

Feeding Your Baby

0–6 months

For the first 6 months, your baby only needs breast milk or iron-fortified formula.



- Breast milk or formula should be the **only** foods fed in a bottle if you use a bottle to feed your baby.



- Don't put your baby to sleep with a bottle or prop a bottle while feeding. This can cause cavities later or cause your baby to eat too much.



- Do **NOT** put juice, other drinks, cereal or other food in your baby's bottle.
- Cereal in a bottle will not help your baby sleep. It could cause choking. It may also prevent your baby from getting all of the benefits from the milk or formula.



Feeding Your Baby

0–12 months

Your baby may be ready for solid foods between 4 and 6 months if they are able to:

- sit well with little support,
- have good head control, and
- munch and swallow.



Your baby may NOT be ready for solid food if they:

- push solid food out with their tongue or,
- gag when a spoon or food is placed in their mouth.



When your baby is ready to eat solid foods:

- You can give 1 to 2 teaspoons of iron and zinc fortified baby cereals **OR** 1 to 2 ounces of pureed or mashed meats per day as first foods.
- There is no order for other solid foods, but the earlier vegetables are given, the more likely your baby will eat them.



1 ounce = golf ball size amount of food

Feeding Your Baby

6–12 months

Between 6 and 11 months, your baby may eat every two to three hours. This is about five or six times per day.

- In addition to 6 to 8 ounces of breast milk or iron-fortified formula at each meal, you can give your baby:
- Up to 2 Tablespoons of vegetables and/or fruit



AND

- 4 Tablespoons of protein foods (meat, fish, poultry, eggs, cooked dry beans or peas);
- **OR** dairy foods such as cottage cheese (up to 4 ounces) or cheese (up to 2 ounces) or plain yogurt (up to 8 ounces);
- **OR** Up to 4 Tablespoons of iron-fortified infant cereal



2 dice = 1 ounce



golf ball = 2 Tbsp



egg = 1/4 cup

2 ounces or 4 Tbsp = 1/4 cup

Feeding Your Baby

0–12 months

Do NOT give your baby the following before he/she turns 1 year old:



- Honey - it can cause an illness called botulism



- Fruit juice or any sweetened beverages (fruit drinks, flavored drinks, sports drinks, sweet tea or others) - these have extra calories with low nutrition and may cause cavities



- Cow's milk - it may cause bleeding in the gut



- Plant-based milk drinks (soy, rice, or almond milk) or flavored milk powder - these are not designed to meet your baby's nutrition needs

- Nuts, grapes, popcorn, hot dogs, or hard candy – **these can cause choking**



Feeding Your Baby

6–12 months

Give your baby a variety of food made in different ways. Include foods from all groups (vegetables, fruit, grains, meat/protein, dairy).

- When giving a new vegetable, try to mix it first with a familiar food such as breast milk, formula or cereal. This can help your baby learn to like vegetables.



- Between 6 and 8 months, first give your baby pureed or mashed food and then lumpy foods or soft finger foods.



- Between 8 and 12 months, your baby can start eating minced, chopped and hard finger foods. Encourage your baby to self-feed as soon as he/she is ready.



Feeding Your Baby

6–12 months

Be patient when offering a new food.

- Do not give up if your baby doesn't want the food the first time you offer it. It may take 15 to 20 tries before your baby learns to like a new food.
- Some babies make “faces” that look like they do not like a new food. This is a normal part of learning to like new food. This does not mean your baby will dislike the food. Be patient and keep trying.



Feeding Your Child

1–2 years

Picky eating is very common among toddlers. Sometimes they start refusing food that they once liked.

- Be patient and keep regular meal and snack routines. Provide a variety of healthy foods. Encourage your child to try new foods and accept foods they used to like.
- Involve your child in selecting and preparing foods. They may be more likely to eat them.



Feeding Your Child

1–2 years

Allow your child to decide how much to eat and if they want to eat.

As a parent, you decide what, when and where your child will eat.



- Do not force your child to eat a food or finish what is on their plate
- Do not use food or other things as a reward (promising dessert or a toy for eating vegetables). This may cause your child to not like some foods or to eat more than they need.



Encourage your baby to self-feed.

- Babies like to use their hands to explore food. Let your child smell, lick, touch and play with new foods. Although it is messy, it allows your child to learn to like healthy food.



- Switch your baby from a bottle to a cup between 6 and 12 months.
- At around 6 months, you can use a baby spoon to give your baby pureed food. You can also give your baby water in a sippy cup.



- At around 8 months, your baby will start to try to spoon-feed her/himself and will be able to drink from a cup with less spilling.



- By 12 months, your baby should be able to spoon feed her/himself and hold a cup with both hands.

Feeding Your Child

1–2 years

Aim to have family meals together by the time your child is 1 year old. Family meals help form healthy eating habits and have other benefits.

- Toddlers need three meals and two to three healthy snacks at regular times each day.
- Eat with your toddler and let him/her be part of family meals.
- Turn off the TV and other electronics during meal-time.



- Your child should be eating the same healthy foods as the rest of the family (non-pureed food items, chopped and cooked vegetables, diced fruits, small bits of meat or chicken, pasta) by age 2.

