



# The First 12 Months: What & When to Feed Your Baby

Foods	0 - 3 Months	4 - 5 Months	6 - 7 Months
Breast Milk	On Demand: <ul style="list-style-type: none"> <li>• 1<sup>st</sup> Month: about 10–12 feedings in 24 hours</li> <li>• 2<sup>nd</sup>-3<sup>rd</sup> Months: 8–10 feedings in 24 hours</li> </ul>	On Demand: about 6–7 feedings in 24 hours	On Demand: about 5–6 feedings in 24 hours
<i>Breast milk is the best food for your baby during the first year. If you are not breastfeeding, give your baby iron-fortified formula. No water or other milks yet.</i>			
Fortified Infant Formula 	<u>1<sup>st</sup> Month:</u> 2–3 ounces every 2–3 hours (8–10 feedings per day) <u>2<sup>nd</sup> Month:</u> 2–4 ounces every 2–4 hours (7–8 feedings per day) <u>3<sup>rd</sup> Month:</u> 4–5 ounces every 4–5 hours (6–8 feedings per day)	<u>4<sup>th</sup> Month:</u> 4–6 ounces every 4–6 hours (6 feedings per day) <u>5<sup>th</sup> Month:</u> 5–7 ounces every 4–6 hours (6 feedings per day)	<u>6 - 7<sup>th</sup> Months:</u> 5–7 ounces every 3–4 hours during the day (5–6 feedings per day)  Night-time feedings begin to decrease.
Fortified Dry Infant Cereal	None	1–2 Tbsp infant cereal (1–2 times a day) Prepare with breast milk or formula, not juice or water. Feed with a spoon, not in a bottle.	2–4 Tbsp infant cereal (2 times a day) 
Vegetables 	None	None	2 ounces Stage 1 baby vegetables or ¼ cup well-cooked, pureed vegetables (1–2 times a day)
Fruit	None	None	2 ounces Stage 1 baby fruit or ¼ cup pureed fruit (1–2 times a day)
Other Starches	None	None	None
Meat & Other Proteins	None	None	1-2 Tbsp pureed meat, beans, or legumes (1-2 times a day)
Comments:	<ul style="list-style-type: none"> <li>• Breast milk or formula is all your baby needs for the first 6 months.</li> <li>• Never microwave bottles or food for your baby - it may not heat evenly and may burn your baby's mouth. <i>Always test the temperature before feeding your baby.</i></li> </ul>	<ul style="list-style-type: none"> <li>• Your baby may be ready for cereal when he/she can sit up with good head control.</li> <li>• Cereal should be mixed thinly at first. Do not put cereal in your baby's bottle unless instructed by a doctor.</li> </ul>	<ul style="list-style-type: none"> <li>• Children should be seated upright in a supported chair or baby seat during feedings.</li> <li>• Do not add sugar or salt to your baby's food.</li> <li>• Most babies are ready to try a cup now.</li> </ul>

The American Academy of Pediatrics recommends that solids foods may be introduced between 4-6 months of age.

Babies may refuse a new food at first. Your baby's taste may change over time, so continue to offer the food at least 8-15 times.

Foods	8 - 9 Months	10 - 12 Months
<b>Breast Milk</b>	On Demand: about 4–6 feedings in 24 hours	On Demand: about 4 feedings in 24 hours
<b>Fortified Infant Formula</b>	<u>8<sup>th</sup> – 9<sup>th</sup> Month</u> : 6–7 ounces every 3–4 hours during the day (4–6 feedings per day) No night-time feeds. <b>Start to wean baby from bottle.</b> <b>Offer formula in a cup 1–2 times per day.</b>	<u>10<sup>th</sup> – 12<sup>th</sup> Month</u> : 6–7 ounces every 4–6 hours (3–4 feedings per day) No night-time feeds. <b>Offer formula in a cup.</b>
<b>Fortified Dry Infant Cereal</b>	2 – 4 Tbsp cereal (2 times per day)	$\frac{1}{4}$ – $\frac{1}{2}$ cup cereal (1 time per day)
<b>Vegetables</b>	2–5 ounces Stage 2 baby vegetables or $\frac{1}{4}$ cup well-cooked, mashed vegetables (2 times per day)	$\frac{1}{4}$ – $\frac{1}{3}$ cup well-cooked, mashed, or chopped vegetables (2 times per day)
<b>Fruit</b>	2 – 5 ounces Stage 2 baby fruit or $\frac{1}{4}$ cup soft mashed fruit (2 times a day)	 $\frac{1}{4}$ – $\frac{1}{2}$ cup chopped soft fruit (2 times per day) May now offer 1–2 ounces of 100% fruit juice per day in a cup if desired. No more than 4 ounces of juice should be given a day.
<b>Other Starches</b>	Easily dissolved puffed cereals or snacks, such as rice puffs or Cheerios® (1–2 times per day)	$\frac{1}{4}$ cup rice, pasta, potatoes, or whole-grain snacks or crackers that are easily dissolved (2 times per day)
<b>Meat &amp; Other Proteins</b>	1–2 ounces Stage 2 meat or poultry, or 2 Tbsp cooked egg <b>yolk</b> only (no egg whites), or 2 Tbsp cooked mashed dried beans or tofu (1 time per day)	$\frac{1}{4}$ cup small, tender pieces of chicken, turkey, beef, pork, cooked dried beans, cottage cheese, tofu, yogurt, or Stage 3 baby meats 3–4 Tbsp (2 times per day)
<b>Comments:</b>	<ul style="list-style-type: none"> <li>Do not allow baby to fall asleep with a bottle. This can cause tooth decay.</li> <li>It is now okay to give your baby some fluoridated water, about 2–4 ounces twice a day. (Check with your city to determine if your water is fluoridated)</li> </ul>	<ul style="list-style-type: none"> <li>Refrigerate leftover portions of food immediately. Opened jars will keep in the refrigerator no longer than 2 days.</li> <li>Always give juice in a sippy cup, not in a bottle. <u>No juice before 6 months of age.</u> Juice should be 100% fruit juice and must be pasteurized.</li> </ul> 

**NEVER** give honey or foods made with honey to your baby during the first 12 months. Honey may contain toxins that are poisonous to babies.

**Choking Hazards – Do not give these foods to your baby!**  
Hot dogs, nuts, seeds, popcorn, chips, grapes, raisins, raw vegetables, hard & chewy candy, French fries, tough meats, dried fruit, and sticky foods such as peanut butter  
*Always supervise your child during meals and feed in a seated position.*

**Common Food Allergies** – Egg whites, milk, seafood, peanuts, tree nuts (almonds, pecans, walnuts, etc), wheat, and soy products.

*Introduce one new food at a time and wait 3–4 days before trying another new food. This makes it easier to see if your baby is allergic to a certain food.*

