

# HOW TO FEED YOUR BABY STEP-BY-STEP

Every baby is very special. Don't worry if your baby eats a little more or less than this guide suggests. In fact, this is perfectly normal. The suggested serving sizes are only guidelines to help you get started.

AGE	FOOD GROUP	FOODS	DAILY SERVINGS	SUGGESTED SERVING SIZE	FEEDING TIPS
0-4 Months	Milk	Breast Milk or Formula*	On demand	2-5 ounces 3-6 ounces 4-7 ounces 6-8 ounces	<ul style="list-style-type: none"> <li>Nurse as long and as often as your baby wants - every 1-1/2 to 2 hours is okay.</li> <li>Nurse baby at least 10-20 minutes on each breast.</li> <li>Six wet diapers a day is a good sign that your baby is getting enough to eat.</li> <li>There's no need to force your baby to finish a bottle.</li> <li>Putting baby to bed with a bottle can cause choking and baby bottle tooth decay.</li> <li>Heating formula in the microwave is not recommended as milk may heat unevenly and burn baby's mouth.</li> </ul>
		Breast milk or Formula*	On demand	6-8 5-7 4-7 4-6	
4-6 Months	Milk	Breast milk or Formula*	On demand	6-8 ounces	<ul style="list-style-type: none"> <li>Breast milk or formula has all the nutrition your baby needs and will satisfy your baby longer than cereal.</li> <li>Start iron-fortified baby cereal by spoon when baby shows these signs of readiness: SITS WITH SUPPORT OPENS MOUTH WHEN FOOD IS OFFERED ABLE TO MOVE SEMI-SOLID FOOD FROM THE FRONT OF TONGUE TO THE BACK</li> <li>Introduce only one new cereal each week.</li> </ul>
		Baby cereal (iron-fortified)	2	1-2 tablespoons	
6-8 Months	Milk	Breast milk or Formula*	On demand	6-8 ounces	<ul style="list-style-type: none"> <li>Add strained vegetables and fruits first, then add cooked vegetables and mashed or finely chopped fruits later.</li> <li>Feed only one new fruit or vegetable each week.</li> <li>When using food from a jar, remove amount for one feeding and refrigerate the unused portion.</li> <li>Try giving 100% fruit juice in a cup. Juice in the bottle may cause tooth decay.</li> <li>Add strained meats now.</li> <li>Feed only one new meat each week.</li> </ul>
		Baby cereal (iron-fortified) Bread or Crackers	3-5	2-3 tablespoons 1/4 slice or 2 crackers	
	Grain	Fruit Fruit Juice	2	2-3 tablespoons 3 ounces (from cup)	
		Vegetables	Offer	2-3 tablespoons	
	Vegetable Meat	Chicken, Beef, Pork	2	2-3 tablespoons	
			1	1-2 tablespoons	

\*If you are bottle feeding, most doctors recommend iron-fortified formula. Ask your doctor which formula is best for your baby.

AGE	FOOD GROUP	FOODS	DAILY SERVINGS	SUGGESTED SERVING SIZE	FEEDING TIPS
8-12 Months	Milk	Breast Milk	On demand	6-8 ounces	<ul style="list-style-type: none"> <li>• Wait until baby's first birthday to feed egg whites. Some babies are sensitive to the egg white. It's okay to give baby cooked yolks.</li> <li>• Offer fresh fruit and cooked vegetables in bite size portions. Some fruits may need to be peeled (apples, pears).</li> <li>• Be patient. Babies are messy when they feed themselves.</li> <li>• Always taste heated foods before serving them to baby to make sure they are not too hot.</li> <li>• Continue to offer beverages in a cup.</li> <li>• Offer finger foods to encourage self-feeding.</li> <li>• Let baby use a spoon for self-feeding.</li> </ul>
		or Formula*	3-4	1/2 ounce	
		Cheese	Offer	1/2 cup	
		Plain yogurt		1/4 cup	
	Grain	Cottage cheese	2-3	2-4 tablespoons	
		Baby cereal (iron-fortified)	1-2	1/4 slice or 2 crackers	
	Fruit	Bread or Crackers	2	3-4 tablespoons	
		Fruit	1	up to 4 ounces (from cup)	
	Vegetable	Fruit juice	2	3-4 tablespoons	
		Vegetables			
Meat	Chicken, beef, pork, dried beans (cooked)	2	3-4 tablespoons		
	Egg yolk		1		
12-24 Months	Milk	Breast Milk	On demand	1/2 cup	<ul style="list-style-type: none"> <li>* Children at risk of being overweight or who have a family history of obesity, heart disease or high cholesterol, should be given 2% reduced fat milk instead of whole milk.</li> <li>• Continue breastfeeding, if desired, but also offer whole milk in a cup.</li> <li>• If formula feeding, change to whole milk now.</li> <li>• Offer small portions. Never force your toddler to eat.</li> <li>• Try to avoid power struggles over food by respecting your toddler's likes and dislikes. Offer rejected foods at another time.</li> <li>• Make meals fun and interesting. Serve colorful foods that are crunchy, smooth, or warm.</li> <li>• Toddlers need three meals and 2-3 snacks every day. Do your best to offer meals and snacks at about the same time each day.</li> <li>• Wean baby from a bottle to a cup.</li> </ul>
		or *Whole milk, yogurt	4	1/2 ounce	
		Cheese	4-5	1/4 cup	
		Cottage cheese		1/4 cup	
	Grain	Cereal, pasta or rice	2	1/2 medium	
		Bread, muffins, rolls	4-5	3-4 ounces (from cup)	
	Fruit	Crackers		1/4 cup (cooked)	
		Fruit		1/2 cup (fresh)	
	Vegetable	Fruit juice	2	1/2-1 ounce	
		Vegetables, fresh or cooked	4-5	2 tablespoons	
Meat	Fish, chicken, turkey, beef, pork	3-4	1		
	Cooked beans or peas				
	Egg				