Peanut information for your baby:

- You can give your baby foods made with peanuts depending on his/her risk of food allergies.
- This depends on if your child has eczema (skin condition).
- Ask your child's doctor if you are unsure.



- Peanuts or nuts by themselves are a choking risk. They should not be given to a baby.



- When peanut butter is given, it should be smooth (no peanuts or chunky).



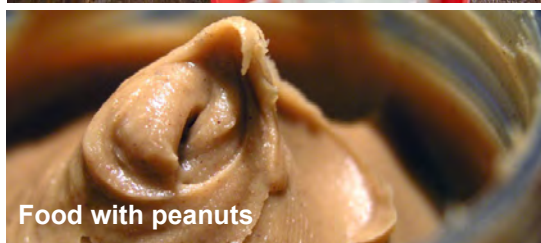
- It should also be mixed with a puree or given with another food to avoid choking.



Some foods such as dairy*, food with peanuts, eggs, soy, wheat, fish and shellfish may cause allergies.



Dairy



Food with peanuts



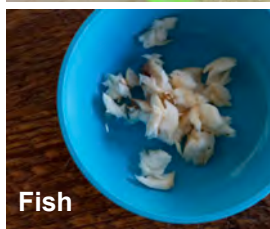
Eggs



Soy



Wheat



Fish



Shellfish

These can be given to your baby one at a time after he/she has started eating solid food with no problems (after 4-6 months of age).

- If you or the baby's other parent has a food allergy, talk to a doctor about any steps you need to take before giving any of these foods.
- The first taste of these foods should be at home. If no reaction occurs, you can increase the amount of one new food every 3 to 5 days.
- Seek medical care right away if your child has signs of a food allergy. The signs may be a skin rash, trouble breathing, nausea, vomiting or loose stools after eating.

*Cow's milk should not be given until after age 1.

Feeding Your Child

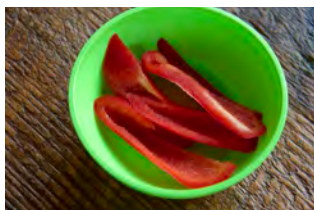
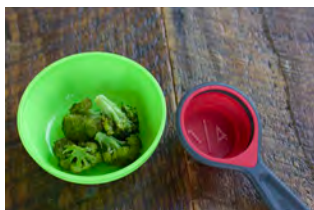
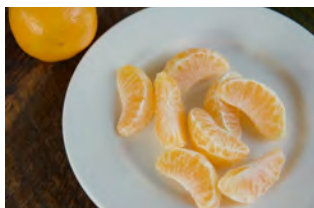
1–2 years

Plan meals and snacks to provide a variety of healthy food from all food groups for your toddler:



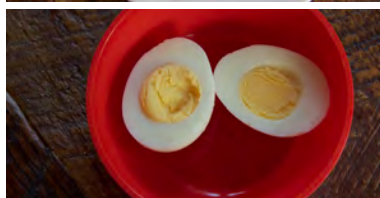
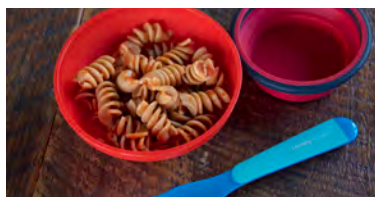
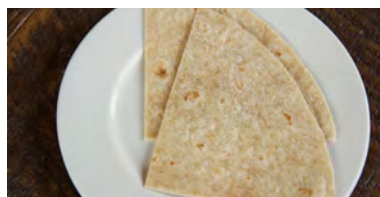
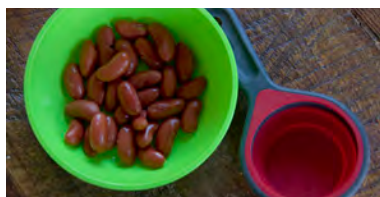
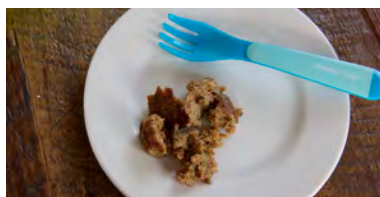
- **Dairy:** Give your child a variety of dairy foods including unflavored, whole cow's milk in a cup between the ages of 1 and 2 years old. Offer $\frac{1}{2}$ cup of milk at each meal and snack. Plain yogurt ($\frac{1}{2}$ to $\frac{3}{4}$ cup) can be given in place of milk during meal or snack times.

- **Fruit:** Give a variety of fruit of different colors. Give your child $\frac{1}{4}$ to $\frac{1}{2}$ cups at each meal or snack.



- **Vegetables:** Give a variety of vegetables, especially dark green, red and orange. These vegetables are high in vitamins and minerals not found in other foods. Give $\frac{1}{4}$ to $\frac{1}{2}$ cups at most meals or snacks.

- **Meat/Protein:** Provide a variety of meat and protein options such as chicken, turkey, fish, meat and beans, lentils or tofu. Give $\frac{1}{2}$ to 1 ounce at most meals and snacks. Avoid processed foods high in salt such as ham, lunch meats, chicken nuggets or fish sticks.



golf ball or 2 dice
= 1 ounce

egg = $\frac{1}{4}$ cup



light bulb or computer
mouse = $\frac{1}{2}$ cup

