

Daily Food Guide for Infants 0 – 12 Months

Food Group	Foods	Daily Amounts	Serving Size
Newborn – 4 months			
Your baby shows skills of rooting, sucking, and swallowing.			
Milk	Breastmilk	On demand	
	Formula	6 – 12 feedings	2 – 6 oz
4 – 6 months			
Now your baby is holding their head up and only needs a little support when sitting up. This is a good time to start solids.			
Milk	Breastmilk	On demand	
	Formula	4 – 6 feedings	6 – 8 oz
Grain	Iron fortified baby cereal	2 servings	1 – 2 tbsp
Fruit	Strained/pureed fruit	Offer	1 – 2 tbsp
Vegetable	Strained/pureed vegetables	Offer	1 – 2 tbsp
Protein	Strained/pureed chicken, beef, turkey, pork, beans, tofu, eggs, peanut protein *see page 3*	Offer	1 – 2 tbsp
6 – 8 months			
Your baby should have good head and body control, and be interested in putting toys in his/her mouth.			
Milk	Breastmilk	On demand	
	Formula	4 – 5 feedings	6 – 8 oz
Grain	Iron fortified baby cereal	2 servings	2 – 4 tbsp
	Bread/cracker/cereal	Offer	
Fruit	Mashed fruit	2 servings	2 – 3 tbsp
Vegetable	Mashed vegetables	2 servings	2 – 3 tbsp
Protein	Ground chicken, beef, turkey, pork, beans, tofu, eggs, peanut protein *see page 3*	2 servings	2 – 3 tbsp
8 – 12 months			
To help work on development, your baby can start self-feeding small, soft finger foods.			
Milk	Breastmilk	On demand	
	Formula	3 – 4 feedings	6 – 8 oz
Dairy	Cheese	Offer	½ ounce
	Yogurt (whole milk)	Offer	¼ cup
	Cottage cheese (whole milk)	Offer	¼ cup
Grain	Iron fortified baby cereal	2 servings	3 – 4 tbsp
	Bread/cracker/cereal	Offer	½ slice
Fruit	Mashed/soft fruit	2 – 3 servings	3 – 4 tbsp
Vegetable	Mashed/soft vegetables	2 – 3 servings	3 – 4 tbsp
Protein	Ground chicken, beef, turkey, pork, beans, tofu, eggs	2 servings	3 – 4 tbsp

Daily Food Guide for Infants 0 – 12 Months *continued...*

Helpful Hints

Feeding

- When starting solid foods, you can begin with infant cereal, vegetables, fruit or meats.
- Feed your baby only one new single food at a time. Introduce another new food every 3 – 5 days. Watch for allergic reactions like rash, swelling, vomiting, diarrhea or trouble breathing.
- Juice is no longer recommended for infants.
- Begin working with a cup when your baby begins to feed him/herself.
- You may start whole milk at one year of age.
- Discuss the need for water with your doctor before offering it to infants under the age of one.
- Do not put any other liquids in a bottle except breastmilk or formula, and feed all solids with a spoon.
- Watch for signs that your baby is full, and do not force him/her to drink or eat more:
 - closing mouth
 - turning head
 - pushing spoon or bottle away

Safety

- If your baby is having diarrhea or vomiting he/she can become dehydrated. Talk to your doctor and use Pedialyte if he/she is not taking breastmilk/formula. **Remember that Pedialyte is for temporary use to prevent dehydration. Pedialyte should not be used in place of breastmilk/formula for longer than 48 hours.**
- Do not feed your baby hot dogs, grapes, raisins or other dried fruits, raw carrots or other raw vegetables, popcorn and nuts because your baby can choke on these foods easily.
 - Use caution when introducing sticky foods, such as peanut butter, that can get stuck in the back of the mouth.
 - Do not heat baby's formula, breastmilk, and/or food in the microwave because hot spots can develop leading to burns. To heat the bottle or food, use warm running water or place in a pan of water on the stove top. Shake/stir, and test the temperature before serving.

Daily Food Guide for Infants 0 – 12 Months *continued...*

- Do not save leftover formula or baby food that has been fed directly to your baby because bacteria can grow from your baby's saliva.
- Corn syrups and honey are not recommended during the first year of life due to a connection with botulism.

Early Peanut Introduction

Recent research has shown that peanut allergy can be prevented by feeding peanut protein to children early in life. If and when to feed peanut protein to your baby depends on his or her risk of food allergy.

- **High Risk:** Your baby is at a higher risk of peanut allergy if the child has severe eczema or egg allergy. You should see your doctor for advice before feeding peanut protein.

The doctor may do an allergy blood test or send your infant to a specialist for other tests, such as a skin prick test. The results of these tests will help to determine if peanut protein should be introduced into your infant's diet and, if so, the safest way to introduce it.

- **If your baby has mild to moderate eczema,** you may feed the child peanut protein around 6 months of age to reduce the risk of developing peanut allergy. Your child's healthcare provider can tell you whether your child's eczema is mild to moderate.
- **Low Risk:** If your baby has NO eczema or any food allergy, you can feed peanut protein any time once a few other foods have been added to the child's diet.

How to safely feed peanut protein to your infant

- Babies and young children should not be given whole peanuts or peanut butter, as these may be choking hazards.
- To safely feed peanut protein to your baby, mix 2 teaspoons of peanut butter into 2-3 teaspoons of water or fruit puree.

Additional Comments: