

INFANT FEEDING GUIDE



FOOD GROUP

0-3 MONTHS

4-5 MONTHS

6-7 MONTHS

8-9 MONTHS

10-12 MONTHS

TIPS

HUMAN MILK

Newborns have tiny tummies and must feed frequently (8-12 times per 24 hours) to stay healthy.

Continue to feed your baby on-demand as they grow. Babies may experience growth spurts where they feed more frequently at age 2-3 weeks, 6 weeks, and 3 months. This is normal.

Nurse your baby on-demand!
If your baby is starting to teeth, they may want to nurse more often. This is normal.

Continue to nurse your baby on-demand. Babies may experience a growth spurt at 6 months of age and may feed more frequently at this time.
If desired, start offering human milk in a cup.

Continue to nurse your baby on-demand.
If your baby seems less interested in nursing after you introduce solids, try nursing before you offer solids.
As desired, offer human milk in cup.

Continue to nurse your baby on-demand.
Human milk is the most important source of nutrition for your baby, even after you start feeding them solids.

- Newborns will feed 8-12 times in 24 hours to stay healthy. This is normal!
- Sometimes babies will feed more often when they are sick, teething, or experiencing a growth spurt. This is called “cluster” feeding.
- Feed your baby when they show early signs of hunger, such as sucking on their hands or smacking their lips.
- Always hold your baby when feeding and never prop a bottle to prevent choking.
- Only human milk, formula, or water (after 6 months) should go in your baby’s bottle.
- Start whole milk at one year of age.

INFANT FORMULA

Feed your newborn baby on-demand.
In the first few weeks, your baby may take 2-3 oz. every 3-4 hours.
By the end of the first month, your baby may take in about 4 oz. every 4 hours.

Your baby may take in 4-6 oz. every 3-4 hours.
Your baby may fall into a feeding schedule. Instead of focusing on fixed amounts, let your baby tell you when they have had enough.

About 24-32 oz./day
Start offering formula in a cup.

About 24 oz./day
Offer formula in a cup.

About 24 oz./day

CEREALS & BREADS

None

None

Use human milk or formula to prepare 2-4 Tbsp./day iron-fortified infant cereal.
Feed with a spoon.
Small pieces of plain bread and baby crackers.

4-8 Tbsp./day
Add varieties of plain iron-fortified infant cereals.
Plain rice or pasta.
Baby crackers, bread, rice, pasta, corn grits, small pieces of soft tortillas.

4-8 Tbsp./day
Adult unsweetened cereals if your baby can pick up objects using their index finger and thumb.

- Never put cereal in a bottle. This is a choking hazard for your baby.
- No honey until age one.
- Do not add sugar or corn syrup.

VEGETABLES

None

None

4-8 Tbsp./day plain strained, mashed, or pureed cooked vegetables.

8-12 Tbsp./day plain cooked vegetables mashed with a fork.

8-12 Tbsp./day cooked bite-size vegetable pieces.

- Avoid vegetables that may cause choking such as raw vegetables or vegetables with seeds.
- Do not add salt, butter, or seasoning.

FRUITS

None

None

4-8 Tbsp./day plain strained, mashed, or pureed fruits.

8-12 Tbsp./day peeled soft fruit in bite-size pieces including bananas, pears, peaches.
Unsweetened canned fruit.

8-12 Tbsp./day fresh fruits, peeled, and in bite-size portions.

- Avoid sweetened desserts.
- Do not add sugar.

PROTEIN FOODS

None

None

2-4 Tbsp./day plain strained, mashed or pureed meats, poultry, eggs, fish, or legumes.
May add smooth whole milk yogurt.

4-8 Tbsp./day finely ground or chopped/diced meats, poultry, eggs, fish, or cooked mashed beans.
May add cottage cheese or mild cheese.

4-8 Tbsp./day finely ground or chopped/diced meats, poultry, eggs, fish, or cooked mashed beans.
May add cottage cheese or mild cheese.

- Avoid protein foods that cause choking such as nuts and hot dogs. Ask your baby’s doctor about introducing peanut butter.
- Avoid combination meat and vegetable baby foods.
- Do not give gravy, fried, or highly seasoned foods.

The American Academy of Pediatrics recommends exclusive breastfeeding for the first six months and that breastfeeding continue for at least 12 months and beyond.

Newborns will eat often, this is normal. In the first few weeks, if your baby sleeps longer than 4 hours, wake them up to feed.

Wipe your baby’s gums with a clean cloth occasionally to prevent future dental problems.

Try one new food every 3-5 days. Start with 1-2 Tbsp.
Signs of allergies may include wheezing, rash, or diarrhea.

Allow self-feeding as your baby is ready.

Eat together and model healthy eating.