



Infant Feeding Guide

	6 Months	7 to 8 months	9 to 11 months
BREAKFAST	Breast milk or 6-8 oz. formula	Breast milk or 6-8 oz. formula	Breast milk or 4-6 oz formula 4-6 Tbsp. infant cereal 2-3 Tbsp. applesauce
AM SNACK	2-4 Tbsp. prepared infant cereal fed with a spoon water or formula/breast milk in a cup	4-6 Tbsp. prepared infant Cereal fed with a spoon 2-3 Tbsp. Fruit	fruit or crackers water in cup
LUNCH	Breast milk or 6-8 oz. formula 2 Tbsp. strained vegetables or fruit	Breast milk or 6-8 oz formula 2 Tbsp. vegetables 1 Tbsp. meat, strained	Breast milk or 4-6 oz. formula 2-4 Tbsp. sweet potato 1 Tbsp. chopped chicken 1/2 banana
PM SNACK	water or formula/breast milk in a cup	water or formula/breast milk in a cup 1-2 crackers	water or formula/breast milk in a cup 1-2 crackers or fruit
DINNER	Breast milk or 6-8 oz. formula 2 Tbsp. strained vegetables 2 Tbsp. prepared infant cereal	Breast milk or 6-8 oz formula 2 Tbsp. vegetables 1 Tbsp. meat, strained 2 Tbsp. fruit	Breast milk or 4-6 oz formula 2-4 Tbsp. peas 2-4 Tbsp. rice & chopped beef 2-4 Tbsp. peaches
BEFORE BED	Breast milk or 6-8 oz formula	Breast milk or 6-8 oz. formula	Breast milk or 4-6 oz formula

If you are breastfeeding talk to your nutritionist or pediatrician about your infant's need for a supplement with Vitamin D.

When to Introduce Solid Foods & Textures

4-6 months	6-8 months	7-10 months	10-12 months	12-15 months
Breast milk or formula	strained & mashed Meltables	chopped introduce finger foods	chopped & cut table foods	cut table foods
water 	Puffs Mum Mums Fruits Vegetables Meat/beans plain yogurt 	Whole grain bread, toast, crackers Brown rice Whole grain pasta cereal chicken, & fish cooked beans soft cheeses	pieces of fruits & vegetables hard cheese cooked egg yolk	Increase fresh fruit and vegetables A toddler should be eat- ing similar foods and textures as older children and adults.

Feeding Tips

Spoon Feeding: Feed all foods with a spoon. Do not put cereal or any other foods into the bottle. This can cause an infant to choke, gain too much weight, and lead to baby bottle tooth decay.

When using a spoon turn it to the side and bring it within an inch of your infants' mouth. The infant should move forward towards the spoon to accept the food into their mouth. This is responsive feeding.

Food Safety: Opened jarred baby food should be used within 3 days, except meats which should be used within 2 days.. Place the amount of food needed from the jar into a bowl. Cover and refrigerate the food you did not use.

Cup use: Introduce an open cup at 4-6 months of age. Use a cup to offer water. At 12 months introduce whole milk in a cup or straw. Your goal should be to have your toddler drinking all liquids in a cup or straw by 12-14 months of age.

Formula: Infants who drink formula should receive iron fortified formula up until their one year birthday.

Choking prevention: An infant can choke on small hard foods such as popcorn, nuts, grapes, seeds, chips, hotdogs, raisins, hard cheese, raw vegetables and chunky peanut butter. Use caution when introducing these foods. Always remain in the same room with an infant that is eating.

Weaning from the bottle: Early weaning can help prevent tooth decay and ear infections. It can also increase your toddler's appetite for solid foods. Discontinue bottle use at 1 year of age. Offer milk in a cup when you first introduce it. Your child will then associate milk with the cup.

High Chair/Booster Seats: Seat your infant in an appropriate sized high chair or booster seat. Recommended boosters and chairs: Fisher Price Booster Seat or the Kekaroo Height Right High Chair with infant insert and tray.