

# Infant Nutrition

## 0-6 months

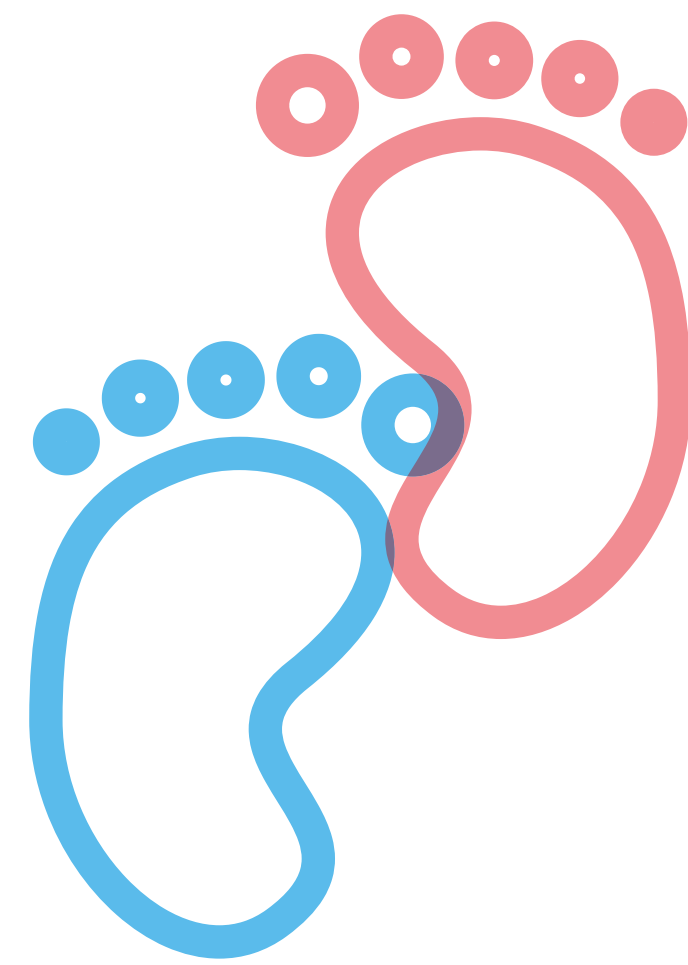
### What to eat?

Breastmilk  
or

Iron-fortified Infant Formula

0-4 months: 2-4 oz

4-6 months: 6-8 oz



### How much to feed?

0-4 months: 8-12 feedings each day

4-6 months: 4-6 feedings each day

**\*Every 2 to 3 hours**

# Adding Foods

- Goal to introduce foods at 6 months (no earlier than 4 months)
- Introduce foods when infant shows signs of readiness
- Introduce with a spoon
- Introduce one food at a time every 3 to 5 days
- Begin with small amount of food and increase quantity as the child gets older
- Start with vegetables and meats to encourage acceptance
- Fruits are sweet; some kids are picky with vegetables after trying the sweetness of fruit
- Meats and greens can take a while for infants to enjoy

## 6-8 months

- Breastmilk or Formula
- Pureed vegetables, meat, beans, fruits
- Infant cereal
- Bits of crackers

## 8-12 months

- Breastmilk or Formula
- Mashed fruits, vegetables, meat, bean
- Chopped/finger food
- Cheese & yogurt

# Not recommended before age 1

- Juice
- Any milk not made for infants
- Nuts, seeds, raisins, popcorn
- Whole & raw fruits and vegetables
- Big, uncut chunks of meat such as hot dogs
- Sticky foods, especially in large amounts
- Honey



