

FEEDING THE INFANT FROM 4 TO 15 MONTHS OF AGE

The most important food for all babies in the first year of life is milk – breast milk or formula, 24–32 ounces per day. The idea of solid foods is to supplement this amount of milk, not to replace these milk calories. The other purpose of solid foods is to teach the baby to accept tastes and textures that are not milk and, of course to supply calories and nutrition. The highest quality calories are in the formula or breast milk. **24–32 ounces of formula with iron or breast milk should be continued until 12 months of age.** Then, you may switch to 16–24 ounces per day of whole milk or continue to supply this many ounces per day of breast milk.

At **4 MONTHS** you may start:

ONE NEW FOOD EVERY 5 DAYS if the formula fed baby is on more than 32 ounces of formula per day or the well-grown breast fed baby doesn't seem to be satisfied enough with breast milk. Start with one meal per day. The allowable foods before 6 months are:

Rice cereal	Green beans
Applesauce	Peas
Bananas	Carrots
Peaches	Sweet potatoes
Pears	Squash

At **6 MONTHS** you may start:

Oatmeal
Plums and apricots, (try to find these without tapioca. (No “desserts”, because they contain sugar.)

At **7 MONTHS** you may start:

Meats – any kind (look for the single ingredient or two ingredient meats. (No “dinners” as they may have too many fillers, noodles, wheat flour, soy flour, etc...)

At **7-8 MONTHS** you may start:

Zwieback toast or teething crackers if the child is sitting well. No cookies, (too much sugar)

At **8 MONTHS** you may start:

Citrus fruits	Beets
Broccoli	Spinach

The vegetables listed above are high in nitrites and can be difficult for an infant's kidneys to excrete. Serve only three times per week until 12 months of age.

At **8-10 MONTHS** you may start:

Banana pieces Fruit cocktail cut smaller
Cheerios Cottage cheese
Yogurt Gerber Veggie Puffs, Fruit Puffs & Wagon Wheels

Start finger foods with very mushy foods and move slowly to more chewy foods such as toast and noodles.

At **10 MONTHS** you may start:

Strawberries Tomato sauce
Spaghetti Citrus juices in a cup, not bottle

At **12 MONTHS** you may start:

Shellfish 16-24 ounces of whole milk per day
Chocolate Honey allowed
Eggs Ice cream

At **10-15 MONTHS** you may start:

Drinking from a cup. Discontinue the bottle when the baby can drink enough milk from the cup. Babies are driven to become independent in their feeding somewhere between 9-11 months. Your job is to encourage this. It's messy but very important for eye-hand coordination and a sense of competence and mastery. The caretakers gradually drop out of the feeding process so that your baby is off the bottle, drinking 16-24 ounces of whole milk per day from a cup and entirely feeding her/himself with his hands or a spoon, (mostly hands) by 15 months.

At **2 YEARS** you may start:

Peanuts & nuts (blended)
Peanut butter

Peanuts are the most common serious food allergy in America and some experts suggest waiting until 24 months before introducing them to your child. If there is a family history of peanut allergy then you should wait until 36 months before offering them. This is very hard to do since peanut products are everywhere.

Do not give the following items until four years of age unless they have been processed in a blender:

Nuts, seeds, raw vegetables, raw fruit, (apples), popcorn, chips, hard candy and hot dogs. These foods commonly cause the most severe choking.