




Let's Eat!

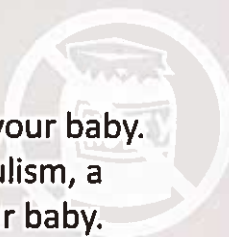
..... general guidelines for healthy, full-term infants

Age	What baby does	New foods	What to do
Birth-4 months	<ul style="list-style-type: none"> • Sucks and swallows breastmilk and formula • Pushes tongue out of mouth when swallows 	<p>Feed only breastmilk (or formula with iron).</p>	<ul style="list-style-type: none"> • Be patient. • Feed when your baby is hungry. • Learn your baby's hunger and fullness cues.
4-6 months	<ul style="list-style-type: none"> • Sits with help • Supports and controls head • Can grasp an object and put in mouth • Opens mouth for spoon • Can keep most of the cereal in the mouth • Removes food from a spoon with a sucking action • Turns head away when full 	 <ul style="list-style-type: none"> • If your health care provider tells you to start feeding your baby solids before the age of 6 months, start with: rice cereal, mixed with breastmilk (or formula with iron). • After your baby is on rice cereal for a week, you can try the other types of baby cereals. 	<ul style="list-style-type: none"> • Continue to breastfeed (or give formula with iron). • Mix 1- 2 teaspoons of rice cereal with breastmilk (or formula with iron). • Feed with a spoon. • Start with runny texture. As baby gets better at eating, mix cereal to a thicker texture. • Slowly increase up to two servings or about ½ cup rice cereal per day. • Never put cereal in the baby's bottle. • Follow baby's lead. Let your baby show you when he is full.
6-9 months	<ul style="list-style-type: none"> • Sits without help • Moves food from front to back of mouth • Begins side to side movement of tongue • Begins to grasp objects with whole hand and transfer from one hand to another • Starts to mash food with gums • Brings head towards the spoon • Drinks from cup with lots of spilling 	<p>If you are starting solids this month, you can start feeding:</p> <ul style="list-style-type: none"> • Jarred or home-prepared mashed or strained meats • Single ingredient jarred baby food vegetables and fruits • Infant cereal • Plain, cooked home-prepared foods, strained or mashed with a fork. Try fruits, vegetables and meats. • Strained cooked egg yolks • Yogurt, cottage cheese • Very small pieces of hard cheese 	<ul style="list-style-type: none"> • Continue to breastfeed (or give formula with iron). • At 6 months, your baby needs additional calories, iron, and protein. • Wait five to seven days between feeding new foods. • Offer breastmilk or formula in small amounts from a cup. 
9-12 months	<ul style="list-style-type: none"> • Picks up food with thumb and forefinger • Rotary or grinding chewing begins • Drinks from cup with less spilling 	<ul style="list-style-type: none"> • Small pieces of bread, cheese, noodles, crackers, soft tortilla • Small pieces of cooked tender, lean meat • Soft cooked pieces of beans and vegetables • Pieces of raw, soft, ripe fruits 	<ul style="list-style-type: none"> • Continue to breastfeed or give formula with iron. • Offer finger foods. • Watch baby closely while eating. • Keep baby seated in a chair, high chair or carrier.

Keep in Mind

- Be patient. It may take more than one time for your baby to like a new taste or texture.
- Begin with small amounts of foods. Offer seconds if needed.
- Limit juice to 4 to 6 ounces per day.
- Do not force your baby to eat or finish all his food. Turning his head, closing his mouth, shaking his head, or leaning back are signs he is full.
- Wait to offer foods like egg whites and shellfish until your baby is 1 year of age. These foods can cause allergic reactions. Signs of an allergic reaction include skin rash, vomiting, diarrhea, irritability, or wheezing.
- Continue to breastfeed after solid foods are introduced.
- Be sure your baby is drinking enough breastmilk or formula.
- If your baby is ready for table food, spoon out the amount he will eat before adding salt, sugar, fats, or other seasonings to the food for your family.
- Set a good example. Older babies will want to eat what you eat.

Be aware

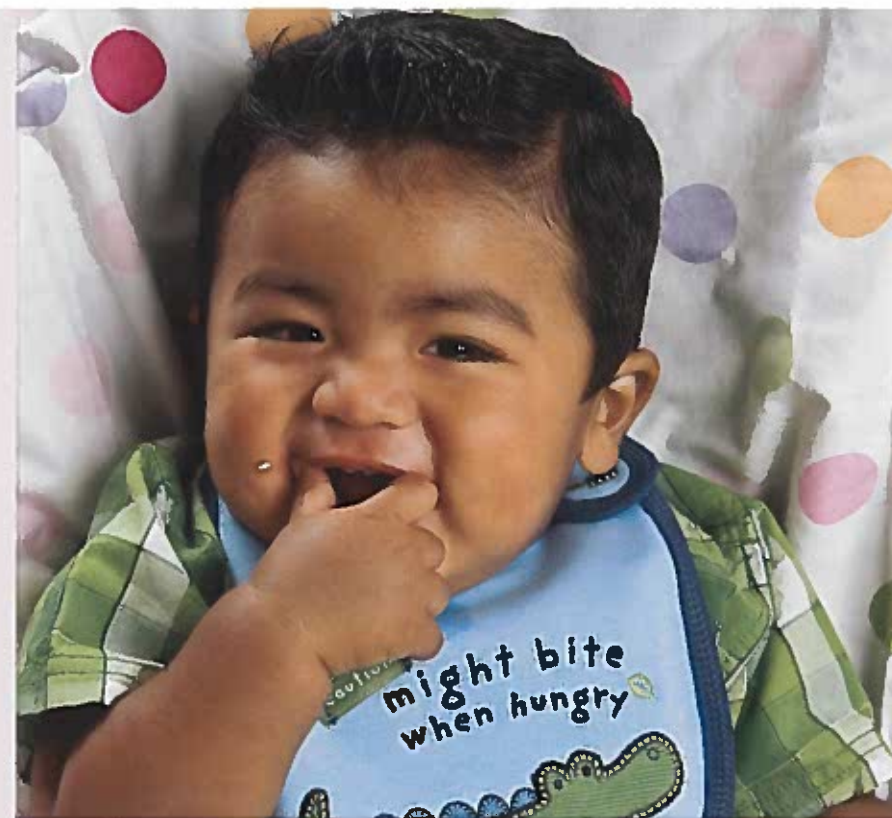


Never give honey to your baby. Honey may have botulism, a germ that can kill your baby.

Do not put your baby to bed with a bottle.

The following foods may cause choking in babies and children younger than 4 years of age:

- hotdogs
- grapes
- raisins
- popcorn
- peanut butter
- peanuts and other nuts
- raw carrots
- apple pieces
- round, hard or sticky candies



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Feeding Tips for Baby's First Year!



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