













Foods	Birth to 3 Months	4-6 Months	6-8 Months	Remember:
Human Milk	Breastfeed when your baby shows signs of hunger.			
	About 10-12 feedings in 24 hrs	At least 8 feedings in 24 hours	At least 6 feedings in 24 hours	
	Speak with a lactation consultant or nutritionist for guidance on combination feeding.			
Iron Fortified Infant Formula	6-8 lbs: 15-20 oz per day 8-10 lbs: 20-25 oz per day 10-12 lbs: 25-30 oz per day	25-45 oz per day	25-32 oz per day Begin to offer a cup	
Cereals & Grains	NONE	NONE	<ul style="list-style-type: none"> Offer iron fortified rice or oatmeal infant cereal 2-4 Tbsp twice a day by spoon	
				
Vegetables	NONE	NONE	<ul style="list-style-type: none"> Cooked/pureed/mashed carrots, sweet peas, green beans, spinach and winter squash or single jarred vegetables 2 Tbsp twice a day	
				
Fruits	NONE	NONE	<ul style="list-style-type: none"> Fresh/cooked/pureed/mashed banana, peach, applesauce or single jarred fruits 2 Tbsp twice a day	
				
Protein Foods	NONE	NONE	<ul style="list-style-type: none"> Cooked/pureed/mashed plain meat and poultry or single jarred meats Plain yogurt or tofu 1-2 Tbsp twice a day	
				
Water	NONE	NONE	2-4 oz twice a day in a cup	
	Do not add sugar, corn syrup or any sweeteners to foods or drinks. Honey should not be fed to babies less than 1 year of age.			
Fruit Juices	NONE	NONE	NONE	
				

The American Academy of Pediatrics recommends exclusive breastfeeding for the first six months, and that breastfeeding continue for at least 12 months and beyond.

Infant Feeding Guide for Healthy Infants

8 to 12 Months Old

Foods	8-10 Months	10-12 Months	Remember:
	<p>Continue to breastfeed whenever you and your baby desire, at least 4 times in 24 hours</p> <p>Speak with a lactation consultant or nutritionist for guidance on combination feeding.</p>		
Iron Fortified Infant Formula	24-32 oz per day Offer cup	16-24 oz per day Offer cup	<ul style="list-style-type: none"> If you choose to give your baby juice, offer 100% fruit juice, from a cup, in small quantities, diluted with water.
Cereals & Grains 	<ul style="list-style-type: none"> Any variety of plain or mixed boxed infant cereal 2-3 Tbsp twice a day <ul style="list-style-type: none"> Unsweetened dry cereal, toast, crackers or soft breads Up to 2 small servings	<ul style="list-style-type: none"> Whole grain, unsweetened, dry cereal, toast, crackers, breads, rice, noodles or other grains 2-3 small servings	<ul style="list-style-type: none"> Some foods can cause choking.
Vegetables 	<ul style="list-style-type: none"> Cooked/mashed/chopped or soft bite-sized pieces 3-4 Tbsp twice a day	<ul style="list-style-type: none"> Cooked/mashed/chopped or soft bite-sized pieces $\frac{1}{4}$ cup twice a day	<p>Avoid:</p> <ul style="list-style-type: none"> Hot dogs Peanut butter Whole grapes Whole berries Nuts/seeds Raisins Popcorn Candy
Fruits 	<ul style="list-style-type: none"> Peeled, soft, fresh fruit or fruit canned in water or juice such as bananas, pears and peaches Soft bite-sized pieces, no seeds 3-4 Tbsp twice a day	<ul style="list-style-type: none"> All peeled, soft, fresh fruits including melons, pineapple and mango Canned fruit in water or juice Soft bite-sized pieces, no seeds $\frac{1}{4}$ cup twice a day	<ul style="list-style-type: none"> Feed your infant nutritious foods low in fat, sugar and salt.
Protein Foods 	<ul style="list-style-type: none"> Cooked, soft, chopped meat, poultry or fish Cooked beans, egg yolk, cottage cheese, yogurt or tofu 2-3 Tbsp a day	<ul style="list-style-type: none"> Ground, chopped or bite-sized pieces of lean meat, poultry, fish Cooked beans, egg yolk, cottage cheese, yogurt or tofu $\frac{1}{4}$ cup twice a day	<p>Avoid:</p> <ul style="list-style-type: none"> Deli meats Fast food French fries Sweetened drinks Snack cakes Candy
Water	2-4 oz twice a day	2-4 oz twice a day	
Fruit Juices 	<p>Infants do not need juice until after one year of age.</p> <p><i>Excessive juice intake reduces the intake of nutritious foods and can contribute to excessive weight gain</i></p>		

Talk to a nutritionist if you have concerns about your infant's diet. Regular doctor visits can help ensure your baby's good health and development.