's food.

- As your baby eats more solid food, he or she will drink less breast milk or formula.
- Your baby can choke easily on certain foods. **Do Not** give your baby hot dogs, nuts, seeds, popcorn, chips, grapes, raisins, raw vegetables, or peanut butter.
- **Never** give your baby honey or foods made with honey. It can make your baby **very** sick.
- Offer baby fruit for dessert. Babies do not need baby desserts like puddings, custards, and cobblers.
- Wipe baby's teeth with a soft damp cloth after meals.

GUIDE FOR INTRODUCING NEW FOODS TO YOUR BABY

8 Months

Or when your baby can:

- Grasp and hold onto things.
- Sit without support.
- Begin to chew.
- Use a cup with help.

Food:

- Strained or pureed meat or chicken.
- Strained or pureed cooked beans.
- Cottage cheese.
- Plain yogurt.
- Cooked egg yolk mashed with breast milk, formula, or yogurt.
- Mashed tofu.

**Do Not
feed your baby
hotdogs or egg whites!**

9 to 10 Months Old

Or when your baby can:

- Take a bit of food.
- Pick up finger foods and feed him or herself.
- Use a cup.

Food:

- Mixed grain baby cereal.
- Fruits and cooked vegetables, mashed with a fork.
- Cooked plain rice and noodles, mashed or chopped.

Try finger foods:

- Small pieces of mild cheese.
- Toasted bread squares, unsalted crackers, or small pieces of soft tortilla.
- Small pieces of cooked, ground meats. Remove all bones and tough parts.

10 to 12 Months Old

Or when your baby can:

- Chew and swallow soft, mashed, and chopped foods.
- Use a cup.
- Start to use a spoon.

Food:

- Small pieces of food the family eats.
- Cereals, bread, and crackers.
- Fruits and cooked vegetables.
- Cooked soft meats, cooked beans, or cooked egg yolks.
- Casseroles.
- Let your baby feed him or herself.
- Let your baby sit at the table with the family.
- Start using the bottle less and the cup more.

12 Months Old:

Or when your baby can:

- Chew and swallow soft table foods.
- Use a spoon.

Food:

- Whole milk, a little at a time.
- Cooked whole egg.
- Offer baby 3 small meals a day plus snacks.
- Give baby whole milk from age 1 until age 2.
- Serve baby liquids from a cup only.
- Baby should be almost or completely weaned off the bottle.



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**STORING
BABY FOOD**

To REFRIGERATE

- Put food in clean container and cover it.
- Keep in refrigerator no longer than 3 days.

To FREEZE

1. Pour prepared baby food into clean ice cube tray or small container.
2. Cover with plastic wrap, lid or aluminum foil.
3. Freeze until solid.
4. When frozen, remove food from container, place in plastic bag. Label and date the bag.
5. Keep in freezer no longer than 1 month.

To Use

Thaw a portion of baby food in refrigerator or heat in a pan.



**MAKING
YOUR OWN
BABY FOOD**



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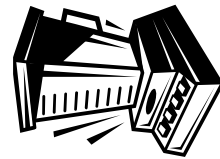
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GETTING READY

1. You will need a fine mesh strainer in good condition
OR
baby food grinder
OR
blender.
2. Cleanliness is a must to keep baby's food safe.
3. Before starting, wash hands and equipment in hot soapy water.
4. Rinse equipment in hot water, then air dry.



mesh strainer



blender



baby food grinder

IDEAS FOR BABY FOODS

VEGETABLES	FRUITS	PROTEIN FOODS
Carrots	Apples	Lean beef or pork or chicken or turkey (without skin)
Greens	Apricots	Liver
Green beans	Bananas	Cooked beans/peas
Green peas	Melon	Cooked egg yolk
Potatoes	Peaches	Fish (without bones)
Squash	Pears	
Sweet potatoes	Plums	
	Prunes	
Steam vegetables in small amount of water for a short time until soft.	Use ripe fresh fruit or cooked fruits.	Cook protein foods until well done.

Offer 100% fruit juice only when baby can drink from a cup. Use pure unsweetened juices and add extra water.

AVOID foods that baby can choke on such as: raisins, nuts, seeds, popcorn, chips, hot dogs.

Don't season the baby's food.

STEPS

1. Start with good quality food. Wash fruits and vegetables thoroughly. Peel and seed if necessary. Remove fat from meat.
2. Cook food in small amount of water until tender. Save cooking liquid for thinning food. You may also thin food with breast milk, formula, 100% fruit juice, or plain water.
3. Prepare the food
 - Push soft food through a mesh sieve with the back of a spoon.
 - Grind soft foods.
 - Add enough food and liquid to cover blender blades. Blend until smooth.
4. Use a small spoon to feed baby. If baby does not finish the meal, throw away what is left in baby's dish.
5. You can make enough baby food for more than one meal. Refrigerate or freeze the extra food.