

INFANT FEEDING GUIDELINES

- ♥ Before an infant turns 6 months old or is developmentally ready (see signs below), his/her nutrition should come from breastmilk or iron-fortified (unless instructed otherwise by pediatrician) formula. Introducing any other foods or liquids will NOT benefit the infant and may actually harm the infant.
- ♥ Introduce solids only when baby can:
 - Sit with support
 - Hold head steady
 - Keep food in mouth and swallow it (i.e. does not push spoon out with tongue)
- ♥ When introducing infant cereal, try rice cereal first, since it is least likely to cause allergy. Offer a few teaspoonfuls after breastfeeding/formula. Start with thinner consistency. Mix with breast milk, formula, or boiled water.
- ♥ Introduce ONE new food every 5 – 7 days. Watch for allergy symptoms: skin rash, diarrhea, and stomachache. Allergy related foods: peanuts, oranges, tomatoes, milk, egg whites, wheat products, corn, and chocolate.
- ♥ In the beginning, use single ingredient, not mixed foods. This will help identify source of allergy.
- ♥ Give solids by spoon. Do not put solids in bottle (may cause choking).
- ♥ DO NOT give your baby homemade: carrots, spinach, beets, turnips, or collard greens. In some parts of the country, these vegetables contain large amount of nitrates and can cause anemia in infants. Baby-food companies are aware of this problem and screen the produce they buy for nitrates.
- ♥ Hold off fruit juices until baby is ready to use a sippy cup (usually beginning at 6 months). Limiting bottle use for breastmilk or formula will facilitate bottle weaning. Offer diluted non-citrus vitamin C-fortified juices such as apple, grape, and pear juices.
- ♥ Avoid adding salt, sugar, honey, glucose, and fat into baby's foods or drinks. Honey can cause food poisoning, and other additives may cause future health problems.
- ♥ Limit use of rice porridge due to its low nutritive value. Add cereal, strained meats or vegetables into porridge to increase nutrients.
- ♥ Avoid use of salted fish, dried scallops, dried shrimp, preserved meats, fermented bean curds in baby's food due to its high salt content.
- ♥ Avoid foods that can cause choking: nuts, seeds, hard candies, corn, whole grapes, hot dog, hard foods, and foods with seeds.
- ♥ Only offer egg white and whole milk at 12 months ago or older. Egg white may cause allergy and is difficult to digest. Whole milk may cause stomach bleeding.
- ♥ Wean off bottle by 10 – 12 months.

	1-3 months	4-5 months	6-7 months	8 months	9-10 months	11 months	12 months
Breastmilk or formula	30-32 oz	30-32 oz	30-32 oz (6m) 29-31 oz (7m)	26-31 oz	24-30 oz (9m) 22-30 oz (10m)	20-28 oz	Breastmilk or whole milk (16-24 oz)
Infant cereal			4-6 Tbsp in 2 feedings	4-6 Tbsp in 2 feedings	¼ -½ c in 2 feedings	½ - ¾ c in 2 feedings	½ - ¾ c in 2 feedings
Vegetables			1-5 Tbsp strained	¼ -½ c strained or mashed	¼ -½ c strained or mashed	½ - ¾ c chopped	¼ c chopped green ¼ c chopped yellow or orange
Fruits			1-5 Tbsp strained	¼ -½ c strained or mashed	¼ -½ c strained or mashed	¼ -½ c chopped fresh or cooked	¼ -½ c chopped fresh or cooked
Infant juice			No more than 4 oz in 2 feedings	No more than 4 oz in 2 feedings	No more than 4 oz in 2 feedings	No more than 4 oz in 2 feedings	No more than 4 oz in 2 feedings
Starchy foods				2-4 Tbsp potatoes, rice, pasta, mashed beans	2-4 Tbsp potatoes, rice, pasta, mashed beans	¼ c potatoes, rice, pasta, mashed beans	¼ - ½ c potatoes, rice, pasta, mashed beans
Protein foods				1-3 Tbsp strained meat, poultry, fish, tofu, cottage cheese, or cheese	1-3 Tbsp strained meat, poultry, fish, tofu, cottage cheese, or cheese 1 Tbsp mashed egg yolk (hard cooked)	½ oz ground meat, poultry, fish, tofu, cottage cheese, or cheese 1 egg yolk (hard cooked)	1 oz ground meat, poultry, fish, tofu, cottage cheese, or cheese 1 whole egg
Finger foods				1 cracker 1 toast without crust	1 cracker 1 toast without crust	1 cracker 1 toast without crust	2 crackers 2 toast without crust

Suggested Daily Intake:

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Community
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