

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. You may start small amounts of solids at this time if desired			
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
- Your infant should be weaned from bottle by 12-14 months 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 or turning head
 - pushing spoon or bottle away
 - slowing down, stopping or playing with food

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 occur leading to burns. To heat the bottle or food, use warm running water or place in a pan of warm water that was heated on the stovetop. 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.
- Honey is not recommended during the first year of life due to a connection with botulism.

Early Allergen Introduction

- **Be Proactive with Early Allergen Introduction.** Research shows that feeding babies commonly allergenic foods starting around 6 months can help reduce the risk of developing food allergies. Peanut and egg show the most potential benefit.
- **Feed baby potential allergens at home by following the NIAID Guidelines for home feeding of peanut foods.** Around 4-6 months of age, after your baby has tolerated a few low-risk foods (such as fruit, vegetable, or grain cereal), you can start introducing allergenic foods.

How to safely feed peanut protein to your infant

- Babies should not be given whole peanuts or spoonful of 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 and add to cereal or fruit/vegetable puree

Additional Comments: