



Feeding Guidelines: Birth to 18 Months

Foods	Birth – 4 months	4-6 Months	6-8 Months
<i>Milk</i>	Breast milk with Vitamin D supplement: Trivisol 1 dropper (1 ml) a day or Infant formula (16-32 oz)	Same (24-40 oz)	Same (24-32oz)
<i>Cereal and Breads</i>	None	Begin single grain infant cereals (rice, oatmeal, barley). Mix with breast milk or formula. Start with 2-3 tsp. once per day by spoon and gradually increase to 2 cereal feedings a day.	Infant cereals.
<i>Vegetables and Fruits</i>	None	None	Start with strained or mashed vegetables and fruits. Dark yellow, orange and green vegetables (except corn). Mashed banana, applesauce, and pureed fruits. (Avoid <u>homemade</u> spinach, beets, turnips, carrots, and collard greens due to nitrates.) If jarred food, to use stage 1 first. 1-2 tbsp. per serving up to 3-4 tbsp.
<i>Meats</i>	None	None	None
<i>Juice</i>	None	None	<u>AVOID</u> all juices unless necessary (constipated). If you have to give some, give infant or adult 100% juices with Vitamin C. Do not need to dilute. Avoid citrus juices. Maximum of 2 oz/day.
<i>Meal pattern and feeding skills</i>	5-10 feedings per day	4-7 formula/breast feedings. 1-2 cereal feedings by spoon. Offer solids first then liquids. Give one week with each new food item.	Can begin a sippy cup with meals. 2 meals/day of cereal and fruit or vegetable. Bottle/breast feed other feeds. Give one week with each new food item.



Feeding Guidelines: Birth to 18 Months

Food	8-10 Months	10-12 Months	12-18 Months
<i>Milk</i>	Breast milk or infant formula (16-32oz)	Breast milk or infant formula (16-24oz)	Whole Milk (16-24 oz)
<i>Cereals and Breads</i>	Infant cereal. Finger foods: bread, pasta, rice. Cheerios at 9 months.	Minimum of 4 servings daily. 1 serving = ¼ slice bread, 1-2 tbsp. cereal, rice, or noodles. Use enriched or whole grain. Teething biscuits at 10-12 months under close supervision.	4 servings per day.
<i>Vegetables and Fruits</i>	Cooked mashed vegetables or fruits. Finger foods: peeled soft wedges of fruit and soft cooked vegetables cut into small pieces (smaller than width of child's pinky finger). Stage 2-3 foods. Avoid adding salt or sugar. 1 serving = 1-2 tbsp.	Vegetables from table and fresh fruits, peeled and seeded, canned fruits packed in water. Minimum of 4 servings a day. 1 serving = 1-2 tbsp.	4-8 tbsp. per day
<i>Protein Foods</i>	Strained, milled, or finely cut tender meat (chicken, fish, ground meat). May have egg yolk (NO egg white), cheeses, and yogurt (at 8 months).	Small tender pieces of meat, fish, chicken. Egg yolk, cheese, and yogurt. 2 servings per day. 1 serving = ½ ounce = 1 tbsp.	2 servings per day. May have whole egg.
<i>Fruit Juice</i>	If necessary 2 oz of 100% juice. Prefer juice given in sippy cup instead of bottle.	Same.	Optional: 2-4 oz of 100% juice in sippy cup.
<i>Meal Patterns and Feeding Skills</i>	Self feeding starts at 9-10 months. Expect messiness. Offer spoon fed food before finger foods at a meal or snack. Encourage sippy cup. 3 meals and 1 or 2 snacks. To eat with family.	Start weaning off of the bottle to sippy cup. Expect spills with spoon (masters at 15-16 months). 3 meals with 1-2 snacks. To eat with family.	Should be off bottle by 14 months. 3 meals with 2 snacks per day. To eat with family.

