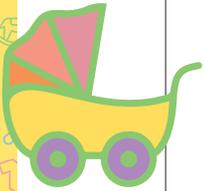
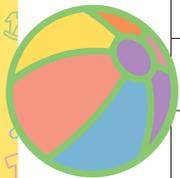
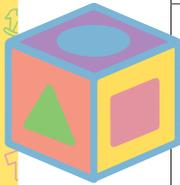


HOW TO FEED YOUR BABY STEP-BY-STEP

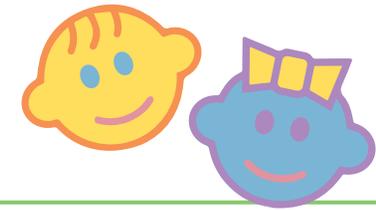
Every baby is unique. Don't worry if your baby eats a little more or less than this guide suggests. The suggested serving sizes are guidelines to help you get started.

AGE	FOOD GROUP	FOODS	DAILY SERVINGS	SUGGESTED SERVING SIZE	FEEDING TIPS
0 – 4 Months	Milk	Breast milk (preferred) or iron-fortified formula should be your baby's sole source of nutrition for the first six months of life. Work with your pediatrician to learn hunger and fullness cues and to ensure your baby is eating enough to grow normally.			<ul style="list-style-type: none"> · Nurse as long and as often as your baby wants – every 1-1/2 to 2 hours is reasonable. · Nurse baby at least 10–20 minutes on each breast. · Six wet diapers a day is a good sign that your baby is getting enough to eat. · If you bottle feed, hold your baby while feeding. · There's no need to force your baby to finish a bottle. · Babies should never be put to bed with a bottle. It can cause choking and baby bottle tooth decay. · Heating formula in the microwave is not recommended as milk may heat unevenly and burn your baby's mouth.
4 – 6 Months	Milk	Breast milk or formula	On demand 4 – 6	6 – 8 ounces	<ul style="list-style-type: none"> · Breast milk or formula has all the nutrition your baby needs and will satisfy your baby longer than cereal. · Start iron-fortified baby cereal by spoon when your baby shows these signs of readiness: SITS WITH SUPPORT OPENS MOUTH WHEN FOOD IS OFFERED ABLE TO MOVE SEMI-SOLID FOOD FROM THE FRONT OF TONGUE TO THE BACK · Introduce only one new cereal each week.
	Grain	Baby cereal (iron-fortified)	1 – 2	1 – 2 tablespoons	
6 – 8 Months	Milk	Breast milk or formula	On demand 3 – 4	6 – 8 ounces	<ul style="list-style-type: none"> · Add strained vegetables and fruits first, then add cooked vegetables and mashed or finely chopped fruits later. · When using food from a jar, remove amount for one feeding and refrigerate the unused portion. · Try giving water in a cup, 2 ounces, 1-2 times/day. Do not give juice to your baby. · Offer only one new food each week. · OK to add strained or finely chopped meats.
	Grain	Baby cereal (iron-fortified) Bread or crackers	2 Offer	2 – 4 tablespoons 1/2 slice or 2 crackers	
	Fruit	Fruit	2	2 – 3 tablespoons	
	Vegetable	Vegetables	2	2 – 3 tablespoons	
	Protein	Fish, chicken, turkey, beef, pork, cooked beans or peas, egg	1 – 2	1 – 2 tablespoons	





AGE	FOOD GROUP	FOODS	DAILY SERVINGS	SUGGESTED SERVING SIZE	FEEDING TIPS
8 – 12 Months	Milk	Breast milk or formula	On demand 3 – 4	6 – 8 ounces	<ul style="list-style-type: none"> Offer only one new food each week. Offer fresh fruit and cooked vegetables in bite size portions. Some fruits may need to be peeled (apples, pears). Be patient. Babies are messy when they feed themselves. Always taste heated foods before serving them to baby to make sure they are not too hot. Continue to offer water in a cup. Offer finger foods to encourage self-feeding. Let baby use a spoon for self-feeding. Do not give your baby honey in the first year of life. Meats should be soft, ground or finely chopped.
		Cheese Plain yogurt Cottage cheese	Offer	1/2 ounce 1/2 cup 1/4 cup	
	Grain	Baby cereal (iron-fortified) Bread or crackers	2 – 3 2 – 3	2 – 4 tablespoons 1/4 slice or 2 crackers	
		Fruit	Fruit	2	
	Vegetable	Vegetables	2	3 – 4 tablespoons	
	Protein	Fish, chicken, turkey, beef, pork Cooked beans or peas Egg	1 – 2	3 – 4 tablespoons 1	
12 – 24 Months	Milk	Breast milk or milk*	On demand 4	1/2 cup	<ul style="list-style-type: none"> * If formula feeding, change to cow's milk now. Ask your doctor which fat level is best for your baby. Choose whole, 2%, 1% or fat free. Continue breast feeding, if desired, but also offer milk in a cup. Offer small portions. Never force your toddler to eat. Try to avoid power struggles over food by respecting your toddler's likes and dislikes. Offer rejected foods at another time. Make meals fun and interesting. Serve colorful foods that are crunchy, smooth or warm. Toddlers need three meals and 2–3 snacks every day. Do your best to offer meals and snacks at about the same time each day. Wean baby from a bottle to a cup. Avoid choking. Cut up meats. Toddlers should be in high chairs for meals and snacks. Do not give them nuts, hard candies, gum or popcorn.
		Yogurt, cheese Cottage cheese	4	1/2 ounce 1/4 cup	
	Grain	Cereal, pasta or rice Bread, muffins, rolls Crackers	6	1/4 cup 1/2 ounce or slice 2 crackers	
		Fruit	Fruit	2	
	Vegetable	Vegetables, fresh or cooked	4 – 5	1/4 cup (cooked) 1/2 cup (fresh)	
Protein	Fish, chicken, turkey, beef, pork Cooked beans or peas Egg	2	1 ounce 1/4 cup 1		



Courtesy of ©National Dairy Council. Adapted from *Airplane, Choo-Choo*, A guide to feeding your baby for the first two years.

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