

## Enjoy mealtimes with your baby

Whether giving a bottle, breastfeeding or feeding from a spoon, pay attention to your baby's signals. Relax, be patient and enjoy your baby. This is a wonderful way to get to know each other.

### Proper Feeding Practices

- Use bottles for formula and water only.
- Serve **juice** from a **cup**.
- Soda pop, drink mixes, and other sugary drinks **are not recommended for babies**.
- Hold your baby while bottle feeding. **Do not prop** the bottle or put your baby to bed with a bottle.
- Offer cereal and other solid foods from a spoon. **Spoon feeding is important** for your baby's development.



## Start new foods gradually

Offer 1-2 teaspoons of new food to let your baby get used to the taste. Increase the amount gradually as your baby's appetite increases. After starting a new food, wait at least 4 or 5 days before adding another.

### Keep foods simple and plain

Choose plain foods for your baby - not combinations such as meat and vegetable casseroles, fruit desserts and puddings. One-item foods - plain strained fruits, vegetables, and meats - are the best choices nutritionally. **Do not feed your baby honey or corn syrup or use them on your baby's pacifier. The can cause botulism, which can lead to death in infants.**



### Offer only safe foods to your baby

- Babies and toddlers can choke on popcorn, nuts, seeds, hot dogs, meat sticks, raw vegetables, grapes and small, round candies. Do not offer these foods to your baby. Babies and toddlers can easily choke on other foods, too. Always stay with your baby at mealtimes.
- When your baby is ready to eat, spoon a small amount of food from the jar into a bowl. Put the lid back on the jar and store it in the refrigerator. This helps keep the food in the jar fresher longer. After feeding, throw away any food left in the bowl.

### "Let me feed myself, Mom!"

Between the 7th and 8th month, give your baby small pieces of food to pick up and eat with the fingers. Try these finger foods - small chunks of ripe banana, well-cooked green beans, potatoes, peas, or carrots and saltine crackers.



### How to warm bottles

Warm your baby's formula in a pan of hot water or in a bottle warmer. Cold formula will not hurt your baby, but babies usually drink formula better warm or at room temperature. Using a microwave to heat formula may cause "hot spots" that may burn your baby's mouth. It is safer to give cold formula than to heat it in a microwave

### Let your baby decide how much to eat

Babies - not parents - know when they are hungry or full. When your baby turns away from the spoon or bottle or is not interested in eating anymore, that's your clue to stop feeding. Forcing a baby to finish a bottle or take another bite may lead to overeating now and later in life. The eating habits your baby forms now may last a lifetime.

# BABY'S FIRST FOODS



A Feeding Guide For  
Your Baby's First  
Year

RCPC WIC  
PROGRAM

## What - and When - to Feed Your Baby in the First 12 Months

Foods to Offer	Birth to 4 Months	4 to 5 Months	5 to 7 Months	7 to 9 Months	9 to 12 Months
BREASTFEEDING OR IRON-FORTIFIED INFANT FORMULA	On Demand  End of 1st mo. - 20-26 oz. End of 2nd mo. - 24-31 oz. End of 3rd mo. - 26-35 oz. End of 4th mo. - 30-39 oz.	On Demand  End of 5th mo. - 32-38 oz.	On Demand  End of 6th mo. - 32-38 oz. End of 7th mo. - 28-34 oz.	On Demand  End of 8th mo. - 26-32 oz. End of 9th mo. - 26-30 oz.	On Demand  End of 10th mo. - 24-28 oz. End of 11th mo. - 22-26 oz.
IRON-FORTIFIED DRY INFANT CEREAL		1/4-1/3 cup cereal once or twice a day. (Use some of the above breast milk or formula to mix with cereal.)	1/4-1/3 cup cereal twice a day. (Wait until 6 months to start high protein or mixed cereal.)	1/3-1/2 cup cereal once a day.	1/2-3/4 cup cereal once a day.
VEGETABLES		<p>This is a guide for when to add foods and how much to offer. Each age shows the foods to be offered over a 24 hour period. Keep in mind every baby is different. Your baby may take a little more or less than the amounts shown. This is normal. If you have questions about feeding your baby, ask your baby's doctor or a dietitian.</p> <p><b>And enjoy your baby at this very special time.</b></p>	1/2 Stage 2 jar strained or 1/4 cup well-cooked, pureed vegetables once or twice a day.	1/2-1 Stage 2 jar strained or 1/4 cup soft, mashed vegetables twice a day.	1/2-1/3 cup well-cooked, mashed or chopped vegetables twice a day.
FRUITS			1/2 Stage 2 jar strained or 1/4 cup mashed banana once or twice a day.	1/2-1 Stage 2 jar strained or 1/4 cup soft, mashed fruit twice a day.	1/2-1/3 cup chopped, soft fruit twice a day.
MEATS AND OTHER PRO-TEIN FOODS				1/4-1/3 Stage 2 strained meat or poultry, or 1/8 cup cooked egg yolk, mashed dried beans or tofu.	1/8-1/4 cup small, tender pieces of chicken, turkey, beef, or pork, cottage cheese, yogurt, cooked dried beans or tofu.
JUICE				1-2 oz. juice from a cup. Wait until 12 months to offer citrus juices such as orange or grapefruit.)	1-2 oz from a cup once or twice a day.
GRAINS				2-4 saltine cracker squares.	2-4 saltine cracker squares, 1/2 slice bread or 1/4 cup rice or pasta once or twice a day.

Breastfeeding is the best way to feed your baby for the whole first year. If you choose not to breastfeed, offer your baby Iron-fortified infant formula.

Newborns need to eat often - breastfed babies every 2 to 3 hours around the clock and bottle fed babies every 3 to 4 hours. Babies eating this often do not need extra water. Breast milk/formula is all babies need to grow in the first 4-6 months.

Babies are ready to learn spoon feeding at 4-6 months. Start with cereal - mix 1-2 teaspoons of dry cereal with 2oz. Water, breast milk, or formula and offer from a spoon. Babies do not need any sugar or margarine added to cereal.

Babies need to learn how each food tastes. Offer a variety of plain vegetables and fruits. Give sips of water from a small, plastic cup. Gradually, begin to use the cup at each meal.

Add strained meats. Babies do not eat much meat. This is normal. Try cooked egg yolk, mashed cooked beans or tofu. Gradually offer more table foods and less strained foods. Let your baby learn to feed himself. Be patient. All babies make a mess when they eat. (See other side for finger food ideas.)

Start using the cup at each meal to offer 1-2 oz. of water, formula, or juice. If your baby is on formula, decrease the amount offered in the bottle by the amount taken from the cup at mealtime. At one year, your baby should be off the bottle and eating mostly table foods. Too much food can overwhelm babies and toddlers. Offer small amounts.