

FEEDING GUIDELINES



July, 2012



4 Months – 6 Months

Nutritionally it is not necessary to begin solids this early and either breast milk or formula is the mainstay of the diet. However, if your baby is drinking more than 36oz of formula or breast-feeding more than six times daily it is reasonable to introduce rice cereal. Also, if your baby was sleeping through the night but has begun waking, you may begin feeding rice cereal. Rice cereal is to be spoon fed, 1-3 times up to 3 times daily making sure they are still drinking 24 to 36 oz. of formula or on the breast 4 to 6 times daily.

6 Months – 12 Months

Breast milk or formula is still the most important nutritionally in your baby's diet. Make sure that they are getting 24-36oz of formula or on the breast 4-6 times daily, if combining assumes 6oz per breast-feeding. You may introduce solids, starting with cereals then vegetables, then fruits. Allow 3-5 days between foods before introducing a new food so you can watch for any reaction.

SAMPLE DIET:

Breakfast	Breast or Formula	Cereal, Fruit
Lunch	Breast or Formula	Fruit, Vegetable
Dinner	Breast or Formula	Cereal, Vegetable

8 Months:

Can start strained meats

10 Months:

Can start yogurt and cottage cheese

12 Months:

Can start whole milk, eggs, and citrus. Vitamins may be recommended

12-24 Months:

No food restrictions as far as variety. Caution must be taken when allowing your baby to eat finger foods, to avoid choking. Do not feed your child under 4yrs any round, firm foods. Dangerous foods include; hot dogs, chunks of meat, grapes, hard candy, popcorn, peanuts, and raw carrots. Your baby needs 16 – 24oz of milk each day. If drinking less than 16oz, make sure other calcium sources are given daily. Milk needs to be whole until age 2 or can be 2% low fat if child gets other fat in the diet. Infants need adequate fat for brain development and cholesterol should not be restricted in children under the age of 2 years. Never give skim or 1% low fat milk before age 2.

Vitamins are usually discussed on an individual basis. Once your child is on whole milk, a multi-vitamin will be recommended.